

# MUN Aikido Return to Practice Guidelines (Adults)

## Introduction

Because of COVID we will have to make significant modifications to our regular practice to enhance safety both for our members and the wider community. These guidelines follow provincial rules but are also based on recommendations from the Canadian Aikido Federation as well as the Aikido specific “British Columbia Aikido Federation: *Guidelines to Returning to Aikido Practice in BC During Phases 2*”.

Classes will be on a reduced schedule in order to accommodate these changes (in particular the extra time that must be spent cleaning). The Fall schedule will be: Tuesday 8:00-9:00pm (all levels), Thursday 6:00-7:00pm (all levels), Friday 6:00-7:00pm (weapons, all levels), Sunday 7:00-8:00pm (weapons, all levels).

## Major Changes

- 1) No one (student or instructor) should come to the dojo if they are at risk of having or spreading COVID. To assess risk we are following the guidelines provided to us by the Canadian Aikido Federation in the “Declaration of COVID Compliance” guidelines.  
**All members must sign a copy of these guidelines (or have a legal guardian sign).**
- 2) If any member or any close contact is either required to self-isolate or is diagnosed with COVID, they should immediately inform the Chief Instructor who will in turn inform both the members and Public Health of the potential risk.
- 3) In order to maintain social distancing requirements we can have no more than 12 people in the dojo at any time. Further we must keep a record of everyone who has been in the dojo at each class. So that we can properly follow these rules, only registered club members can be allowed in the dojo.
  - a. Specifically during this period:
    - i. drop-ins and visitors are not allowed.
    - ii. spectators are not allowed.
    - iii. people dropping off/picking up members should wait outside the dojo.
  - b. Members must register in advance for each individual class. We will implement this with a Google spreadsheet that we will set up online.
- 4) For now practice will be non-contact. We will focus on solo shadow practice, solo ukemi and weapons practice (solo or distanced).
  - a. An exception to the no-contact rule may be made for practice between members of the same bubble. This will depend on the discretion of the instructor of each individual class.
  - b. Practice spaces for each instructor/student will be designated. Everyone must keep to their own area
- 5) There will be enhanced cleaning and sanitation procedures as well as rules for between classes as detailed below.

- 6) Sometimes (especially early in the Fall), weapons classes will be held outdoors in Churchill Park. Check your email before coming to these classes to make sure you know where they are happening!

### **Beginning of class**

- 1) Arrive at the dojo no more than 10 minutes before class begins. Wait until any previous class has left the building before entering.
- 2) Arrive wearing your gi (which should be washed between classes). The change rooms will be closed until further notice.
- 3) When you arrive you should be wearing a mask.
- 4) Sanitize your hands as you enter the building (sanitizer will be available but bringing your own is encouraged)
- 5) Remove your coat, boots, bag etc. and leave them in the designated area. Put on your sandals (which should only be used in the dojo).
- 6) Before going on to the mat, sanitize both hands and feet.
- 7) Once on the mat, members should go to a practice area and wait for class to begin.

### **During class**

As noted classes will be non-contact until further notice. Other changes will be:

- 1) Try to avoid having to use the washrooms during class. They will be accessible if necessary but to reduce the risk of COVID transmission we would like to minimize their use.
- 2) Masks may be removed during class.
- 3) Bowing will take place from designated practice areas (we won't do the usual lines).
- 4) Stay in your designated area during class.
- 5) If possible bring your own jo or bokken for weapons classes. If using dojo weapons then sanitize them before and after use.

### **After class**

- 1) Sanitize hands and feet when leaving the mat. Put on your mask and sandals.
- 2) Mats will need to be cleaned after each class. This should be done as quickly as possible to give the mats more time to dry before the next class comes in (there will be 30 minutes between classes).
- 3) If class is at the end of the day it will also be necessary to clean the rest of the dojo.
- 4) After class socialization should not take place in the dojo.