



Inukshuk Bushido Kai

School of Martial Arts

COVID-19

POLICIES AND PROCEDURES

(Full re-open until official end of Covid-19 Pandemic)

I. General Procedures

- 1) In case of a Covid-19 related emergency, please refer to the Inukshuk Bushido Kai Covid-19 Emergency Response Plan manual. All emergency contacts, signed waivers, and procedural information is stored therein, and the manual itself will be stored on the Instructor's desk in the mezzanine.
- 2) All members must complete the update Standard Athletic Waiver and Covid-19 Declaration prior to training at Inukshuk Bushido Kai (IBK).
- 3) All members should take the Covid-19 Self Screening Checklist in Appendix A, and/or available on our website at www.jujitsuedmonton.com, prior to coming to IBK. If the member answered "Yes" to any of the questions in the Self Screening Checklist, they should not attend. It is not necessary to print out the checklist.
- 4) Contactless temperature checks may be required of anyone suspected of being a transmission risk before or after entering the IBK premises.
- 5) Anyone that fails a temperature check, displays symptoms, or appears to present a transmission risk will be refused entry, and may require a negative covid-19 test result before being allowed to resume training.
- 6) Please be aware that Covid-19 testing can take up to a week to get an appointment, and 3-5 days + for a result. Anyone required to receive a test is forbidden to attend the dojo until a negative test result has been produced.
- 7) All gi's and training apparel/personal equipment must be washed before each class. Members with obviously unwashed apparel/equipment will be turned away or asked to leave the dojo.
- 8) All students are asked to bring a water bottle to class (ideally pre-filled). Cups will not be provided. Dehydration is a safety issue, so those without a water bottle will not be allowed to train.
- 9) AHS does not recommend mask wearing for intense physical activities, so masks will not be mandatory, however they will be permitted if desired. Students choosing to wear, or not wear, masks do so at their own risk.
- 10) Any non-participants in the dojo are required to wear a mask as long as mask wearing in public spaces is recommended by AHS and/or the City of Edmonton. Regardless of public health recommendations, non-participant choosing not to wear a mask do so at their own risk.
- 11) Instructors are advised to always have their cell phone on hand, and stored on the main floor of the dojo in case of emergency

II. Cleaning and Sanitizing Procedures

A. Before Class

- 1) Immediately upon arrival, Instructors are to perform hand washing as per Alberta Health Services guidelines (thorough wash with soap, 30 second duration). Use of hand sanitizer throughout class is strongly recommended.

B. During Class

- 1) Students and instructors are encouraged to use the supplied hand sanitizer to maintain hygiene and avoid transmission of communicable illness, including Covid-19.
- 2) Excessive amounts of sweat or other bodily fluids should be mopped up with soap and water. Clean paper towel may be used to dry the area afterward as needed. Instructor should use hand sanitizer after cleaning.
- 3) In the event of a participant bleeding, class must be stopped and mats should be thoroughly checked for blood. Affected areas shall be mopped with soap and water, sprayed with disinfectant and wiped with a disinfecting wipe. Clean paper towel may be used to dry the area after disinfecting. Instructor should use hand sanitizer after cleaning. Class may resume when the area is clean and dry.

C. After Classes

- 1) Entire mat area shall be swept and mopped thoroughly using warm water and supplied cleaner, with dilution as per the manufacturer's directions.
- 2) Doors and walls at the entrance and exit shall be thoroughly wiped down from the floor to the maximum reach of the Instructor using a clean rag and a warm water/cleaner solution, with dilution as per the manufacturer's directions.
- 3) Door knobs, washroom taps, toilet handle, light switches, fight timer remote (if used) and water cooler shall be wiped down using disinfecting wipes or warm water/cleaner solution as per 1) and 2).
- 4) Instructors must complete and initial each item on the Cleaning and Sanitizing Checklist prior to leaving the dojo.

D. Weekly Cleaning/Sanitizing

- 1) All walls and surfaces will be cleaned and sanitized minimum weekly above and beyond the daily cleaning by management.

APPENDIX - A

IBK Self Screening Checklist

COVID-19 Self Screening Checklist

If you answered “Yes” to any of the questions below, please do not attend IBK.

1. Do you have any of the symptoms below, or have had in the past 21 days?

Fever (greater than 38 degrees Celsius)

Yes No

A new cough or a chronic cough that is worsening

Yes No

New or worsening shortness of breath or difficulty breathing

Yes No

Sore throat

Yes No

Runny Nose

Yes No

Chills

Yes No

Sudden loss of taste or smell

Yes No

2. Have you traveled outside of Alberta in the past 21 days?

Yes No *If yes, please contact IBK President Jesse Cummings, Sensei to discuss your situation prior to attending

3. Do you live with or have had close contact (within 2 meters/6 feet) with a person with an influenza-like illness (ILI)?

Yes No

4. Have you had close contact (within 2 meters/6 feet) with a confirmed or probable case of COVID-19?

Yes No

5. Have you been contacted by AHS and/or their agents about your potential community exposure to COVID-19

Yes No

5. Are you feeling sick today?

Yes No