

UPDATED SEPTEMBER 4th, 2020

SEPTEMBER 2020

Calgary, AB
sentenashiarts@gmail.com
(403) 239-1160

COVID-19 HYGEINE & SANITIZATION PROCEDURES

**"WE NEED TO MANAGE WHAT IS ALREADY UNAVOIDABLE
AND AVOID WHAT WILL TRULY BE UNMANAGEABLE"**

THOMAS FRIEDMAN

UPDATED SEPTEMBER 4th, 2020

Greetings Sentenashi Members,

As we slowly become accustomed to our new normal at the dojo, this guidance document should be used as a tool to help ensure classes run smoothly with students and sensei's safety as first priority. However, Sentenashi is committed to the restructuring of our dojo pre-COVID which left students with a positive and meaningful experience each class and which members have become accustomed to as part of the Sentenashi family.

It is important that we all work together as a team during our relaunch of classes. Within this guidance document, we have included a dojo protocol which needs to be completed prior to leaving for karate each day, a new pick up and drop off protocol, a revised schedule, as well as our new class and dojo procedure to be expected and followed each karate day.

Please keep an eye out for changes that will be made to the procedures and protocols as the situation changes daily. This should be done by regular checking of our website www.sentenashikarate.com. We appreciate your patience and dedication to the new dojo protocols to help make sure we can run a safe and positive environment for all karatigas!

Sincerely,

Sensei Ethan Strohbach
Hanshi D. Strohbach
Kyoshi Steve Coates
Sensei Charlie MacPherson

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Schedule starting Tuesday, September 8th

**Feel free to confirm YOUR class time with Sensei Ethan via email and/or phone call prior to August 1st*

TUESDAY	Dojo opens at 4:00pm
Junior White/Stripe	4:15 - 4:55pm
Junior Yellow/Orange	5:00 - 5:40pm
Child Intermediate (Purple/Green/Blue)	5:45 - 6:25pm
Child Advanced (Red/Brown/Stripe)	6:30 - 7:25pm
Black Belts	7:00 - 7:55pm
Adults	8:00 - 9:00pm
WEDNESDAY: Private lessons/HP Training by Appointment	
THURSDAY	Dojo opens at 4:00pm
Senior White/Stripe	4:15 - 4:55pm
Senior Yellow	4:15 - 4:55pm
Senior Orange/Purple	5:00 - 5:40pm
Child Green/Blue	5:45 - 6:25pm
Child Advanced (Red/Brown/Stripe)	6:30 - 7:25pm
Black Belts	7:00 - 7:55pm
Adults	8:00 - 9:00pm
FRIDAY: Private lessons/HP Training by Appointment	
SATURDAY:	Dojo opens at 8:30am
General	9:00 - 9:50am
Junior White/Stripe	10:00 - 10:40am
Senior White/Stripe	10:00 - 10:40am
Child Yellow/Orange	10:45 - 11:25am
Child Intermediate (Purple/Green/Blue)	11:30 - 12:25pm
Child Advanced (Red/Brown/Stripe)	12:30 - 1:25pm
Grading's/Clinic's/Academy/by appointment	2:00pm – End

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COVID-19 DOJO PROTOCOLS

PRE-ARRIVAL

- I. Students are to perform the COVID-19 self-screening document from the City of Calgary prior to leaving for their scheduled class.
- II. Use the washroom prior to leaving the house, come already dressed in a clean uniform and belt tied.
- III. Ensure you are no more than 5 minutes early for your *scheduled* class and use the marked handicap ramp to enter the dojo to ensure proper physical distancing.
- IV. If any students are exhibiting any symptoms or have been exposed to someone who has, we ask that they do not come to class as they will not be able to enter the dojo.
- V. If a parent or guardian needs to speak to a Sensei, it is asked they *do not* do so inside the dojo as we will be unable to maintain proper physical distancing and proper capacity. The best way to speak to a Sensei is to call the main office, (403) 239-1160, before classes begin for the night, once classes end for the night, or on non-scheduled class days.

