

## CAAC COVID-19 Reopening Guidelines (v.6)

(With large debt to the WFTDA)

### Stipulations for all Tiers

	<b>No active cases among the training members. One active case from a member or a member's close contact (such as a cohabitant), where it can be reasonably assumed that the potentially infected person did train at the dojo, results in cessation of dojo activities for 14 days, returning at the existing tier.</b>	<b>If new active cases in the Calgary Health Zone go over 55 at any time, over a 7 day average, we return to Tier 1.</b>	<b>It is expected that members will be absolutely truthful in their assessment of their exposure to COVID-19.</b>  <b>Mandatory 14-day training suspension for anyone who has symptoms appear, or if having travelled.</b>	<b>Government regulations regarding mask-wearing, physical distancing, congregation limits, etc. must be followed.</b>
	<b>Conditions</b>	<b>Recommendations</b>	<b>Activity</b>	<b>Kids Class</b>
<b>Tier 1</b>	Government allowance for practicing	Everyone uses face masks  Sensei maintains maximum distance	Solo practice with at least 2m distance, more if possible (Separate small mats)  Low-cardio solo weapons and open-handed movements  No Kiai or heavy breathing exercises  Participants from same family/cohort are allowed to contact No one other than participants allowed in the dojo Outdoor, distanced solo practice may continue as well	<b>No kids' class</b>
<b>Tier 2</b>	An average of 55 or less new active cases per day in Calgary Heath Zone for the past 14 days*  A 14-day increase trend in new active Calgary cases results in returning to Tier 1	Face masks optional, unless practicing low intensity, where they are worn.  Sensei wears facemask when moving around mats, maintaining 2m distance	Solo practice with at least 2m distance, more if possible (Separate small mats)  More intense cardio allowed	<b>No kids' class</b>

			No Kiai or heavy breathing exercises	
<b>Tier 3</b>	<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><b>Kids Class may continue if already started in Tier 4</b></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>
<b>Tier 4</b>	<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><b>Kids Class may begin</b></p> <p>Parents follow local guidelines</p>
<b>Tier 5</b>	<p>Vaccine is available</p> <p>No new cases in Calgary for 14 days</p>	<p>Regular student/sensei contact</p>	<p>Return to normal practice</p> <p>Groups, mixed pairs, etc.</p> <p>Kiai allowed</p>	<p>Regular kids' class training</p>

	New positive cases in Calgary should mean an immediate return to Tier 4 in High Alert Status**, even if vaccine is available.		Etc.	
			Regular large mat	

**\*55 new active cases per day for Calgary Health Zone is a function of:**

**(  $\frac{1\,544\,495 \text{ (population)}}{100\,000} \times 50$  ) divided by 14 (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 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. Those who arrive by bicycle can use the washroom for changing.
- 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 Participants must thoroughly wash their hands before class or use hand sanitizer
- 10 All participants should use a clean handkerchief or tenugui for sneezing or coughing, touching face, etc.
- 11 Hand sanitizer and disposable face masks should be made available