



NORWALK
KENDO DOJO

NEWS & REMINDERS

Norwalk Dojo COVID-19 Protocols

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. The protocols will be updated accordingly.

Screening measures

For each practice:

1. must register in advance online, including
 - questionnaire (see below)
 - 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
2. questionnaire check
 - symptoms (you or anyone in your household, within the past 5 days)
 - fever (100.3 degrees or greater)
 - cough
 - nasal congestion, runny nose
 - sore throat
 - body ache, headache
 - nausea, vomiting, diarrhea
 - shortness of breath or difficulty breathing
 - fatigue
 - chills
 - confusion, brain fog
 - loss of taste or smell
 - currently in quarantine or isolation (you or anyone in your household)
 - [quarantine](#) (after exposure to COVID-19)
 - [isolation](#) (after contracting COVID-19)
 - condition
 - lack of stamina while wearing a mask (eg cannot do 50 hayasuburi)
 - taking medications to suppress fever, cough, or congestion symptoms

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. vaccination or COVID test check (see [mitigation section](#))
6. 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 if you or anyone in your household develops COVID-19 symptoms within 72 hours after the practice or tests positive for COVID-19 within 7 days after the practice (your privacy will be maintained).

Mitigation measures

- Everyone attending practice must be properly masked while indoors, including spectators.
- All adults must be fully vaccinated.

- Youth (17 and under) are strongly encouraged to be fully vaccinated
 - without proof of vaccination or negative COVID test, youth are not allowed to do kiai
 - PCR test must be taken within 48 hours of practice
 - over-the-counter tests are acceptable if they are performed at the time of in-person sign-in and are EUA-approved for single test screening
- All attendees must sign up in advance online before each practice (contact norwalkkendo@gmail.com to be added to the email list)
- No tsubazeriai (see [AJKF provisional rules](#)).
- Practice is open to currently registered Norwalk Dojo members, plus the following:
 - kendo: SCKF yudansha
 - iaido: AUSKF members
 - all must be fully vaccinated and currently registered with AUSKF
 - 3dan and below please have permission from your head instructor

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 households max
 - open all doors
 - run fans
 - dressing rooms
 - capacity limits: one household per table
 - run fan
- fomite mitigation
 - dry mop floor
 - sanitize frequently touched surfaces (door knobs, etc) and common equipment (dummies, batons)

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
 - practice wearing a mask while doing suburi at home (how many hayasuburi can you do?)
 - practice wearing mask inside men
- symptoms or exposure (see [screening section](#))
 - symptoms while at the dojo: notify an instructor immediately
 - exposure within 5 days prior to coming to the dojo: [notify the dojo](#) immediately
 - privacy will be maintained

Attendance records will be maintained for both participants and observers, in case we need to notify you of a possible exposure to COVID-19 at the dojo.

Protocols if you are exposed to or contract COVID-19:

- you have been exposed to someone with COVID-19:
 - see [LACDPH quarantine protocols](#)
 - do not come to the dojo for at least 5 days
 - test within 3-5 days after your last exposure. If positive, see isolation protocol below. If negative, you may return to the dojo, provided it has been at least 5 days since the last exposure, and you can pass screening (including being symptom free for at least 5 days).

- you have tested positive for or been diagnosed with COVID-19:
 - see [LACDPH isolation protocols](#)
 - do not come to the dojo for at least 10 days after either the day of the positive test or after symptoms first appeared, whichever is later (this is day 0)
 - test on day 5 or later. If positive, continue isolation. Once negative, you may return to the dojo, provided it is at least day 10, and you can pass screening (including being symptom free for at least 5 days).
 - work with your doctor, who may prescribe medications or supplements to aid in your recovery
 - contact norwalkkendo@gmail.com, or one of the [dojo COVID managers](#), if you have questions
-

Other notes and references

References

- National, state, local, and other guidelines
 - CDC
 - [US COVID-19 Community Levels by County](#)
 - [protocols for exposure and isolation](#)
 - County of Los Angeles
 - [Public Health website](#)
 - [Reopening LA County](#), including Health officer orders for [youth sports](#) (kendo is classified as a high risk activity)
 - [Daily COVID Data](#)
 - Southeast Japanese School and Community Center
 - [02/03/2022](#) updated COVID protocol doc
 - [03/03/2022](#) update
 - [06/03/2022](#) update
- Dojo
 - [Norwalk Dojo coronavirus page](#)
 - dojo COVID-19 managers: Jean Kodama, Brian Yoon, Linda Fu, and George Tseng (alternate)
 - [Los Angeles County COVID-19 data](#) (jkodama)
 - [ICU tracking](#)
 - gym dimensions: approx 86ft x 76ft

History (not counting minor tweaks)

- 12/05/22: clean 2022 version; open kendo practice to SCKF yudansha; capture [pdf](#) (for historical notes see [2021](#))
- 12/10/22: reduce symptom check to 5 days (was 10); add simplified protocol notes for [quarantine](#) and [isolation](#); capture [pdf](#)