

# SISU MARTIAL ARTS CLUB

S.M.A.C.



COVID-19

## **POLICIES & PROCEDURES** OFFICIAL HANDBOOK

## I. General Procedures

1. In case of a Covid-19 related emergency, please refer to the S.M.A.C. Covid-19 Emergency Response Plan manual. All emergency contacts, signed waivers, and procedural information is stored therein, and the manual itself will be stored in the Club near the First Aid Kit.
2. All members must complete the update Standard Athletic Waiver and Covid-19 Declaration prior to training at S.M.A.C.
3. All members should take the Covid-19 Self Screening Checklist in Appendix A, and/or available on our website at [www.trysmac.com](http://www.trysmac.com), prior to coming to S.M.A.C.. If the member answered "Yes" to any of the questions in the Self Screening Checklist, they should not attend.
4. No more than ten (10) Students and two (2) instructors shall be permitted in the dojo at any given time. Combinations of Instructors and Students equaling less than twelve (12) will be permitted during Adult classes.
5. Contactless temperature checks will be required of everyone before entering the S.M.A.C. premises.
6. S.M.A.C. will supply WHO-approved hand sanitizer. Sanitizing upon entry is mandatory, must be done using the supplied sanitizer, and applied/observed by an instructor (See Section II A for more details on Dojo Entry protocols). Hand sanitizers will be available throughout the dojo for use as needed.
7. Anyone that fails a temperature check, displays symptoms, or appears to present a transmission risk will be refused entry, and may require a negative Covid-19 test result before being allowed to resume training.
8. Please be aware that Covid-19 testing can take up to a week to get an appointment, and 3-5 days + for a result. Anyone required to receive a test is forbidden to attend the dojo until a negative test result has been produced.
9. Spectators will not be permitted while restrictions remain in place, in order to minimize occupancy. As such, all parents will have to drop off and pick up students, but will not be able to stay during classes.
10. All students must arrive at the dojo dressed for class in their gi, changing onsite will not be permitted to limit extra sanitization. Members must obediently clean unwashed apparel/equipment or students will be turned away or asked to leave the dojo.
11. All students are asked to bring a pre-filled water bottle to class. Cups will not be provided, and use of the water dispenser is discouraged, and anyone using it will be required to use sanitizer before continuing/beginning to train. Dehydration is a safety issue, so those without a water bottle will not be allowed to train.
12. Anyone arriving after exact start time will be turned away as S.M.A.C. has carefully considered sanitization procedures for each class.

13. No more than one (1) person, unless members of the same household or cohorts, will be permitted to enter/exit at the same time. Cohorts are encouraged to pair up to enter, to expedite the entry process.
14. As advised by AHS, since social distancing is not possible during Jujitsu training, all training will be done with **cohorts**. Students will be asked to select a preferred partner, and to train exclusively with that partner whenever possible. When/if a student's partner is not present, the student will be placed with another partner(s) for that class. No switching partners during class will be permitted. Partners should ideally be similar in size and skill level. In the case of the kids and junior programs, the instructional team may assign partners based on size, rank, and ability level.
15. AHS does not recommend mask wearing for intense physical activities, so masks will not be mandatory, however they will be permitted if desired. Students choosing to wear, or not wear, masks do so at their own risk.
16. Use of focus mitts, kick pads, and other shared equipment will be temporarily eliminated. Students are strongly encouraged to purchase their own pads and equipment. Contact Sensei Jay for potential supplies if interested.
17. S.M.A.C. training weapons will be permitted for training, however they are not to be shared outside of the cohorts using them for the class, and they must be sanitized after each use (see Section IV C-4 for Cleaning and Sanitizing procedures).
18. Warm-ups are a critical part of Jujitsu training, as they are necessary to prevent injury. However, warm-ups must be kept to a minimum exertion level, to reduce excessive particle exhalation. Running in circles is not recommended, but running in place, jumping jacks, and other cardiovascular warm-ups done in place are acceptable. Warm-up should be kept under 10 minutes maximum.
19. Instructors will attempt to utilize a cohort uke for instruction and demonstration whenever possible. If their cohort uke is not present, the same uke shall be used for the duration of the class.
20. All grappling and ground striking/fighting techniques (Katame Waza), some ground/controlling techniques (Osae Waza), and techniques that require directly touching the face or requiring prolonged face to face time, are prohibited during "Phase 2" (as per AHS/Government of Alberta). Upon introduction of "Phase 3", these restrictions may be eased and allowed while training with cohorts. See Appendix B for each syllabus, showing prohibited techniques highlighted in red.
21. Competitive Grappling is prohibited during Phase 2. Under Phase 3, grappling will be permitted with the member's cohort only. Return to full grappling with various partners will not be permitted until all Covid-19 related restrictions have been lifted.
22. Stand-up sparring (with or without throws) will be permitted at the discretion of the presiding S.M.A.C. instructor, however if throws are permitted, every effort should be made to avoid following uke to the ground, and absolutely no grappling after throws. All safety gear must be worn where normally required, and shall not be shared by members. No equipment, no sparring.
23. Instructors are advised to always have their cell phone on hand, and stored on the main floor of the dojo in case of emergency.

