

Vancouver Kendo Club Return to Practice Guidelines

These guidelines are made in accordance with the Government of British Columbia's current Covid-19 guidelines along with adapted information from the British Columbia Kendo Federation & the Canadian Kendo Federation. This information is intended for the restart of kendo for all ages including youth and adults ranging from low to high intensity recreational activity.

As of September 15th, 2021, we are in phase 3 of British Columbia's Restart Plan. As per these requirements, the following are considerations when coming to **indoor** sessions. Apart of the BC restart plan includes the BC Vaccine passport where the following are required:

“By order of the Provincial Health Officer (PHO), proof of vaccination is required to access some events, services and businesses. You must have at least one dose of a COVID-19 vaccine. By October 24, you must be fully vaccinated. The requirement is in place until January 31, 2022, and could be extended.”

This requirement applies to individuals born in 2009 or earlier (12+) with special consideration for:

“All indoor adult group and team sports for people 22 years old or older”

Effective Dates:	Individuals 21 and under	Individuals 22+
September 13 th – October 23 rd , 2021	Vaccination is not specifically required	Partial Vaccination with 1 dose is required
From October 24 th , 2021	Vaccination is not specifically required	Full Vaccination with 2 doses is required

Considerations before coming to in person practice:

Self-Screen yourself


- ✓ Do I have any **symptoms**? (fever, chills, cough, shortness of breath, sore throat, painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, and loss of appetite)
- ✓ Have I been in **close contact** with anyone who had **symptoms of COVID-19**?

Protocols when Arriving:

- ✓ Upon arrival, please get your temperature checked (must be equal to or below 37.5 degrees Celsius)
- ✓ Upon entering, go to the **handwashing station** and **wash your hands**
- ✓ Please have a **mask** on at all times before commencing physical activity and remain wearing masks when practicing within a close distance
- ✓ Continue to **re-wash hands and sanitize** during breaks between practice
- ✓ **No spectators** during practice at this time
- ✓ Continue to **personally sanitize bogu, hands and feet** with personal alcohol spray and wipes before and after practice

Practice Protocols:

- ✓ All ages permitted
- ✓ Kiai allowed

- 
- ✓ Maximum number will be in accordance with the community centre restrictions
 - ✓ Continue to sanitize and wash hands during breaks
 - ✓ Masks to be worn at all times indoors before commencing physical activity and are to be worn when practicing in a close distance

Post Practice Protocols:

- ✓ Wash your hands or sanitize prior to leaving
- ✓ If you feel any **symptoms of COVID-19** after the practice, please **refrain from joining** practices until no symptoms are at all experienced
- ✓ In the case that you have **tested positive for COVID-19**, after you have taken care of your **personal health needs**, please **contact the program director** to notify us of the situation so we may take action

Itinerary:

- Practices will commence at **Charles Rummel Community Centre** located at **3630 Lozells Avenue, Burnaby, BC**
 - Thursdays 20:00-22:00
 - Fridays 19:30-21:30