

# Edmonton Aikikai

## Return to Practice Guidelines

<b>General Guidance</b>	<ul style="list-style-type: none"><li>● Masking is required for all attendees.</li><li>● Come to class dressed for practice to reduce the use of changing areas.</li><li>● Wash hands before and after practice and as required during practice.</li><li>● Use hand sanitizer during practice if required, for example, if the attendee has touched their face.</li><li>● Sanitize mats after practice ends and before storing.</li><li>● Ensure adequate ventilation by opening doors and making use of fans if necessary.</li><li>● Attendees must indicate to the instructor or a class delegate that they are not at risk by responding to an assessment questionnaire.</li><li>● Ensure all attendees, including instructors and visitors, have their attendance marked and contact details collected for contact tracing purposes.</li></ul>
<b>Rapid Response Plan</b>	<ul style="list-style-type: none"><li>● If a class participant develops symptoms during class beyond what they or the instructor feels are the normal effects of physical exertion, they must immediately isolate from others by:<ul style="list-style-type: none"><li>○ Leaving the immediate training area and ceasing physical contact with the other attendees, if possible.</li><li>○ Using hand sanitizer or an available restroom to wash their hands</li><li>○ Avoiding contact with items or surfaces.</li><li>○ Arranging for transportation to their home for isolation.</li></ul></li><li>● The instructor or a class delegate must ensure that the attendance list is accurate for contact tracing.<ul style="list-style-type: none"><li>○ Add notes to the list to identify the symptomatic individual's practice partners.</li></ul></li></ul>
<b>Maintain Records for Contact Tracing</b>	<ul style="list-style-type: none"><li>● The instructor or a class delegate must collect the names of all individuals who attended the class, whether they practiced or not.</li><li>● Whether they practiced or not, any attendees must provide contact information such as phone number or email address and their home address.</li><li>● The attendance record must be available to the head instructor or the dojo secretary should Alberta Health Services identify a confirmed case associated with the dojo.</li></ul>
<b>Screening</b>	<ul style="list-style-type: none"><li>● All attendees must affirm to the instructor or a class delegate that they do not have symptoms by responding to a screening questionnaire.</li></ul>

# Edmonton Aikikai

<b>Cleaning and Disinfecting</b>	<ul style="list-style-type: none"><li>● Clean mats before being stored after practice.<ul style="list-style-type: none"><li>○ For effective cleaning, everyone handling mats must wash or sanitize their hands before moving mats or during moving if necessary.</li></ul></li><li>● Follow any additional cleaning and disinfecting guidance provided by the hall.</li></ul>
<b>Ventilation</b>	<ul style="list-style-type: none"><li>● As the facility has limited ventilation in the main hall, doors at both ends must be open during practice. Ideally, a fan should be placed in at least one doorway to ensure air movement.<ul style="list-style-type: none"><li>○ Allowance is made if there is significant airflow without the use of a fan.</li></ul></li><li>● Turn up ceiling fans to promote air circulation in the center of the room.</li></ul>
<b>Hand Hygiene and Respiratory Etiquette</b>	<ul style="list-style-type: none"><li>● Hand sanitizer must be available during practice.</li><li>● If restrooms are open and provided with soap and paper towels, it is recommended that individuals wash their hands thoroughly before and after practice.</li><li>● Although everyone should be masked, it is recommended that people cough or sneeze into a bent elbow.</li></ul>
<b>Masks</b>	<ul style="list-style-type: none"><li>● Even if they do not practice, all individuals attending class are required to wear an approved mask.<ul style="list-style-type: none"><li>○ See: <a href="https://www.alberta.ca/masks.aspx">https://www.alberta.ca/masks.aspx</a></li><li>○ See: <a href="https://www.alberta.ca/assets/documents/covid19-types-of-masks-eye-protection.pdf">https://www.alberta.ca/assets/documents/covid19-types-of-masks-eye-protection.pdf</a></li><li>○ Cloth masks should have 3 layers, including a middle layer of filter-type fabric.</li><li>○ Surgical/procedure masks, KN95, KF94, or medical N95 masks.</li></ul></li></ul>
<b>Non-compliance</b>	<ul style="list-style-type: none"><li>● Anyone not complying with the above will not be allowed to attend the class, even if they are not practicing.<ul style="list-style-type: none"><li>○ If they are not willing to respond to the questionnaire.</li><li>○ If they are not willing to provide sufficient contact information.</li><li>○ If they are not willing to wear a mask.</li><li>○ If they are not willing to sanitize sufficiently.</li><li>○ If they are not willing to follow the direction of the instructor or the class delegate regarding practice etiquette or these guidelines.</li></ul></li></ul>