ARRIVAL AND IN CLASS

- I. Upon entrance, ensure to disinfect hands and avoid touching face. Longer hair is recommended to be pulled back to ensure it stays out of students face and minimizes the need to be touched.
- II. Make sure to check in with the Sensei or Sempai at the door as the new attendance process and they will assign you to your own spot for class.
- III. Students will need to come to their assigned class times. If they come to any other time without prior confirmation via phone call with Sensei Ethan, they will not be able to enter the dojo.
- IV. Only students are able to enter the dojo due to physical distancing and capacity restrictions as per the government of Alberta. Parents and guardians are asked to wait in the parking lot at an appropriate distance when picking up a student and no longer than 5 minutes past their classes dismissal.
- V. Ensure to stay in your training area indicated so we can all enjoy the training safely.
- VI. Although proper physical distancing will be maintained, if an individual feels more comfortable, they can wear a mask. However, as the training increases in physical demand, the individual may have to remove the mask as it will restrict airflow.

DEPARTURE

- I. Students will be dismissed one at a time by the Sensei by name.
- II. Student's will need to bow out of the dojo, sanitize hands, put on their outdoor shoes and leave down the stairs as their karate class has concluded for the day.

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Entering, Exiting, picking up and dropping off

1. Students are to perform the COVID-19 self-screening document from the City of Calgary prior to leaving for their scheduled class.
2. Parents are allowed to walk their child up to the handicap ramp to enter, however, should not be entering the dojo. There will be a Sensei/Sempai at the door to greet them and continue proper procedure to enter class.
3. Students are asked to **ENTER** using the handicap ramp which will have markers on it indicating where students should stand from one another before entering for class. Here, they may wait a few minutes prior to entering so dress accordingly.
4. There will no longer be a sign in table, but a Sensei taking attendance at the door. Students will *need* to check in with the Sensei and wait to be assigned to their designated spot for the class by them.
5. At the end of class, students are asked to **EXIT** using the stairs as there may be students for the next class waiting appropriately spaced on the handicap ramp. Students will be dismissed by name in order to allow time and proper spacing in the boot room.
6. Even more than ever, our attention is on our safety, hygiene, and sanitization within the dojo. We are unable to keep an eye on parking lot management and ask that students are made aware of the protocol outside as well as if they are being picked up, walking home etc.
7. In order for this process to work as smoothly as possible, we ask that parents help to ensure students arrive no earlier than 5 minutes before their class and leave no later than 5 minutes after their class. Due to capacity constraints, we are unable to accommodate for late pick-ups or drop offs at this time. Please plan ahead accordingly.
8. With the weather being nice now, we ask that parents be involved with helping students understand the new processes for an easy transition for the winter months.
9. Students from the same family are welcome to enter and exit at the same time. This is the only exception to the one person physical distancing rule.

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10. For **ADULTS and ADVANCED ONLY**, you still must adhere to proper entrance and exit protocols but are responsible for maintaining one person in the boot room and sanitization. Whereas, Junior child/Senior child/intermediate child will be helped and signalled by a Sensei to ensure proper distancing is kept. Adults and Advanced (after a few classes of learning) should understand the spacing and placement on the edges of class while waiting for an assigned spot. A Sensei may be teaching and not at the door, but may informally check them in unlike the younger students.

Status Reports and meetings with the Sensei's

1. If a status report of a student is wanted, it is by appointment only and cannot be done in-between classes as attention is placed on the changing of the guards and preparing the next class. Status reports can be done via phone call, facetime, or in person on Saturday afternoons after classes have finished.
2. If a parent or guardian needs to speak to a Sensei, it is asked they *do not* do so inside the dojo as we will be unable to maintain proper physical distancing and proper capacity. The best way to speak to a Sensei is to call the main office, (403) 239-1160, before classes begin for the night, once classes end for the night, or on non-scheduled class days.

Training in bare feet

1. During our first phase of re-opening, if students feel more comfortable training in shoes, they are welcome too. However, they need to be proper indoor gym style shoes or karate shoes. A courtesy call to the office in regard to indoor shoes and proper types is greatly appreciated. Outdoor shoes will not be permitted as well as non-proper gym shoes such as vans, skate shoes, converse, socks etc.
2. It is recommended to sanitize feet and/or wash feet upon returning home.

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3. If there are any questions regarding indoor footwear, feel free to call Sensei Ethan to discuss options.

Water bottles

1. If students want, a water bottle can be brought but must be labeled with a name and come with a closed lid. No pop, juice boxes, Slurpee's etc. The water bottle is to be kept with them in their designated area for their class to avoid students confusing water bottles.
2. At this point, we are not allowing any food to be brought into the dojo.

