



## **RECOMMENDATIONS FOR DEALING WITH THE COVID-19 VIRUS**

The purpose of this document is to provide you with information that will help you make some informed decision on how to proceed when considering the opening of your dojo. The health and safety of your students and their loved ones are a primary consideration when operating a dojo. With the current circumstances and the uncertainty surrounding the Corona Virus, we urge you to error on the side of caution.

The information contained in this document was gleaned from a variety of resources including the US Judo Association, the Swiss Aikido Federation, various scientific publications and the, American College of Emergency Physicians, and the Center for Disease Control (CDC) .It was reviewed by physicians and martial art teachers for it's accuracy.

Please use this document as a guide and you do NOT have to implement all the recommendations. Guidelines from your State or County Health Department and your own personal experience, and input from your students will help you decide what information is relevant for your situation.

It is important that when students return to the dojo, they feel safe and comfortable. Continually reassessing the situation and staying abreast with the most current medical information about the virus will help all of us navigate these uncharted waters. Again, your Local and State Health Authority will be helpful and oftentimes you can subscribe to their weekly update.

Below is a six-phase approach to consider when your Country, State or County allows your dojo to open. Use this as a guide and perhaps you will not follow the sequence outlined below. The

location of your dojo and the incidence of Corona virus cases will determine how you proceed.

## **SIX PHASE APPROACH TO OPENING A DOJO**

### **PHASE 1:**

Public health authorities impose shelter in place/stay at home order. Public agencies and non-essential businesses are closed.

**RECOMMENDATION:** Dojos/clubs remain CLOSED. Individual home training & online classes ONLY.

### **PHASE 2:**

Public health authorities ease shelter in place/stay at home order requirements, but continue to prohibit large group activities. Gatherings of 25 people or less (depending on State and/or local regulations).

**RECOMMENDATION:** Dojos/clubs remain CLOSED. Individual home training, online classes, and training in local parks with social distancing (minimum of 6 ft apart), use of masks, and gatherings of 25 people or less (depending on State and/or local regulations).

### **PHASE 3:**

Public health authorities continue to ease restrictions and more non-essential businesses are allowed to open.

**RECOMMENDATION:** Dojos/clubs may open. Online classes may continue, and training in dojos with social distancing (minimum of 6 ft apart), use of masks, AND proper sanitary and hygienic precautions in place. The use of hand sanitizer before stepping on the mat, when changing partners and before leaving the dojo.

#### **PHASE 4:**

Public health authorities continue to ease restrictions and more unessential businesses are allowed to open.

**RECOMMENDATION:** Dojos/clubs are open. Online classes may continue, and training in dojos with less restrictive social distancing (<6 ft), use of masks optional, AND proper sanitary and hygienic precautions in place. The use of hand sanitizer before stepping on the mat, when changing partners and before leaving the dojo.

#### **PHASE 5:**

**RECOMMENDATION:** Dojos/clubs are open. Online classes may continue. Direct contact with an assigned partner for 2-4 week period of time for efficient contact tracing measures for direct contact **OR**, a more realistic method would be to implement effective contact tracing, all students and instructors in a class sign their names on a piece of paper specifying the date of the class. These records would need to be kept somewhere available should public health staff request them. Use of masks **AND** proper sanitary and hygienic precautions in place. The use of hand sanitizer before stepping on the mat, when changing partners and before leaving the dojo.

#### **PHASE 6:**

**RECOMMENDATION:** Dojos/clubs are open with minimal precautions but the students' health and safety is of utmost importance. Direct contact allowed with a variety of training partners. Contact tracing remains in effect. All students and instructors in a class sign their names on a piece of paper specifying the date of the class. These records would need to be kept somewhere available

should public health staff request them. Proper sanitary and hygienic precautions can remain place. The use of hand sanitizer before stepping on the mat, when changing partners and before leaving the dojo.

## **PROPOSED RECOMMENDATIONS/SUGGESTIONS**

**It might be a good idea to include on your liability waiver something about close contact and spreading infectious diseases. This should be more general to include viruses, bacteria, fungal, or anything that can be spread from person to person. All old and new students should sign this new waiver.**

### **GENERAL PRECAUTIONS**

- Mask off the proper distancing on the mat using painters masking tape
- Bring your own water bottle
- No book check-outs
- All pens and pencils removed from the desk (folks have to carry their own)
- Mat sanitized after every class
  - Mopped or wiped down with a towel and disinfectant
  - Use easy handling steaming/mopping device
- Folks that have been traveling are asked to refrain from training for 2 weeks.
- Folks with any cold, flu or allergy systems are not allowed to train
- Don't come to class if you are sick or have a fever or have been in contact with known COVID case

- No cloth hand towels, paper towels only for bathrooms
- Until further notice everyone has to wear a mask
- Make bathroom doors hands free.
  - remove door knobs
  - tape lights switch on so they don't accidentally touch it
  - add a foot door handle
  - use door stopper on inside to "lock" the door
- If you have kids' classes; keep them to the mat only, don't allow them access to other parts of the dojo.
- Open door and windows for optimal air flow and ventilation

### **Before Class**

- Take the temperature of students before they enter the dojo. Temperature range no greater than between 100-100.4 degrees Fahrenheit.
  - requires no touch thermometer
- Students must wear a clean gi to each class. (You may want to wear a white belt so it can be washed after each training session)
  - Changing rooms are closed, students should show up already dressed in gi
- Class size limited to 10 people per class (depending on State requirements). Students are letting us know what classes they would like to attend and we are sorting from there
  - Can also be sorted by rank or age for kids' classes
- Main entrance door will be open so no one has to touch the door handle
  - Only touched by Sensei or a dedicated Student

- After the dojo is open, all door handles are disinfected with wipes
- Light switches are touched by one person who is also in charge of disinfecting with wipes each switch before class
- Students must wash hands before entering the dojo
  - and use hand sanitizer upon entering
- Students must use hand sanitizer before getting on the mat
  - Provide hand sanitizer at the front of the dojo.

