



SHUSWAP DOJO

CEDAR HEIGHTS COMMUNITY CENTRE
BLIND BAY, BC

DOJO RE-OPENING
AND COVID-19 SAFETY
PLAN

24 October 2021

**SHUSWAP DOJO
ADULT BLACK BELT INSTRUCTORS**

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DOJO INFORMATION

Location	Cedar Heights Community Centre 2316 Lakeview Drive Blind Bay, BC (250) 675-2012
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References:

1. Viasport Return to Sport - <https://www.viasport.ca/return-sport>
2. Karate BC - <https://www.karatebc.org/covid-19-resource-page/>
3. BC Restart Plan - <https://www2.gov.bc.ca/gov/content/covid-19/info/restart#step-one>
4. School District 83 Daily Health Checklist

1 INTRODUCTION

The Dojo temporarily closed on 16 March 2020 due to the COVID-19 pandemic. As a result, the spring and fall 2020 sessions as well as the winter and spring 2021 sessions were cancelled.

On 25 May 2021, the BC Government announced the Restart Plan, a “Plan to bring us back together” which takes a stepped approach. The criteria for moving to the last step, step 4 (earliest start date 7 September), is more than 70% of the 18+ population vaccinated with dose 1, along with low case counts and low COVID-19 hospitalization. In step 4:

- Masks in public indoor settings are a personal choice.
- Normal social contact.
- If you or anyone in your family feels sick, stay home and get tested immediately.

In step 3 (earliest date 1 July) all indoor fitness classes are allowed with usual capacity and limited indoor spectators are allowed. Step 4 allows return to normal sport competitions with an updated COVID-19 Safety Plan in place; increased outdoor and indoor spectators are allowed.

The health and safety of our students is our top priority. In light of BC Restart Plan, the Dojo re-opened on 19 October 2021 for the fall session. The **purpose** of this document is to describe the re-opening plan and the COVID-19 protocols which are used. The COVID-19 Safety Plan is required by WorkSafe BC. **All students must follow the protocols; failure to follow the protocols will result in immediate removal from class for the remainder of the session. We are taking this very seriously.**

As the COVID-19 situation is rapidly changing, this document will be updated as needed to ensure that the protocols meet the latest medical and public health advice.

The term “student” used in this document refers to both students and instructors.

2 DOJO RE-OPENING

The Dojo re-opening was a two-step process:

STEPS	DATES	ACTIVITY	DETAILS
1	Tues 7 Sep and Thurs 9 Sep 6:00 pm to 8:00 pm	Registration	All students (former* and new) registered using the new Student registration/release of liability form. Students were fitted for their uniforms.
2	Tues 19 Oct	First class of fall session	All three classes as detailed on the website.

*: **Former students:** Students who attended the winter 2020 session (Jan-Mar).

3 MASKS

Effective 19 October 2021, all persons **5 years old and up** entering the Dojo must wear a mask. Masks and hand sanitizer are available at the Dojo.

4 PROOF OF COVID-19 VACCINATION

In keeping with the latest BC Provincial and Interior Health COVID-19 orders and in the best interest of our extended Dojo family, effective Tuesday 26 October 2021 all persons **12 years old and up** entering the Dojo (students, instructors and spectators) must be fully vaccinated. A person is considered fully vaccinated 2 weeks after their second dose in a 2-dose series, or 2 weeks after a single-dose vaccine. The BC vaccine card (paper or digital copy) must be presented. The card for fully vaccinated people is green. The card only needs to be presented once; the vaccination status will be recorded in our Dojo attendance list.

5 PRE-CLASS HEALTH CHECKLIST

Prior to each class, students (or parent/guardian for minors) must review the Pre-class Health Checklist (**Annex A**) to monitor for symptoms of illness related to COVID-19. There is no need to submit this form. **If you answer "YES" to any of the questions, THE STUDENT CANNOT ATTEND CLASS.**

