

Rules and Guidelines for Safe In-person Practice at Boston Kendo Kyokai (BKK) During COVID-19 Pandemic (rev. 9/3/2021)

Before Practicing:

- 1 If you have preexisting medical condition such as diabetes, heart disease, COPD, receiving dialysis, or you have compromised immune system (receiving immune-suppressants, going through cancer treatments, etc.), you should refrain from in-person practice.
 - If you must practice, for whatever reason, you are strongly urged to consult with your physician.
- 2 You should not participate in in-person practice if you have any of the following conditions:
 - You don't feel well
 - You have had a fever ($\geq 100^{\circ}\text{F}$), cough, headache, or sore throat in last 24 hours
 - Even if you are not showing any symptoms, you may be contagious so if you are feeling different than normal, you must refrain from coming to practice
 - Person from your household or close contact is suspected of being sick
 - A proof of negative COVID test (PCR) at least 72 hours after last contact with said person can be substituted for exclusion period.
 - If you travelled from high COVID-19 risk areas within last 14 days
 - A proof of negative COVID test (PCR) at least 72 hours after last travel date can be substituted for exclusion period.
 - USE YOUR COMMON SENSE! When in doubt, stay home.
 - BKK has the right to deny anyone entry or participation for any health or safety reason.
- 3 **You must be fully vaccinated against COVID-19 in order to participate in any part of in-person practice. NO EXCEPTIONS.** A full vaccination is 2 shots for Moderna and Pfizer/BioNTech, 1 shot for Johnson & Johnson.
 - One time vaccination status verification, with a copy of the valid vaccination card for BKK to keep, is required.
 - Because of the above vaccine restrictions, Children who are not vaccinated are not permitted to participate in in-person practice at this time.
- 4 **You must wear a mask that covers your nose and mouth when inside the building.** This is a Town of Brookline rule as well as BKK. Non-compliance will be subject to denial for entering the gym.

- 5 Wear your dogi and hakama to the dojo. The school locker room is small and unventilated and may not be available.
- 6 You must sign-in each practice session with your name and contact information for contact tracing purposes. A notebook will be provided for this purpose.
 - If you have participated in any BKK practice and develop any illness afterwards, please contact BKK (bostonkendokyokai@gmail.com or (617)213-0255)
- 7 At entrance to the gym, your temperature will be checked with a non-contact thermometer. If your temperature is greater than or equal to 100°F, you are not permitted to enter or to practice.
- 8 Maintain 6ft distancing when possible
- 9 There will be a 20-person maximum for in-person practice. Current BKK members are admitted before any visiting non-member kendo practitioners, unless a prior approval as special guest is given by the BKK management for each visit.
 - All kendo practitioners must adhere to ALL the rules and guidelines
 - Any visitors to in-person practice who are not practicing (i.e. observing a practice) must also wear a mask that covers the nose and mouth at all times.
 - **If you arrive late to practice, you must wait at the door until you have been checked in** (Temperature check, sign-in).

During Practice

- 1 **Mask or face covering that covers the nose AND mouth is required for practice with or without men*** (men=kendo helmet). The purpose of the mask in this case is to trap/stop large droplets. **A plastic mouth shield is also required for practice with men.** Eye shield is recommended but not required.
 - Mask should be breathable and not of medical grade. It does not necessarily have to be tight-fitting.
- 2 Each practice segment will be limited to no more than 25 minutes to reduce risk of heat related illness and account for breathing restrictions (mask) and long period of non-practice.
 - Minimum 5 minute break in between for hydration and “mask-break”
 - Be aware of your condition and know your limits
 - Observe others for signs of distress
 - Leadership must not push the participants too hard and be observant of all the participants
- 3 Practice space will be ventilated as much as possible.
- 4 Minimize close-space techniques such as tsubazeriai and taiatari.

After Practice

- 1 Swiftly vacate the facility after the conclusion of practice
- 2 If you have participated in any practice and develop any illness afterwards, please be responsible and contact BKK (bostonkendokyokai@gmail.com or (617)213-0255) even if you're not sure if it is COVID-19

Membership

- Since 3/12/2020, the membership "clock" has been stopped during the period in which BKK was not able to practice in person. The membership clock will resume starting 9/9/2021.
- In the future, if you pay for membership in advance (i.e. 3 month, 6 month, 1 year), but cannot practice due to prolonged injury and/or other medical reasons, a request to freeze membership must be requested in writing to the dojo management PRIOR TO EXPIRATION of your membership.

Other considerations

- These rules and guidelines may change due to any reason, and you must be flexible and understanding. Remember that practicing kendo is a privilege, and the ultimate aim of kendo is to better oneself as human being in society.
- You also have to understand that even with these rules and guidelines, it is still possible to contract COVID-19 and other illnesses. However, you need to do your best to minimize that risk for yourself AND OTHERS by doing whatever you can do.
- You must also respect the rules and regulations set by the Town of Brookline and the school

Boston Kendo Kyokai has the right to deny any person from participating in a practice if they do not comply with the above rules and guidelines.