

## Recommended COVID-19 Infection Prevention Guidelines of Shoheijuku (ver. 3)

Recommended guidelines for safe resuming of Aikido practice in the context of the COVID-19 epidemic

This guideline does not promote any effective remedies, tests or vaccines for COVID-19.

At this point in time, it is not possible to completely eliminate the danger, so we recommend to follow these guidelines in each dojo and training location. The aim is to mitigate the risk of new COVID infections as much as possible when resuming practice.

These guidelines should not be seen as an absolute rule because the infection level and local recommendation level differ among prefectures and municipalities.

Since these guidelines cover a hypothetical scenario that depends on the stage of emergency, it depends on the actual situation in the area and should be adapted accordingly.

As a general rule for introducing this guideline, the starting point is the cancellation of the emergency declaration in each area, allowing people to go out and gather under specific circumstances.

In addition, based on these guidelines, when resuming lessons, we recommend that you start with a plan that suits the infection level and policy of each prefecture and municipality to which each dojo belongs.

The alert level is divided into stages, but at any stage, when participating in practice, an hygiene questionnaire must be filled. It is necessary for the person in charge to check the situation and keep a record of it. In addition, the legal guardians of minors must consent. It is the responsibility of the dojo and circle that organize the lessons to collect questionnaires and record participation.

### Disclaimer

As their first priority, the dojos and circles that have decided to adopt these guidelines shall adhere to the restrictions depending on the infection level at their areas, as imposed by their local government.

Based on the spread of the pandemic and WHO recommendations, Shoheijuku can revise these guidelines according to national guidelines.

<p><b>Stage 1 High alert level</b></p> <p>Emergency declaration is canceled</p> <p>Make sure to avoid the three Cs (contact with people in close spaces is prohibited)</p> <p>Movement across prefectures is restrained.</p> <p>Relaxation of going-out restrictions and holding of small-group gatherings are partially permitted, resumption of school and it is required to wear a mask during club activities (that must remain contactless).</p>	<p>Limited number of participants (at least 8 square meters per person, preferably 4 tatami mats per person)</p> <p>Practice only at your dojo.</p> <p>Refrain from coming and going between dojos.</p> <p>Masks are compulsory.</p> <p>No changing room available</p> <p>Do not share weapons with other people (jo, bokken, etc.)</p> <p>Minimize the number of people cleaning the dojo</p> <p>Do not use changing rooms (showers, etc.)</p>	<p>Training content</p> <p>As a general rule, practice must not involve contact</p> <p>Limited to preparatory exercises, physical activity, solo movements, bokken, jo and katas</p> <p>Training time: Within 1 hour</p>
<p><b>Stage 2</b></p> <p>Medium vigilance level</p> <p>School and club activities have resumed (contact is possible).</p> <p>Contact is possible while wearing a mask.</p>	<p>Limited number of participants (2m spacing for each pair, a set of 8 tatami mats)</p> <p>You can practice in the same area. (Example: You can participate in both the Fukuoka Dojo and Hombu Dojo)</p> <p>Masks are compulsory.</p> <p>No changing room available.</p> <p>Use equipment only in the same pair (do not share with other pairs)</p>	<p>Practice with a specific partner. Practice only with the same person without changing partners.</p> <p>Keep a distance between each pair.</p> <p>When practicing techniques which may exceed the space provided for a pair involuntarily, such as free techniques (Jiyu waza), make an effort to keep a distance, for instance by doing the practice pair by pair.</p> <p>Practice time: about 1 hour</p>

	Minimize the number of people cleaning the dojo.	
<b>Stage 3</b> Preventive caution level	No limit on the number of participants or sweepers (however, it will not be crowded) Training is possible within the range where the movement restrictions are released Changing rooms available (but not allowed in facilities where ventilation is not available)	Rehearsing with your opponent  Can change partner Training time: within 2 hours

### Basic infection control (requested at all stages)

#### 1) All participants and management

Do not participate if you or someone you live with has COVID-19 symptoms such as fever (37.5 degrees or more) and a dry cough, or symptoms similar to a cold, or poor physical condition. (not only on the day, but retroactively for two weeks.)

- If there is an infected person at work or other location, or if symptoms occur at a later date, report it immediately to the person in charge. Do not participate in a class until the public health center or other authorities allow you to join classes.
- Keep nails short, wash hands with soap and running water, and use hand antiseptics.
- Put garbage with a snivel or saliva in a plastic bag and tie it tightly.
- Do not use the hand dryer.
- Maintain good personal hygiene (take a shower and wash your hair at home.)
- Items for practice (aikido outfit, etc.) must be clean.
- To avoid going to the washroom during the class, go to the washroom before the class starts. Keep distance from other participants when going to the bathroom during class.
- Avoid public transport whenever possible. Wear a mask if you have to use public transportation.
- Participants who do not follow the instructor's instructions in accordance with the guidelines may be evicted by the management.
- Be punctual (because it will be difficult to manage the distance etc. of latecomers.)
- Students do not need to line up in a single line for a bowing at the beginning and end of class. It can be done from a designated (guided) location for practice.