## **II. Entry and Exit Procedure**

### **A. Entry**

24. Entry will be via the front door of Maxed Out Fitness
25. Prior to entry, Instructors shall perform a contact less temperature check on anyone wishing to enter the facility.
26. Although 37° C is considered “normal” temperature, body temperature can vary throughout the day. It is lowest in the early morning and highest in the late afternoon—sometimes reaching 37.7° C. The contactless thermometer will alarm at any temperature above 37.5° C, however temperatures up to 37.7° C will be considered nominal. If the alarm sounds, a second check should be given after 2-3 minutes to eliminate possible false readings, prior to allowing entry.
27. Anyone exhibiting a temperature of 38° C or higher must be immediately turned away, and directed to contact the S.M.A.C. President, Sensei Jay at 780-938-4698 or by email at [sisu.martial.arts.club@gmail.com](mailto:sisu.martial.arts.club@gmail.com) prior to returning to class. Instructors must record any such incidents by including the date, failing student(s) name, and temperature reading.
28. Instructor must check that student has a pre-filled water bottle. If student neglected to pre-fill, they must wait until all other students have entered before filling their bottle under Instructor supervision (see Section IV B-4 sanitizing procedures). Students without a water bottle shall be turned away.
29. No more than one(1) persons, except for members of the same house hold unit or cohort group, maybe in the entryway at one time.
30. Prior to student(s) stepping on the mats, shoes/socks should be removed and taken to the exit doormat. Student(s) will return to the entry, and the instructor will apply minimum 2 sprays of hand sanitizer to the student’s hands, and the student should rub it in thoroughly.
31. Water bottles should be stored in their own backpacks in their own place.
32. Instructors must wait 15 minutes prior to start of class to allow for staggered entry/ late arrivals. After 15 minutes, doors will be locked and all late comers turned away.
33. Bow in (See Section III A) and class start.

### **B. Exit**

1. Exit will be via the North access door.
2. After bow out (See Section III B) students will be provided sanitizer, and instructed to gather their water bottles. No water bottles shall be left at the dojo. Any items in the mezzanine should also be retrieved.
3. Students can now queue to leave along the north wall, maintaining social distancing of 1.5m – 2m between non-cohorts. No more than one (1) student (other than members of the same household or cohorts) may be on the exit mat at the same time.

### **III. Bow In/Bow Out Procedure**

#### **A. Bow In**

1. Once all students have been screened and the doors locked, Bow In may begin.
2. Students will be asked to line up in evenly spaced 1.5m – 2m apart to maintain social distancing.
3. Instructor will take attendance in the attendance book.
4. Formal Bow In.
5. Commence class.

#### **B. Bow Out**

1. At the end of class, students will be asked to line up again as per III A-2 above.
2. Formal Bow Out.
3. Students/Instructors that are not cohorts should not shake hands, but may perform a standing bow to each other individually if desired.
4. Commence Exit procedure as per II B above.

### **IV. Cleaning and Sanitizing Procedures**

#### **A. Before Class**

1. Immediately upon arrival, Instructors are to perform hand washing as per Alberta Health Services guidelines (thorough wash with soap, 30 second duration) **and** apply a liberal spray of hand sanitizer after hand washing.
2. Most sanitization has occurred after the previous class, however the following areas should be sanitized before each class.
  - a. Instructor shall sanitize both entrance and exit doorknobs using supplied sanitizing wipes and/or sanitizing spray and clean paper towel.
  - b. Instructor shall sanitize the handles of the water dispenser, and top of the water bottle as this is potentially a high touch location
3. Once ready to accept students, the entrance door should be blocked open to avoid any unnecessary touching of the door handle by participants weather permitting.