Washrooms/Change rooms

1. We ask that students come already in their uniform, belts tied, and having used the washroom prior to class at home.
2. Washrooms will be sanitized after each use in between classes. Please limit the use of washrooms while at the dojo and are only available to students at this time.
3. Washrooms will be sanitized prior to classes commencing for the night and at the end of the night.

Make-up classes

1. Students are to follow their appropriate designated class times from the Sensei. Make-up and extra classes will need to be scheduled in *advance* via a phone call to the main office, (403) 239-1160, in order to ensure proper physical distancing and capacity can be maintained within the class. If a student shows up to their unassigned class without an advanced scheduling, they will be unable to attend and enter the dojo.

Masks

1. Under the Alberta Health Services guidance, it is not recommended to wear face coverings during physical work outs as it will restrict airflow.

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2. We recommend if you are wearing a face covering, it is a personalized cloth mask that you can bring home to wash with you once you are done.
3. As per the city of Calgary's bylaw on face coverings, we recommend and encourage masks to be worn while entering and exiting the dojo but can be taken off once karatigas are in their designated spot for class.
4. We are unable to properly dispose of PPE (non-medical disposable masks, gloves) at St. Thomas and if you do use one of these masks, please dispose of them at home.

Physical distancing and sanitation

1. The dojo is a perfect size to allow for proper physical distancing (almost 2400 sq. feet, high ceilings, numerous open windows for ventilation) so masks are not recommended while training. However, if a student feels more comfortable wearing a mask while entering and exiting the dojo, they can do so and keep it with them in their designated training area while class is in session. If they decided to use a mask, please refer to the AHS guidelines on proper wearing and usage.
2. There will be either a tatami set up with physical distancing squares or physical distancing stickers on the floor. Please be mindful of your space and respectful of others.
3. Sanitization of the dojo will be done daily.
4. High touch surfaces such as door knobs, railings, and buttons to open doors will be sanitized regularly.
5. We ask students to be aware of touch surfaces outside of the dojo and to again, sanitize hands once entering and exiting the dojo.

The Boot/Coat Room

1. The only place that may be challenging for physical distancing will be our boot room. This is why we are asking students only from that point onward as they enter individually.
2. Students from the same family are welcome to enter together.

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3. One student at a time will be recommended inside the boot room who will be either taking off or putting on their shoes in a timely manner as well as hanging a coat up (not leaving on the floor...) so that the next student can enter efficiently and safely.

