



## 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 five 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
5. [Other notes and references](#)

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:

1. must register in advance online, including
  - o questionnaire (see below)
  - o member profile information (fill out first time, then update as necessary), includes emergency contact, waiver agreement ([AUSKE waiver](#) and [Center waiver](#)), [Center protocols](#) acknowledgement, and vaccination history
  - o sign up will be closed 10am practice day.
2. questionnaire check
  - o symptoms (you or anyone in your household, within the past 14 days)
    - fever (100.3 degrees or greater)
    - cough
    - sore throat
    - body ache, headache
    - nausea, vomiting, diarrhea
    - shortness of breath or difficulty breathing
    - fatigue
    - chills
    - nasal congestion
    - confusion, brain fog
    - loss of taste or smell
  - o exposure (you or anyone in your household)
    - currently have COVID-19 or are subject to any specific order to self-quarantine or self-isolate
    - had close contact with anyone with COVID-19 or its symptoms within 10 days prior to practice
  - o condition
    - lack of stamina while wearing a mask (eg cannot do 50 hayasuburi)
    - taking medications to suppress fever, cough, or congestion symptoms
  - o vaccination or COVID test
    - not fully vaccinated, and unable to show a negative COVID test result (test taken within 48 hours of practice)

The above is part of online sign up and will be double checked during sign in for the practice. If you answer yes to any of the above, we ask you not to participate in the practice.

3. temperature check (less than 100.3 measured on the forehead)
4. mask check (cannot blow out a tissue hanging 2 inches from your nose)
5. equipment check (2 shinai in good condition, 2 masks, water, sanitizer)

Note: please do not sign up or 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.

You must also agree to notify [norwalkkendo@gmail.com](mailto:norwalkkendo@gmail.com) if you develop COVID-19 symptoms within 72 hours after the practice, or if you test positive for COVID-19 within 7 days after the practice (your privacy will be maintained).

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## Mitigation measures

Activities will proceed in phases, based on the current circumstances (risk level in the community, etc). For kendo, the phases are numbered (1,2,3,...); for iaido the phases are lettered (A,B,C,...). Each phase includes safety precautions and careful sub-phasing.

Kendo Phase 1: return to the dojo (barefoot movement in a large space)

- practice is open to currently registered Norwalk Dojo members only
- masks worn at all times
- only instructors speaking (wearing face shields in addition to masks)
- workout clothes (but ok to wear keikogi/hakama)
- capacity and time limits (must 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 (probably 4 cohorts max)
- 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
- up to one observer per member household (assigned seating). Must register online prior to practice and pass entry screening before entering the dojo.
- dates: began on 4/16/21 (preceded by outdoor suburi on 4/9/21)

Phase 2: return to bogu

- wear keikogi/hakama and bogu (if you were wearing these pre-COVID)
- still wearing face masks and no kiai; no taiatari or tsubazeriai
- before wearing men at the dojo, please practice putting on and taking it off at home. Most importantly, figure out how to wear an effective mask inside your men (no gaiters or bandanas).
- dates: began on 5/26/21, started wearing men 6/11

Phase 3: practice expansion

- restart Monday practices
- kiai by kenshi for no-contact drills (wearing face shields and masks, fully vaccinated, like sensei have been doing)
- schedule dojo visits for potential new members to join in August
  - new members who are already experienced in kendo or iaido (ie already have a rank)
  - kendo beginners (no experience, or have some experience but no rank)
- restart Friday ato-geiko
- dates, including changes of plan
  - 7/12/21: first Monday practice, face shield kiai (see [NEWS](#))
  - 8/11/21: postpone accepting new members due to COVID-19 ICU numbers (see [announcement](#))
  - 9/10/21: restart ato-geiko (for fully vax'd)
  - 9/13/21: begin modifying practices to comply with new [LACDPH youth sports order](#) (see [announcement](#))

Phase 4: practice expansion under the 9/1 LACDPH order

- begin accepting new members in October
- adults 18 and over must be fully vaccinated to participate in practices
- Friday practice: no-contact activities; participation by minors does not require vaccination or COVID test
- Monday practice and Friday ato-geiko: uchikomi practice; participation by minors requires vaccination or weekly COVID testing
- dates: start 10/1/21 (see [announcement](#))

## Future items

- full keiko with kiai (terms/conditions tbd)
- open practice to members of the SCKF community, as long as they are fully vaccinated; must also have their instructor's permission (if 3dan or less). This will probably proceed in sub-phases (eg start with members of the Norwalk Dojo kendo community).

