



Hayabusa Karate

Covid-19 Safety Plan and Protocols

Guiding Principles

- Ensure all members, participants, coaches, volunteers, parents and families make every effort to reduce the risk of infection and transmission of COVID-19 within Hayabusa Karate
- Follow direction from our Provincial Health Officer and Vancouver Coastal Health on controlled measures of infection/transmission based on current COVID-19 information available.
- We will continue to follow the recommendations and guidance outlined in [BC's Restart Plan](#) and apply resources provided by [Vancouver Coastal Health, Karate BC Covid Resources Page](#) and [Karate Canada's Recommended Protocols for Return to Karate Training](#)
- Ensure all coaches, players and parents take reasonable care to protect the health and safety of themselves, fellow practitioners, coaches, Senseis & the Hayabusa Karate community

Step 1: Assessment

COVID-19 is a respiratory infection which has been newly discovered within the coronavirus family. The WHO officially declared COVID-19 a pandemic on March 11, 2020 and the virus has since continued to spread worldwide.

COVID-19 is spread through several ways from an infected person by:

- Droplets from when a person coughs or sneezes
 - Close personal contact such as shaking hands or hugging
 - Touching a contaminated surface or object and then touching your face (eyes, nose, & mouth)
- The risk of person-to-person transmission increases the closer in proximity you are to other people, the length of time you spend near them, and the more people you come in contact with. The risk of surface transmission increases when many people contact the same surface and when those contacts happen over short periods of time.

The most effective preventive measures one can take to protect themselves are:

1. Maintain a physical distance of 2 meters from others
2. Wash/sanitize hands frequently, especially after touching things you are not in control of
3. Do not touch your face

Assessed Areas of Risk:

- Karate Equipment – gloves, shin pads, targets, mats
- Drop off and pick-up, spectating i.e. parents and karate practitioners congregating / entrance to the dojo
- Personal items such as water bottles, snacks, backpacks, protective gear should not be in close proximity/touching anyone else's

Step 2: Implementing Protocols to Reduce Risks

First Level of Protection: Elimination

- Practitioners/Parents will fill out an online assessing their wellness and understanding of risks before arriving to each class
- Maintaining a physical distance of 2m (6ft) between karate practitioners, Sensei/Coaches, parents/guardians
- The mats will be divided into quadrants of 4 with each quadrant having no more than 1 practitioner for exercises performed on the floor
- Practitioners will face the front of the dojo and the instructor/coach will be located on the stage for the majority of the class
- For classes which will include an outdoor component, physical distancing of 2 meters will be maintained when entering and leaving the dojo and during outdoor activities and practitioners will face the same direction for the majority of the activity
- Practitioners will have access to online classes to enable all players including those with immune compromised family members to receive instruction at home
- Equipment such as cones, hurdles, mats, targets will be sanitized after each session
- Karate gloves and/or shin pads will not be shared
- Parents are required to remain outside of the dojo for drop off/pick up and maintain 2 meters apart with other parents and karate practitioners when dropping off outside of the dojo. No congregating/spectating.
- There will be a dedicated entrance and exit for players and coaches to enter the dojo to ensure physical distancing

- Hayabusa Karate has established occupancy limits for each training session

Second Level of Protection: Engineering Controls

- N/A due to the nature of activity which will occur in a wide space with enough room for physical distancing, presence of fresh air due to open doors and window and fresh air during outdoor portion of the activity

Third Level of Protection: Administrative Controls

- Written protocols for practitioners, senseis, coaches, parents and volunteers will be distributed to each person and reviewed to ensure understanding and adherence
- Parents are to ensure they assess their child <https://bc.thrive.health/covid19/en> before bringing them to an on-field session and to fill out a waiver before every session confirming that the child has no symptoms prior to every session:

<https://forms.gle/ufdDDQGpvuJRMAFAA>

- Practitioners who are sick or displaying symptoms will be asked to go home and seek medical advice

Proper Sanitation:

- General cleaning and disinfecting of all karate equipment will occur before and after each session

Hand Hygiene:

- Practitioners, Senseis/Instructors and Volunteers are required to sanitize (using hand sanitizer containing at least 60% alcohol) when:
 - They arrive at the training
 - They depart from the training
 - After using the washroom
 - If a cough or a sneeze begins during a training and the practitioner does not take a tissue in time and must cough or sneeze into their hands. (Any coughing or sneezing that occurs before the training will be an indicator that the participant should NOT attend the training). Hayabusa Karate will have hand sanitizer and soap available upon entry and in the washrooms when training at the dojo and hand sanitizer available at trainings outdoors.

Respiratory Etiquette:

- Students, coaches and parents who are on-site should:
 - Never touch their eyes, nose, or mouth with unwashed hands (“Hands below your shoulders” is a great reminder)
 - Students, coaches and parents who are coughing or sneezing should not attend karate, however if a cough or a sneeze symptom arises after arrival, they will

cough or sneeze into a tissue if possible, throw away used tissue and immediately sanitize hands.

