



## NEWS & REMINDERS

### Plan for Restarting Activities at the Dojo

This plan outlines the considerations for returning to kendo and iaido activities at the dojo. The plan comprises four areas:

1. [Screening measures](#) to minimize exposure risk
2. [Mitigation measures](#) to minimize risk of spread
3. [Ventilation and facility management](#)
4. [Members' actions](#) to avoid infection

As has been the case throughout the pandemic, knowledge about the SARS-COV2 virus and COVID-19 will continue to grow, and [national, state, and local guidelines](#) will continue to change. Testing will become more available and affordable, and therapeutics will exist for treating all levels of infection, as well as for prophylaxis. This plan will be updated accordingly.

Furthermore, the re-opening of the dojo will start with a short pilot program with the iaido group (a small, adult subpopulation of Norwalk Dojo). The pilot program will work through the various elements of the plan to optimize it for general return. We will also have online presentations to explain the protocols.

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### Screening measures

For each practice:

- must register in advance online, including questionnaire (see below), emergency contact, vaccine history, CA Notify history, liability form, and Center protocols acknowledgement. Sign up will be closed 10am of the day prior to practice.
- temperature check (fever is typically the first symptom)
- pulse oximeter reading (pulse rate and oxygen level, w/breathing sequence)
- mask check
- equipment check (2 shinai in good condition, 2 masks, water, sanitizer)
- questionnaire check
  - symptoms (you or anyone in your household)
    - fever (over 100.3 deg)
    - cough
    - sore throat
    - body ache, headache
    - nausea, vomiting, diarrhea
    - shortness of breath or difficulty breathing
    - extreme fatigue
    - chills
    - nasal congestion
    - confusion
    - loss of taste or smell
  - exposure (you or anyone in your household)
    - currently or recently (within 7 days) under COVID-19 quarantine or isolation
  - condition
    - lack of stamina while wearing a mask (cannot do 50 hayasuburi)
    - taking medications to suppress fever, cough, or congestion symptoms

Note: please do not come to practice unless you believe you will pass the entire screening. If you do not pass, you must leave the premises immediately; if you need to wait for someone to pick you up, please be prepared to do so outside.

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### Mitigation measures

Activities will proceed in phases, based on the current circumstances (risk level in the community, etc).

For phase 1:

- masks worn at all times
- only instructors speaking (wearing face shields in addition to masks)
- capacity and time limits (require sign up in advance, multiple shifts if necessary/feasible)
- kihondosa/footwork in assigned spaces
- separate activity areas (batons, dummies, etc) with participants organized into cohorts
- physical distancing at all times
- no physical contact
- bring your own water/drinks
- have shoes/slippers in case you need to go outdoors to take off your mask

Later phases (this document will be updated as these become closer):

- add controlled partner practice (eg kata or uchikomi keiko)
- add full keiko

The phases roughly correspond to the "old normal" practice segments at the dojo (1: kihondosa/footwork; 2: uchikomi drills with men on; 3: keiko/ato-geiko), but with added safety precautions (masks, distancing, etc).

Phase 1 will not occur indoors until Los Angeles County has achieved red tier status; see [LAC COVID numbers](#) for notes. In the red tier, gyms may open indoors at 10% capacity (20 people max for kendo). The exact number of cohort groups will vary based on the individuals/households attending, as well as the number of available instructors, but we anticipate 4 groups max.

Outdoor practice is allowed in the purple tier per state guidelines, as long as distancing, masking, etc, are implemented. We will also be monitoring the LAC numbers. Watch for dojo announcements. We anticipate setting max capacity to 25-30 people.

- screening and mitigation measures will still apply
- wear workout clothes and shoes
- if dummies are used: need dollies to transport (outdoor vs indoor wheels), also plywood bases and weights

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## Ventilation and facility management

- ventilation
  - gym
    - capacity limits, preregistration required
    - open all doors
    - run HVAC fan
    - run additional fans to improve air circulation
  - bathrooms
    - 1 at a time
    - run exhaust fan
    - no talking
  - dressing rooms
    - members are encouraged to come already dressed; workout clothes ok
    - capacity limits, no more than 4 at a time (schedule time slots in advance)
    - remove all belongings, wipe down any surfaces touched
    - run HVAC fan
    - no talking
- fomite mitigation
  - dry mop floor

- sanitize frequently touched surfaces (door knobs, etc) and common equipment (dummies, batons)
- students are not allowed to touch equipment other than their own
- butcher paper rectangles (for iaido)
  - disposable, use to demarcate separation
  - one per person: for zarei and reiho

Note: we will avoid letting "[hygiene theater](#)" (an obsession with sanitizing surfaces) distract from more effective ways to combat COVID-19.

