



## Kendo-Return to Play Policy and Guidelines

- **Class capacity is 12 plus 2 instructors or 14 in total per class**

### Member Health and Traffic Flow:

- Enter Through the Main Door
- Sanitize hands at station
- Notice COVID-19 policy and SHA poster
- Scan in or Check In at the desk and Answer Screening Questionnaire upon entry and at each visit. If answer is “Yes” to any of the questions, you will not be allowed into the facility and therefore cannot attend the class
- Follow directional arrows or markers and abide by the rules and policies set by the facility to minimize and reduce the spread of CoVid-19 virus
- Sanitize hands on the way out of the building

### Policy and Guidelines:

- **Physical distancing requirements-**

All participants, coaches and staff **MUST** keep a physical distance of 2m apart at all times. Physical contact of any kind is not permitted. Participants will need a minimum 2m x 2m exclusive training area. Greetings, exercises and training drills should be modified to comply with physical distancing. No touching or corrections unless a proper PPE is worn (mask and gloves). NO intentional contact. NO Tournaments. \*full contact interaction to be discussed\*

- **Sanitation requirements-**

It is the club’s responsibility to ensure the proper sanitation of all areas within their space. All equipment used **MUST** be disinfected after each individual use. All high contact surfaces, such as doorknobs, counters and benches should be wiped before the start of every class. Gym mats and other equipment **MUST** be sanitized and preferably after each class. The YMCA Facility staff is responsible for cleaning and disinfecting before and after class. If having back to back classes, the club is responsible for cleaning/disinfecting in between. Extra time is given to the club to allow proper cleaning.

- **Personal hygiene requirements-**

Club should ensure that everyone who visits the club/dojo is aware of personal hygiene requirements. Emails to members are the best way of conveying personal hygiene requirements and help members understand the actions you are taking to reduce risk. Club/dojo members should perform a COVID-19 self-assessment questionnaire before they leave their home. To assist in compliance, club is encouraged to email the link of their local self-assessment questionnaire to club members and visitors. Those who may have been exposed to COVID-19 should seek further medical attention instead of attending the club. Basic hygiene rules such as handwashing and not touching one’s face are widely publicized, but should still be reinforced in the club.

Participants **MUST** arrive already in uniform. Arrive at the facility no more than 15 minutes before class to avoid congestion in training areas or hallways. Participants should bring their own water bottle and own equipment (if applies) which will be stored in their own exclusive training area. Participants are encouraged to bring their own personal yoga mat for times when hand contact on the mat cannot effectively be avoided. Participants are responsible for the daily sanitation of their personal items.

- **Public gathering requirements-**

Club has space to accommodate 12-14 participants (including instructors) per class. It is recommended that all classes be drop-off and pick-up only in order to comply with the public gathering ratios. Parents are **NOT** be allowed to stay in the facility to observe class. In the special cases where parents would need to stay, they are recommended to wear a mask if 2m physical distancing cannot be practiced. NO Spectators. No Congregation or Group gatherings after class. Leave facility as soon as class is finished.

- **Attendance requirements-**

Accurate Attendance tracking is a **MUST** for contact tracing in the event of CoVid-19 exposure. Instructors are responsible for taking Attendance. Each class will have a class limit of 14 participants including the instructors.

- Same instructor(s) to stay with the same group(s) is highly recommended. If not possible, instructor who teaches multiple classes may choose to wear a mask to limit exposure to the participants. Participants may choose to wear masks during training. Reminder that mask is not a replacement for physical distancing.

- **Class and Area setup:**

Wednesday 6:30-7 pm (Cleaning/Sanitizing of the floor)

7:00-8:00 pm (Beginners class)

8-8:30 pm (Cleaning/Sanitizing)

8:30-9:45 pm (Advanced class)

9:45-10 pm (Exiting the building) **\*Everyone must be out of the building 15 minutes prior to building closure**

Sunday 2:30-3 pm (Cleaning/Sanitizing of the floor)

3:00 - 4:00 pm (Beginners class)

4:00 - 4:30 pm (Cleaning/Sanitizing)

4:30 - 6 pm (Advanced class)

6-6:30 pm (Exiting the building)

**\*\*Should a member, participant or instructor feel or appear unwell during class, the class will be ended immediately and no further play will be run. They will be asked to leave. The club is to inform the YMCA of Saskatoon immediately and contact Healthline 811 for further directions and guidance. \*\***