## **B. During Class**

1. Students and instructors are encouraged to use the supplied hand sanitizer as frequently as practicable, such as during water breaks. Excessive amounts of sweat or other bodily fluids should be mopped up with soap and water, and area wiped with a disinfecting wipe. Clean paper towel may be used to dry the area after disinfecting as needed. Instructor should use hand sanitizer after cleaning.
2. In the event of a participant bleeding, class must be stopped and mats should be thoroughly checked for blood. Affected areas shall be mopped with soap and water, sprayed with disinfectant and wiped with a disinfecting wipe. Clean paper towel may be used to dry the area after disinfecting. Instructor should use hand sanitizer after cleaning. Class may resume when the area is clean and dry.
3. If a participant runs out of water, the water dispenser may be used under Instructor supervision. Any surfaces touched by the student must be wiped down with a disinfecting wipe, and both student and instructor must use hand sanitizer prior to rejoining the class.

## **C. After Classes**

1. Entire mat area shall be swept and mopped thoroughly using warm water and supplied cleaner, with dilution as per the manufacturer's directions.
2. Doors and walls at the entrance and exit shall be thoroughly wiped down from the floor to the maximum reach of the Instructor using a clean rag and a warm water/cleaner solution, with dilution as per the manufacturer's directions.
3. Door knobs, washroom taps, toilet handle, light switches, fight timer remote (if used) and water cooler shall be wiped down using disinfecting wipes. The railing to the mezzanine, and the cubbies (if they have been used) shall be wiped down using disinfecting wipes or a clean rag and a warm water/cleaner solution.
4. Any training equipment/weapons used shall be wiped down thoroughly with disinfecting wipes and/or sprayed thoroughly with disinfectant and wiped/dried with a clean paper towel.
5. Attendance book covers (front and back) and pen should be sanitized with a disinfecting wipe.
6. Roll-up door chain should be wiped thoroughly with disinfecting wipes if the door was used. Door should be fully opened, and chain wiped as it is closed to ensure all surfaces of the chain are disinfected.
7. Instructors must complete and initial each item on the Cleaning and Sanitizing Checklist prior to leaving the dojo, then sanitize the provided dry-erase marker.
8. Instructors may take a reasonable amount of sanitizer in personal containers to allow for hand sanitizing upon leaving the dojo if desired.

## **D. Weekly Cleaning/Sanitizing**

1. All walls and surfaces will be cleaned and sanitized minimum twice per week above and beyond the daily cleaning by management.

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**APPENDIX - A**  
S.M.A.C Screening Checklist

## S.M.A.C. COVID-19 Self Screening Checklist

If you answered “Yes” to any of the questions below, please do not attend S.M.A.C.

1. Do you have any of the symptoms below, or have had in the past 21 days? Fever (greater than 38 degrees Celsius)

Yes  No

2. A new cough or a chronic cough that is worsening

Yes  No

3. New or worsening shortness of breath or difficulty breathing

Yes  No Sore throat

Yes  No Runny Nose

Yes  No Chills

Yes  No

4. Sudden loss of taste or smell

Yes  No

5. Have you traveled outside of Alberta in the past 21 days?

Yes  No \*If yes, please contact S.M.A.C President Sensei Jay, to discuss your situation prior to attending

6. Do you live with or have had close contact (within 2 meters/6 feet) with a person with an influenza- like illness (ILI)?

Yes  No

7. Have you had close contact (within 2 meters/6 feet) with a confirmed or probable case of COVID-19?

Yes  No

8. Have you been contacted by AHS and/or their agents about your potential community exposure to COVID-19

Yes  No

9. Are you feeling sick today?

Yes  No

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**APPENDIX - B**  
S.M.A.C Phase 2  
Prohibited Techniques

Sensei Jay will use ALL reasonable discernment in regards to any techniques that are used within the syllabus especially in regards to any combat that requires faces to be in close contact. If you have any concerns about your child participating in close quarter combat with their cohort, please let Sensei Jay know immediately in order for the S.M.A.C. to enforce any changes in how students will be trained.

The following link is a full Information Guide Released by the Government of Alberta regarding Covid-19 Information pertaining to Sport, Physical Activity, and Recreation.

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>