## Iaido phases:

- phase A (4/12/21): return to dojo, current Norwalk members only
- phase B (6/7/21): open practice to members of the Norwalk Dojo iaido community, as long as they are fully vaccinated and have their instructor's permission (if 3dan or less).
- phase C (7/12/21): practice expansion
  - accept new members who are already experienced in iaido (ie already have a rank)
  - accept new beginners (planned for August, then postponed due to COVID-19 ICU numbers, see [announcement](#))
- Note: iaido practices were suspended on 9/26/21 (see [announcement](#))
- phase D (10/14/21) (see [announcement](#)):
  - must be fully vaccinated or show proof of negative COVID test (taken no more than 3 days prior to each practice; OTC serial tests such as BinaxNOW or QuickVue are not acceptable per LACDPH guidelines)
  - accept new members

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## Ventilation and facility management

- ventilation
  - gym
    - preregistration required for each practice
    - capacity limits (space out one chair per slot):  
student side: 10 households max  
sensei side: 10 sensei max
    - open all doors
    - run fans
  - bathrooms
    - 1 at a time
    - run exhaust fan
    - no talking
  - dressing rooms
    - members are encouraged to come already dressed
    - capacity limits: one household per table
    - remove all belongings to gym (chair), wipe down any surfaces touched
    - run 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

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

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## 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

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## Other notes and references

- Attendance records will be maintained for both participants and observers, in case we are notified of a Dojo member becoming ill with COVID-19, who has attended practice at the dojo within the past 14 days. If that occurs, we will let you and the Center know. 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.
- Notes on dojo activities vs California blueprint tiers
  - outdoor keiko is allowed in the purple tier per state guidelines, as long as distancing, masking, etc, are implemented.
    - practice will be in the ondo circle area, so do not park on the south side of the gym
    - [screening measures](#) #1 through #3 will apply
    - all mitigation measures will apply, eg wearing a mask, no kiai, etc
    - wear workout clothes and shoes (to avoid tripping hazard in hakama)
    - we anticipate setting max capacity to 25-30 people
    - if dummies are used: need dollies to transport (outdoor vs indoor wheels), also plywood bases and weights
  - keiko cannot occur indoors until Los Angeles County has achieved at least red tier status; see [LAC COVID data](#) and [tier summary notes](#). In the red tier, gyms may open at 10% capacity (20 people max for kendo), orange tier is 25% capacity (50 max), yellow tier is 50% capacity (100 max).
- After California ends its blueprint program on 6/15/21, we will follow [CAL/OSHA COVID-19 guidelines](#)

## 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](#)
    - [Reopening LA County](#), including Health officer orders
    - [Daily COVID Data](#)

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
  - [3/25/2021 protocols](#)
  - [3/25/2021 waiver](#)
  - [6/05/2021 update](#)
  - [7/15/2021 update](#)
  - [9/11/2021 update](#)
  - [9/16/2021 update](#)
- [AUSKF announcement](#)
- Dojo
  - [Norwalk Dojo coronavirus page](#)
  - [Los Angeles County COVID-19 data](#) (jkodama)
    - [ICU tracking](#)
  - [3/8/21 ctr markups](#)

- 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.)
  - 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](#))
- Gym dimensions: approx 86ft x 76ft

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](#)
- 03/08/21: minor updates: add link to new online registration page, tweak covid notification bullet
- 04/02/21: number screening bullets, update outdoor notes and move to other, link to Center 3/25/21 documents, link to AUSKF waiver, misc updates
- 05/27/21: move file to 2021 area; clean up phase 1 notes; add phase 2
- 06/03/21: general clean up
- 07/09/21: clean up phase descriptions (kendo numbered, iaido lettered)
- 07/15/21: update [Center docs](#), capture page to [pdf](#)
- 09/12/21: add "vaccination or COVID test" bullet to questionnaire check and center 9/11 update (later revised 9/16)
- 09/30/21: add kendo phase 4 and mandatory vax for adults; capture page to [pdf](#)
- 10/14/21: add iaido phase D and vax/test; capture page to [pdf](#)