- After the class is complete, students shall promptly go home. Students near the doorway shall leave first and others follow one by one. Be sure to keep a distance from each other. Students on cleaning duty may remain and clean up after everyone leaves.

### **Guidelines for instructors (dojo/club)**

- Disinfect areas frequently touched with Hypochlorous acid (see cleaning section).
- Make soap available. Also, place a hand antiseptic available near doorways.
- Ventilate the venue during practice (open two-way windows during the lesson).
- Always clean/disinfect the tatami mat after each practice and ventilate the venue thoroughly.
- Always clean/disinfect the equipment which instructors and participants use.
- Dojo entry and exit by participants must be monitored and managed by arranging one operator/volunteer at the entrance to provide guidance for entry/exit in a way that secures proper distance.
- Set up a space that allows everyone to maintain a hygienic distance. Consider movements in the dojo, a mark with colored tape may be placed so that participants can easily see the 2m interval.
- If the practice area is also used by other groups, leave 15 minutes or more before the Aikido class starts and before other groups start using the space to avoid contact with other groups and provide ventilation. 15 minutes ventilation is needed before and after practice.
- Calculate maximum number of participants based on available space and the emergency stage level (1 to 3).
- If there is a suspected infection in a hygiene survey of some participants, you can refuse their participation in the class.
- If some participants are suspected of being infected, keep a record of attendance.
- Keep the attendance sheet and contact information of participants in case they have any symptoms or problems occur later.

### **Hygiene requirements Disinfection of the dojo**

#### **How to clean**

Wipe with a disinfectant solution on paper towels, such as doorknobs and other places that are often touched by hands.

If the area is wet, wipe off the water thoroughly before disinfection.

- Spraying with a spray bottle is not recommended as it may cause virus scattering.
- Encourage workers to wear a mask and disposable gloves.
- After work, take proper measures against infectious diseases such as washing hands and gargling.

When disinfecting skin such as hands, it is recommended to wash hands with soap and running water, or use ethanol for disinfection. To disinfect the surface of objects, sodium hypochlorite (such as bleach (“haiter”) is recommended.

**How to make a disinfectant solution**

Concentration: 0.05% (general disinfection concentration)

How to dilute (when sodium hypochlorite concentration of chlorine bleach is about 5%):

Add 5 ml (equivalent to a cup of plastic bottle cap) of chlorine bleach in 500 ml of water and mix it well.

\*A typical commercial product is “Haitei (ハイター)”. Since Haitei has a concentration of 6%, a disinfectant solution can be made using the above-mentioned method.

**Hygiene survey**

Name (Name of legal guardian):	Dojo:
Address:	Name of instructor:
Phone number: Cell phone number: Email address:	Emergency contact details Name: Phone number:

After filling this form the first time, it is not necessary to provide emergency contact details again unless there is a modification.

1) During the past fourteen days, have you experienced any of the following symptoms?  ① Temperature of 37.5C or higher ② Dry cough ③ Sore throat ④ Sudden shortness of breath ⑤ Sudden vomiting/diarrhea ⑥ Sudden joint/muscle pain ⑦ Fatigue of unknown cause	Yes/No  If yes, describe symptoms
2) During the past month, did you, or a person in close contact with you, test positive for COVID-19, or was presumed to be positive?	Yes/No
3) Among your cohabitants is there anyone in self-isolation or legally required isolation?	Yes/No
4) Among your cohabitants, is there anyone vulnerable with the following conditions? Heart disease or chronic lung disease, immunodeficiency, severe diabetes.	Yes/No  If yes, provide details

I agree to the following:

- If I have been infected with COVID 19 and have been treated, I will first consult a doctor before resuming practice.
- If I had COVID symptoms (fever, cold, cough, chest pain, tiredness, loss of taste or smell, diarrhea, etc.) more than 24 days ago and have recovered by at least 48 hours, then after recovery, I must present a PCR test conducted more than 24 hours apart and negative at least twice consecutively.
- If I do not follow the instructions of the staff or dojo leader based on the guideline, I will be asked to leave even during the lesson and no refund will be given.

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Leader's Signature/Date

.....  
Participant's or Parent's Signature/Date

Agreeing Parents\*: Parents, caretakers, persons authorized to sign consent forms on behalf of minors