Partnering

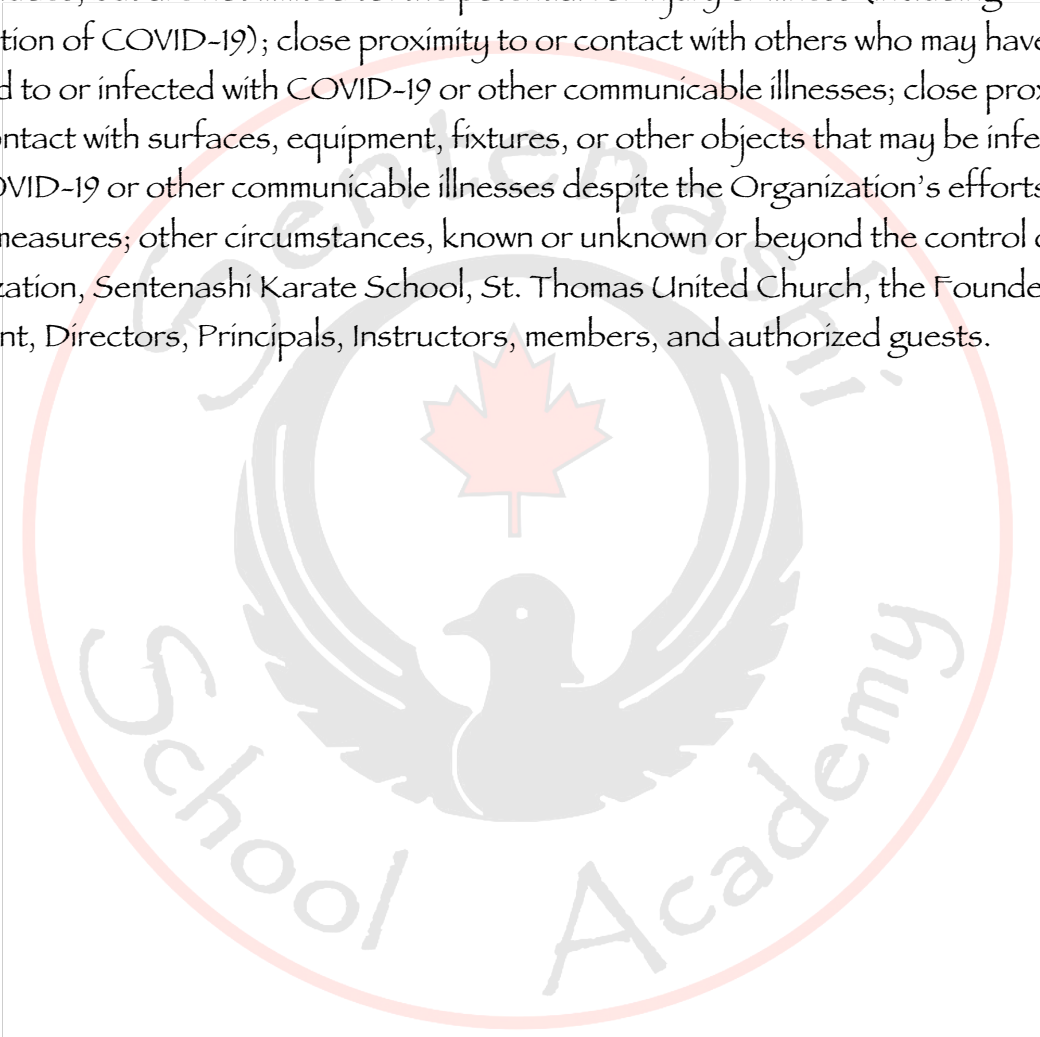
1. Partner training will be limited and done at the proper physical distancing of 2M without any physical contact right now.
2. Kumite class will be paused for the time being, however, skills and drills will still be done at a safe, physical distance.
3. We are closely investigating AHS guidelines and cohort groups as it pertains for partnering/group work and will be advising you on any and all changes.
4. However, it is acceptable for family members to be able to partner together EX. Kata kumite, Ohio kumite, keyon kumite, and self-defence.
5. Since partner work and kumite will be limited, sparring equipment will not be needed to be brought to the dojo at this time.

Sensei and Sempai Volunteer teaching/training

1. For those who are interesting in volunteering and helping within their non-designated classes, they are welcome to, however, they will need to have an appointment and orientation with Sensei Ethan prior to this day to make sure we can maintain proper physical distancing and capacity for said classes.
2. For those who are required to do teaching for grading requirements, this will be arranged through Sensei Ethan by an appointment so they can be properly orientated and conform to proper physical distancing and capacities.

Release of Liability at Sentenashi Karate School

By reviewing and understanding Sentenashi Karate School’s COVID-19 Hygiene and Sanitization procedures, protocol, and signing an updated application form, the Participant or the Participant’s Guardian understands, acknowledges, and accepts full responsibility for the risks, dangers, and hazards which are inherent to karate training. This includes, but are not limited to: the potential for injury or illness (including contraction of COVID-19); close proximity to or contact with others who may have been exposed to or infected with COVID-19 or other communicable illnesses; close proximity to or contact with surfaces, equipment, fixtures, or other objects that may be infected with COVID-19 or other communicable illnesses despite the Organization’s efforts, safety measures; other circumstances, known or unknown or beyond the control of the Organization, Sentenashi Karate School, St. Thomas United Church, the Founder, President, Directors, Principals, Instructors, members, and authorized guests.



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Visual of Dojo Physical Distancing for September 2020 onwards

DOJO 40ft (12 m) by 60ft (18 m) 2400 Sqft

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1							K	A	M	I	Z	A						
2		○			○			○			○			○				○
3			*			*			*			*			*			
4																		
5		○			○			○			○			○				○
6			*			*			*			*			*			
7																		
8		○			○			○			○			○				○
9			*			*			*			*			*			
10																		
11		○			○			○			○			○				○
12																		

Physical distancing circle stickers are 2+ meter's apart for Children's training.

Area indicated in yellow with X between stickers is 3+ meter's apart for Adult training.

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