Fourth Level of Protection: PPE

- Members and practitioners may use a mask if they choose. This is a personal choice that includes a respiratory restriction risk when performing exercises that raise the heart rate and masks are not recommended by the

Step 3: Develop Policies

- Practitioners, coaches, Senseis, parents and volunteers are reminded that all health and safety measures in place prior to the pandemic are still in place
- Parents are asked to complete a health check for themselves and their child <https://bc.thrive.health/covid19/en> before coming to the field
- Parents are required to remain outside of the field area at all times
- We urge only one parent to drive/walk their kids to training (if possible) and to remain in their cars or ensure they are physically distancing themselves from other parents and students
- Coaching staff and practitioners must sanitize their hands (using hand sanitizer containing at least 60% alcohol) when arriving or departing from the training
- Parents and guardians are requested to use email or telephone for all communication with the coaching staff

Illness:

- Practitioners and coaches who are ill with fever, a cold, influenza, or infectious respiratory symptoms of any kind **MUST** stay home
- Practitioners or coaches who arrive at the field with any signs of illness will immediately be sent home
- If coaches, instructors or practitioners or anyone who shares the same household begin to show symptoms of COVID-19, travelled outside of Canada in the last 14 days or were identified by public health as a close contact of a confirmed case **MUST:**

- o Stay home and self-isolate for a minimum of 14 days if no symptoms
- o Stay home and self-isolate for a minimum of 10 days from the onset of symptoms
- o Notify Hayabusa Karate immediately (hayabusakarate@gmail.com)· COVID-19 symptoms in children may look like, but not limited to:
 - o Fever
 - o Dry Cough
 - o Sore throat

o Headache

o GI symptoms i.e. vomiting and diarrhea

● Players and coaches may not return to training until they have been assessed by their family physician or nurse practitioner and it is determined they do not have COVID-19 and their symptoms have resolved.

EXPOSURE CONTROL PLAN

Should Illness Occur in a child while attending Hayabusa Karate

● Coaching staff must take the following steps:

1. Immediately separate the symptomatic child from others in a supervised area until they can go home
2. Contact the child's parent or guardian to pick them up right away
3. Where possible, maintain a distance of 2 metres from the ill child. If this is not possible, the staff member may use a mask if available and tolerated or use a tissue to cover their nose and mouth
4. Provide the child with tissues, and support as necessary so they can practice respiratory hygiene
5. Avoid touching the child's body fluids. If you do, sanitize hands immediately
6. Once the child is picked up, sanitize hands
7. Clean and disinfect the space where the child was separated, and any equipment used by the child
8. If concerned, contact 8-1-1 or the local public health unit to seek further Advice.

Should Illness Occur in a coach or volunteer while at the on-field training session:

● Immediately inform the head coach or their emergency contact

● As soon as possible, the affected coach/volunteer should go home. If the individual is unable to leave immediately, the symptomatic staff person should:

1. Separate themselves into an area away from others
2. Maintain a distance of 2 meters from others
3. Use a mask to cover their nose and mouth while they wait for a replacement
4. Remaining coaches and volunteers must clean and disinfect the space/equipment where affected coach was separated, and any areas used by them
5. Instruct the players in the affected coach's group to sanitize their hands
6. If concerned, contact 8-1-1 or the local public health unit to seek further Advice

Step 4: Develop Communication Plans and Training

- Hayabusa Karate's COVID-19 Safety Plan has been distributed to all coaching staff and families of practitioners
- All members, coaches, senseis and volunteers must sign off that they have read the safety plan and fully understand their responsibilities
- Regular communication and updates are presented through email
- The current safety plan is regularly reviewed for any new updates

Step 5: Monitoring and Update to Safety Plan as Necessary

As we adapt our daily operations to our COVID-19 safety plan, we do expect new information to arise as on-going research into the virus continues. Changes may occur as the program operates. If new areas of concern are identified; steps will be taken to make the necessary updates to our COVID-19 Safety Plan.

- Weekly review of COVID-19 safety plan. Safety issues and concerns will be resolved at this time.
- All members and parents are encouraged to bring up any safety related concerns with Chief Instructor of Hayabusa Karate, Valentyna Zolotarova

Step 6: Assess and Address Risks from Resuming Operations

- Items such as hand sanitizer, cleaning, and disinfecting products will be provided, policies and procedures maintained

The safety of Hayabusa Karate practitioners, parents, instructors and volunteers remains our top priority

Hayabusa Karate Equipment Use and Sanitizing Protocols:

- Practitioners must not share equipment
- All equipment be sanitized by the Coach after each session using the commercial-grade sanitizing solution and follow sanitizing instructions.
- All wipes and used paper towel products to be placed in garbage bag and disposed of immediately using the on-site garbage containers (do not put in your car and bring home for disposal)
- Minimized contact with equipment

Hayabusa Karate Training Parent Protocols:

The health and well-being of our players and coaches are our top priority. Please ensure you read and abide by our parent and practitioner protocols to help our Hayabusa Karate community remain safe. We appreciate your cooperation and ongoing support.