### **During Class**

- Training is solo kata forms, movement meditation, internal power, and paired weapons at a distance
- Sit/stand 6 feet apart. Places will be marked on the mat.
- No touching others
- Don't touch your face
  - Hand sanitizer/wash hands if you do

### **After Class**

- Sweep the mat
- Mop the mat
- Wipe down bathroom door knobs, light switches, sink and toilet with Clorox wipes
- Wipe down broom handles and mop handles
- Wipe down any weapons used

These guidelines should be reassessed on an on-going basis.

## **DOJO CLEANING**

For dojos, best practice would be to:

1. **If your mat surface is vinyl/plastic, disinfect mats before and after training with a diluted bleach solution** Mixing these proportions of bleach and water can make the bleach cleaning solution: 5 tablespoons or 1/3rd cup of bleach per gallon of water, **OR** 4 teaspoons of bleach per quart of water The bleach solution is very effective and the most economical, but here is a link to a list of commercially available disinfectants that should have antiviral activity against COVID-19 and other pathogens: [https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list\\_03-03-2020.pdf](https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list_03-03-2020.pdf) The key for any of this to work is that you **must allow the solution to dry for at least 5 minutes for the full antiviral/antimicrobial effect.**
2. **Disinfect high touch areas such as doorknobs, handrails, benches, etc.**
3. If possible, **place hand sanitizer at entrances and exits.** The bleach solution is very effective and the most economical, but here is a link to a list of commercially available disinfectants that should have antiviral activity against COVID-19 and other pathogens: [https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list\\_03-03-2020.pdf](https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list_03-03-2020.pdf) The key for any of this to work is that you **must allow the solution to dry for at least 5 minutes for the full antiviral/antimicrobial effect.**

### ***BLEACH CAUTIONS:***

1. As the bleach solution does contain bleach, it may affect the color/finish of whatever comes into contact with the bleach solution. It may also bleach-out or cause colors to fade, burn materials. Adversely affected items may include and not be limited to things like: clothing, painted objects, furniture, furnishings, cloth materials, leather, colored items, cloth, materials, metals, plastics, rubber, carpets, rugs, wood, paper, and etc.
2. **Do NOT MIX the bleach or bleach water with any other**

**chemicals or cleaning products. Mixing bleach with products containing acid or ammonia will result in the creation and release of HIGHLY TOXIC CHLORINE GAS and other dangerous by-products. Exposure to chlorine gas can cause serious permanent long-term injury and can be lethal.**

3. If your mat is canvas you may want to use an easy mopping/steam device for a deeper cleaning or an easy mopping device for more efficient cleaning between classes.
4. It would be prudent to use appropriate protective clothing & devices such as safety eyewear & gloves to protect your eyes and avoid any/prolonged contact with your skin.
5. Be sure that there is adequate ventilation when using bleach or the bleach solution.
6. Please be sure to take appropriate precautions to avoid any accidents, spills, and foreseeable problems and dangers.

### **Supplies needed**

- No Touch thermometer  
[https://www.amazon.com/s?k=no+touch+thermometer+for+adults&crd=207T625ZQVVYG&sprefix=No+%2Caps%2C232&ref=nb\\_sb\\_ss\\_i\\_2\\_3](https://www.amazon.com/s?k=no+touch+thermometer+for+adults&crd=207T625ZQVVYG&sprefix=No+%2Caps%2C232&ref=nb_sb_ss_i_2_3)
- Paper towels
- Tissues
- Toilet paper
- Clorox wipes
- Hand Sanitizer
- Easy mopping device for more efficient cleaning between classes.
  - <https://www.hgtv.com/lifestyle/clean-and-organize/the-best-mops-for-cleaning-any-surface>
    - Shark Steam Pop looks good
- Disinfectant spray



- Hand soap
- No Touch Thermometer
- Bleach

# **APPENDIX**

**Special Thanks to the US Judo Association for the use of the following signs to be posted in your dojo if you choose to do so.**



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# INFECTION PREVENTION RECOMMENDATIONS



Stay more than 6 feet away from people who appear sick

Avoid touching your face



Frequently wash your hands for 20 seconds with soap and water or using alcohol-based hand sanitizer with a minimum of 60% alcohol if your hands aren't soiled



Cover your mouth and nose with tissue when coughing or sneezing, dispose of tissue in the trash, and wash your hands or use hand sanitizer after coughing or sneezing



Frequently clean commonly touched surfaces (ie: doorknobs, keyboards) with antiseptic cleanser



Wear a facemask when you are outside of your home or if you have symptoms of a respiratory illness such as a cough, runny nose, or shortness of breath



Stay home if you are sick and call your healthcare provider for further recommendations



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# SIGNS AND SYMPTOMS OF COVID-19

## Most Common Symptoms



Fever  
( $> 100.4$ )



Cough



Shortness  
of breath

## Less Common Symptoms



Sore throat  
Congestion



Headache  
Chills



Muscle and  
Joint Pain



Nausea or  
Vomiting



Loss of sense  
of Smell



Diarrhea



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# SELF-MONITORING INSTRUCTIONS

**Twice daily, check for the following signs or symptoms of respiratory infection:**



Fever  
( $> 100.4$ )



Cough



Shortness of  
breath

**Other symptoms to pay attention to include:**

Sore throat

Congestion

Headache

Muscle and Joint Pain

Chills

Nausea or Vomiting

Diarrhea

Loss of Sense of Smell



**If you develop any of these symptoms, please contact your healthcare provider to discuss how to proceed.**