6 CLASS PROCEDURES

TIMEFRAME	PROCEDURES
BEFORE CLASS STARTS	Instructors will: <ol style="list-style-type: none"> 1. Set-up a table by the front door for attendance taking. 2. Set-up and sanitize a table (for water bottles). 3. Set-up the hand sanitizer bottles and the masks dispenser.
BEFORE LEAVING HOME	<ol style="list-style-type: none"> 1. Review the Pre-class Health Checklist (Annex A) to monitor for symptoms of illness related to COVID-19. If you answer “YES” to any of the questions, THE STUDENT CANNOT ATTEND CLASS. See page 2 of Checklist for next step. 2. Dogi: Must be freshly washed prior to every class. 3. Restroom: Go to the restroom. 4. Weapons: Do not bring your weapons to class until directed to do so. Weapons can also be stored at the Dojo. 5. Water: Bring your water bottle. 6. Mask: Bring a mask.
ARRIVING AT THE DOJO	<ol style="list-style-type: none"> 1. Arrival time: Do not arrive at the Dojo more than 10 minutes before your class starts. 2. Dojo entrance: To minimize congestion during class transitions, all classes enter the Dojo using the lower-level door facing the parking lot (the regular entrance). 3. Place your water bottle and weapons (when applicable) on the table by the fireplace. 4. Student attendance sheets: An instructor will take care of the attendance sheets for students and spectators.
DURING CLASS	<ol style="list-style-type: none"> 1. Directions: Follow all directions provided by the instructors.


TIMEFRAME	PROCEDURES
AT THE END OF CLASS	<ol style="list-style-type: none">1. Dojo exit: To minimize congestion during class transitions, all classes exit the Dojo using the lower-level door facing (next to the fridge) facing the covered BBQ area.2. Outside: Once outside, do not hang around the door; go directly to your parents' vehicle so you are not standing in the cold. If your parents' vehicle is not in the parking lot, stay in the Dojo until they arrive.
FIRST AID	<ol style="list-style-type: none">1. In the event that first aid is required to be administered, all persons attending to the injured individual must wear a mask and gloves.

7 CONCLUSION

We thank you for your understanding. Should you have any questions or concerns, please contact me by e-mail or phone (see page 2).

Jean-Luc Desgroseilliers
Chief Instructor

ANNEX A - Pre-class Health Checklist

			
<h2 style="color: red; text-decoration: underline;">SHUSWAP DOJO</h2>			
<h3 style="color: black; text-decoration: underline;">PRE-CLASS HEALTH CHECKLIST</h3>			
<p>Students (or parents/guardians for minors) are to review this form prior to each class to monitor for symptoms of illness related to COVID-19.</p>			
1	Key Symptoms of Illness	YES	NO
	Do you have any of the following symptoms:		
	➤ Fever		
	➤ Chills		
	➤ Cough or worsening chronic cough		
	➤ Shortness of breath		
	➤ Loss of sense of smell or taste		
	➤ Diarrhea		
	➤ Nausea and vomiting		
<p>If you answer “YES” to any of the above (and symptoms are not related to a pre-existing condition (e.g. allergies)), DO NOT ATTEND CLASS. See page 2 for the next step.</p>			
2	Travel	YES	NO
	Have you or anyone in your household returned from international travel (i.e. outside Canada) during the last 14 days?		
3	Confirmed Contact	YES	NO
	Are you a confirmed contact of a person confirmed to have COVID-19?		
<p>If you answer “YES” to questions 2 or 3, DO NOT ATTEND CLASS. Use the COVID-19 Self-Assessment Tool to determine if you should be tested for COVID-19 (bc.thrive.health/covid19/en). See page 2 for more information.</p>			
<p>PLEASE ADVISE THE DOJO IF YOU WILL NOT BE ATTENDING CLASS.</p>			

QUESTION 1 NEXT STEP IF ANSWERED YES	
If you answered “YES” to one of the questions included under ‘Key Symptoms of Illness’ (excluding fever).	The student must stay home for 24 hours from when the symptom started. If the symptom improves, the student may return to class when they feel well enough. If the symptom persists or worsens, seek a health assessment.
If you answered “YES” to two or more of the questions included under ‘Key Symptoms of Illness’ or if they have fever , seek a health assessment.	A health assessment includes calling 8-1-1, or a primary care provider like a physician or a nurse practitioner. If a health assessment is required, the student must not return to class until COVID-19 has been excluded and the symptoms have improved.
HEALTH ASSESSMENT AND COVID-19 TEST	
When a COVID-19 test is recommended by the health assessment:	<u>If the COVID-19 test is positive</u> , the student must stay home until you are told by public health to end self-isolation. In most cases, this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.
	<u>If the COVID-19 test is negative</u> , the student can return to class once symptoms have improved and the student feels well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.
	<u>If a COVID-19 test is recommended but is not done</u> because you choose not to have the test, or you do not seek a health assessment when recommended, and the symptoms are not related to a previously diagnosed health condition, the student cannot return to the Dojo.
If a COVID-19 test is not recommended by the health assessment:	The student can return to class when symptoms improve and he/she feels well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).

Reference: SD83 Daily Health Checklist