1. If your child has any symptoms (including, but not limited to: fever, cough, respiratory symptoms, sneezing, runny nose, unusual fatigue) please do not send them to a Hayabusa Karate training session.
2. If your child has any symptoms, they are not to return to on-field training for 10 calendar days from the onset of symptoms.
3. If your child has been exposed to someone suspected of having COVID-19 or has returned from travel, they are not to return to on-field training for 14 calendar days from date of exposure/return from travel outside BC.
4. Review physical distancing protocols (below) with your child prior to any training.
5. Review Karate practitioner Protocols with your child.
6. If you arrive early, please do not have your child access the Dojo or designated training area until maximum 5 minutes before the start of your scheduled session.
7. At the end of the training session, karate practitioners and parents are to leave immediately. Please do not stay to socialize, watch other sessions.
8. Parents are urged to remain physically distanced from other parents, players and coaches outside the field boundaries – no parents at the dojo at any time and please avoid congregating/spectating.

Hayabusa Karate Physical Distancing Protocols:

- Ensure there is a minimum of 2 meters (6 feet) distance from any one person while at training at all times
- Bows and virtual (air) fist pumping and virtual high fives
- Coughing or sneezing practitioners should stay home, but if a sneeze arises during training, sneeze into a tissue
- Do not touch your face (eyes, nose, mouth)
- Sanitize your hands thoroughly before and after training and during as needed

Hayabusa Karate Training Practitioner Protocols

The health and well-being of our practitioners, coaches and community are our top priority. Please ensure you read and abide by our parent and practitioner protocols to help our Hayabusa Karate community remain safe. We appreciate your cooperation and ongoing support.

1. If you arrive early, please do not access the dojo/training area until maximum 5 minutes before the start of your scheduled session
2. If you have any symptoms (including but not limited to: fever, cough, respiratory symptoms, sneezing, runny nose, gastro-intestinal upset, unusual fatigue) or are not feeling well, please do not attend the training session. Instead, please join us on the online sessions
3. If you have any symptoms, please do not return to any on-field training for 10 calendar days from the onset of symptoms – please continue to join us on the zoom interactive sessions
4. If you have been exposed to someone suspected of having CoVID-19 or you've returned from travel, please do not return to on-field training for 14 calendar days from the date of exposure/return from travel outside BC
5. Review physical distancing protocols (below) prior to any training
6. Ensure that you remain 2 metres from any karate practitioner, coach or volunteer at all times during on-field training
7. Practice good respiratory etiquette
8. Please leave the dojo immediately after the session ends - do not stay to socialize and play or watch other training groups before or after training sessions

Hayabusa Karate Physical Distancing Protocols:

- Ensure there is a minimum of 2 meters (6 feet) distance from any one person while at the dojo or designated training area at all times
- Bowing, Virtual high fives, Virtual (air) fist pumping
- Coughing or sneezing practitioners should stay home, but if a sneeze arises during training, sneeze into a tissue
- Do not touch your face (eyes, nose, mouth)
- Sanitize hands thoroughly before and after and as needed during the training

Hayabusa Karate Training Coaches and Volunteer's Protocols

The health and well-being of our players and coaches are our top priority. Please ensure you read and abide by our Hayabusa Karate COVID-19 Safety Plan and Coaches and Volunteer's protocols to help our Hayabusa Karate community remain safe. As a representative of Hayabusa Karate, it will be your responsibility to reinforce the parent and practitioner protocols, if needed, to parents and karate practitioners.

1. If you have any symptoms (including but not limited to: fever, cough, respiratory symptoms, sneezing, runny nose, unusual fatigue) or are not feeling well, please do not attend the on-field training session. Please notify Valentyna Zolotarova as soon as possible so alternate arrangements can be made
2. If you have any symptoms, please notify Valentyna Zolotarova and do not to return to training for 10 calendar days from the onset of symptoms
3. If you have been exposed to someone suspected of having CoVID-19 or you've returned from travel, please do not return to on-field training for 14 calendar days from the date of exposure/return from travel outside BC
4. Review physical distancing protocols (below) prior to any on-field training
5. Ensure that you remain 2 meters from any karate practitioner, coach or parent at all times during training
6. Please ensure that your training equipment is sanitized after every session using the provided disinfectant solution and follow sanitizing instructions
7. Please do not have players assist in picking up cones or other equipment
8. If needed, please remind players and parents that there will be no use of the dojo or training area before or after the class i.e. no staying and socializing or playing - players and parents are to leave the dojo or training area following each session. No congregating/spectating.

Hayabusa Karate Physical Distancing Protocols:

- Ensure there is a minimum of 2 meters (6 feet) distance from any one person while training at all times
- Bowing, Virtual high fives, Virtual (air) fist pumping
- Coughing or sneezing practitioners should stay home, but if a sneeze arises during training, sneeze into a tissue
- Do not touch your face (eyes, nose, mouth)
- Sanitize hands thoroughly before and after and as needed during the training