

CAAC COVID-19 Reopening Guidelines

(With large debt to the WFTDA)

<u>Stipulations for all Tiers</u>			
<p>No active cases among the members. One active case from a member or a member's close contact (such as a cohabitant) at any time results in cessation of dojo activities and 14 day break, returning to the previous tier.</p>	<p>Mandatory 14-day isolation for anyone who has symptoms appear, or if having travelled.</p>	<p>Government regulations regarding mask-wearing, physical distancing, congregation limits, etc. must be followed.</p>	<p>If new active cases in the Calgary Health Zone go over 55 at any time, over a 7 day average, practice suspends and we start again, pre-Tier 1.</p>

	Conditions	Recommendations	Activity	Kids Class
Tier 1	<p>An average of 55 or less new active cases per day in Calgary Health Zone for the past 14 days AND no increase trend over the 7 days prior to reopening (see website below)*</p> <p>A 14-day increase trend in new active Calgary cases results in restarting Tier 1</p>	<p>Everyone uses face masks</p> <p>Sensei maintains maximum distance</p>	<p>Solo practice with at least 2m distance, more if possible (Separate small mats)</p> <p>Low-cardio solo weapons and open-handed movements</p> <p>No Kiai or heavy breathing exercises</p> <p>Participants from same family/cohort are allowed to contact</p> <p>No one other than participants allowed in the dojo</p> <p>Outdoor, distanced solo practice may continue as well</p>	No kids' class
Tier 2	<p>4 weeks have passed in Tier 1</p> <p>A 14-day increase trend in new active Calgary cases results in returning to Tier 1 in High Alert Status**</p>	<p>Face masks optional, unless practicing low intensity, where they are worn. Sensei wears facemask when moving around mats, maintaining 2m distance</p>	<p>Solo practice with at least 2m distance, more if possible (Separate small mats)</p> <p>More intense cardio allowed</p> <p>No Kiai or heavy breathing exercises</p>	No kids' class

<p>Tier 3</p>	<p>4 weeks have passed in Tier 2</p> <p>A 14-day increase trend in new active Calgary cases results in returning to Tier 2 in High Alert Status**</p>	<p>Face masks optional, unless practicing low intensity, where they are worn.</p> <p>Sensei wears facemask when moving around mats, maintaining 2m distance. Sensei chooses one pair as his/her partners for the class</p>	<p>Partner practice allowed with only one partner for entire class</p> <p>Each pair gets their own mat (4 mats), with maximum distance between pairs.</p> <p>Activity is low-cardio if in pairs, but can be higher cardio while solo</p> <p>No Kiai or heavy breathing exercises</p>	<p>Kids Class may continue if already started in Tier 4</p> <p>One mat for entire class, but partners stay distanced in pairs</p> <p>Same as Adults Tier 3 otherwise</p> <p>Special procedures for parents drop off etc. TBD</p>
<p>Tier 4</p>	<p>4 weeks have passed in Tier 3</p> <p>A 14-day increase trend in new active Calgary cases results in returning to Tier 3 in High Alert Status**</p> <p>New positive cases in Calgary that don't indicate a 14-day increase should mean a halt at Tier 4, even if vaccine is available.</p>	<p>Face masks optional</p> <p>Sensei wears facemask when moving around mats, may contact students, using hand sanitizer after each group</p>	<p>Partner practice allowed with only one partner for entire class</p> <p>Each pair gets their own mat (6 mats), with maximum distance between pairs.</p> <p>Paired activity may include more intense cardio</p> <p>No Kiai or heavy breathing exercises</p> <p>Visitors may watch class, following government guidelines regarding physical distance, face coverings, etc. Sensei controls placement of guest seating.</p>	<p>Kids Class may begin</p> <p>Parents follow local guidelines</p>

Tier 5	Vaccine is available No new cases in Calgary for 14 days New positive cases in Calgary should mean an immediate return to Tier 4 in High Alert Status**, even if vaccine is available.	Regular student/sensei contact	Return to normal practice Groups, mixed pairs, etc. Kiai allowed Etc. Regular large mat	Regular kids' class training
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*55 new active cases per day for Calgary Health Zone is a function of:

$$\left(\frac{1\,544\,495 \text{ (population)}}{100\,000} \times 50 \right) \text{ divided by } 14 \text{ (formula provided by the WFTDA)}$$

**High Alert Status is a state where movements through the tiers occur on 7-day trends. A 7-day increase trend would result in moving to the previous tier, remaining in High Alert for 7 days. A 7-day decrease trend results in moving up to the next tier, remaining in High Alert for the following 7 days.

Calgary COVID New Active Cases Graph:

<https://www.cbc.ca/news/canada/calgary/alberta-covid-19-data-statistics-numbers-cases-hospitalizations-1.5514947#datawrapper-chart-zRmCg:~:text=This%20next%20chart%20shows%20new%20cases%2C%20by%20day%2C%20broken%20down%20by%20health%20zone.>

GENERAL PROCEDURES for Tiers 1 - 4

- 1 The sensei should only use a partner starting at Tier 4
- 2 The sensei should pick only one uke per class to demonstrate starting at Tier 3, until Tier 5, return to normal
- 3 All participants should sign the COVID waiver at every practice and mark their attendance on the attendance record
- 4 Face masks must be worn and 2m physical distancing observed while off the mat for all Tiers 1 - 4
- 5 All participants should arrived changed into their gi and leave without changing clothes, apart from their gi jacket. Hakamas may be put on or removed in the dojo.
- 6 No participant may display any of the symptoms of COVID-19 as outlined in the waiver
- 7 High-touch surfaces, pens or loaner weapons should be wiped with disinfectant between uses
- 8 Mats should be washed before every use and not used by any other groups
- 9 Doorways to lobby and windows should stay open to allow for exchange of air, unless other groups are in the lobby
- 10 Participants must thoroughly wash their hands before class or use hand sanitizer
- 11 All participants should use a clean handkerchief or tenugui for sneezing or coughing, touching face, etc.
- 12 Hand sanitizer and disposable face masks should be made available