## Members' actions

- hygiene (at home and at the dojo)
  - wash/sanitize your hands frequently, especially upon entry
  - maintain your mask supply, change masks as necessary
  - maintain your kendo-gi and bogu
  - at the dojo: do not touch other people or their things
- conditioning at home (so you can last without taking off your mask)
  - build up your stamina before coming to the dojo
  - attend zoom keiko (if you miss one, catch up via youtube)
  - kiai and breathing drills (we cannot do these at the dojo)
  - practice wearing a mask while doing suburi at home (how many hayasuburi can you do?)
- symptoms or exposure (see [screening section](#))
  - symptoms while at the dojo: notify an instructor immediately
  - exposure while outside the dojo: [notify the dojo](#) as soon as possible

## Other notes

- No new beginners accepted until we are able to return to full keiko
- Only Norwalk Dojo members allowed to practice. Exception may be made if approved by instructors and officers (eg iaidoka from SCKF community)
- No observers inside the gym (please wait outside in your car)
- If we are notified of a Dojo member becoming ill with COVID-19, we will let you and the Center know, along with any attendance rosters that include the member in the past 14 days. We will also let you know if we become aware of persons associated with the Center that become ill with COVID-19. Privacy will be maintained.
- The dojo's designated COVID-19 managers (as required by the Center) are Jean Kodama, Brian Yoon, and Linda Fu.

## References

- National, state, local, and other guidelines
  - State of California
    - [Blueprint for a Safer Economy](#)
    - [County monitoring overview](#)
    - [Tier summaries](#) (see "gym" note below)
  - County of Los Angeles
    - [Public Health website](#)
    - [Health officer order: safer at work and in the community](#)

Note: Norwalk Dojo best fits in the "gym and fitness center" category, which covers fitness-related studios such as yoga, pilates, dance, gymnastics, and martial arts studios (see [FAQs](#)).

- Southeast Japanese School and Community Center (distributed 10/21/20)

- [Letter from Dean Wada](#)
  - [Letter from Richard Shinomoto](#)
  - [COVID-19 safety protocols and procedures](#)
  - [Club Safety Protocols and Procedures](#)
  - [Set of questions to ask before participation](#)
  - [Person with illness symptoms](#)
- [AUSKF announcement](#)
- Articles, papers, etc
  - [Amid the Coronavirus Crisis, a Regimen for Re-entry](#) (how this hospital keeps its 75 thousand employees safe from COVID-19)
  - [Modeling the Onset of Symptoms of COVID-19](#) (order: 1. fever; 2. cough; 3. sore throat, headache, or myalgia; 4. nausea/vomiting; 5. diarrhea. The order is different from flu and other respiratory diseases.)
  - [The 6-foot social-distancing rule is based on nearly 80-year-old science](#) (scientists propose a traffic light system to use instead)
  - from National Association of Teachers of Singing ([NATS](#))
    - [What Do Science and Data Say About the Near Term Future of Singing](#) (5/5/20 webinar)
    - [COVID-19 After Effects: Concerns for Singers](#) (paper, including [decision assistance chart](#) and link to [online COVID-19 survival calculator](#))
  - [Los Angeles County COVID-19 graph](#) (jkodama)
  - [Norwalk Dojo coronavirus page](#)
- Gym dimensions: approx 86ft x 76ft
- Dojo materials list (preliminary)
  - face masks (to give out if mask inadequate)
  - face shields (for check in staff and instructors)
  - disposable gloves
  - plexiglass shield
  - alcohol spray
  - alcohol wipes
  - infrared thermometer
  - pulse oximeter
  - questionnaire forms
  - butcher paper
  - dollies for taking equipment outdoors
  - platforms for dummies outdoors

History (not counting minor tweaks):

- 08/30/20: initial version
- 10/06/20: initial release
- 10/11/20: minor updates: mitigation phases, tier summaries link
- 10/22/20: add SEJSCC 10/21/20 docs; add screening and gym notes
- 10/31/20: add corona.htm link; capture page to [pdf](#)
- 02/15/21: updates including capacity numbers, covid managers, tier descriptions, move outdoor practice notes to mitigation area, mention vaccine and CA Notify history with sign up; capture page to [pdf](#)