

# Safety Protocol for Kendo Practice at Museido during the COVID-19 Pandemic

**Kendo Dojo Museido**  
**September 2, 2020**

The rules in this protocol are based on the guidelines and protocols issued by the AJKF, NKR, NOC\*NSF, and RIVM, as well as the rules instated by the government and the emergency order issued by the Gemeente Amsterdam.

## General

- You are *not* allowed to attend practice if:
  - You suffer from a cold, runny nose, sneezing, sore throat, cough, sudden loss of smell or taste, temperature increase, fever, or tightness of the chest. When in doubt, do not attend practice!
  - A person you live with has a fever or tightness of the chest.
  - You or a person you live with is infected with COVID-19.
- People who are younger than 18 need permission from a parent or guardian to attend practice.
- Always maintain at least 1,5 meters distance from other people when not doing keiko.
- Due to space limitations, a maximum number of 12 people is allowed to participate in a practice. (If a sensei is teaching from the side, they are allowed to be the 13<sup>th</sup> person.)
  - To regulate the maximum number of participants, people who want to attend a practice need to sign up via a Google Documents form.
  - If more than 12 people want to attend practice on a given date, 2 groups can be made of each 12 people maximum.
  - If a person signed up for practice on a specific date but they want to cancel, they will take themselves off the Google Documents form and (if relevant) notify other members that a practice spot has opened up.
  - All members attending practice contribute to keeping the Google Documents form up to date, as this form will also be used as an attendance list in case a member who participated in kendo practice at Museido develops a COVID-19 infection.
- If a person develops a COVID-19 infection or develops symptoms typical for COVID-19 after having participated in kendo practice at Museido, they must immediately inform one of the dojo board members. The board members will immediately contact GGZ.
- Dojo members are allowed to practice at other dojo if those dojo use a safety protocol with similar measures as Museido (e.g. wearing a face mask during practice). The same goes for attending central practices and team practices.
- Members of other dojo are welcome to practice at our dojo provided their dojo uses a safety protocol with similar measures as Museido and they adhere to the Museido safety protocol when practicing at Museido, including wearing a suitable mask and face shield (see below).
- Members of other dojo also need to register prior to each practice (see above). If they do not, they will be refused to attend practice if the maximum number of participants has been reached.

- Do not share any equipment such as shinai, tenugui, etc.
- People with underlying health conditions (so-called ‘risk groups’) are encouraged to consult their doctor prior to restarting kendo practice.
- People who restart kendo practice after a long hiatus need to start with ‘rehab training’. This practice is done in the dojo without bogu but with a mask. It is up to the kendoka how many times they do this practice, but one to two weeks of rehab training prior to practicing in bogu is advised.

#### Before practice

- Carefully wash your hands.
- Clean the floor of the practice space with soap or disinfectant before each practice.
- You are encouraged but not obliged to change into hakama and kendogi at home. If you do change at the dojo, make sure to keep 1.5 meters distance from others in the changing room.

#### During practice

- Refrain from vocalizing (kiai).
- Refrain from doing tsubazeriai. If you unavoidably end up in tsubazeriai, immediately separate.
- Wear a (non-medical) face mask that covers the mouth to prevent spray from the mouth. To prevent heat stroke, the mask should *not* cover the nose.
- Wear a face mask. This is a mask that covers the eyes, nose, and mouth and is made from a material such as polycarbonate laminate and affixed to the inside of the men-gane. These should be bought from a kendo shop.
- In order to prevent heat stroke when training with these extra pieces of equipment, extra breaks will be taken during practice. Make sure to hydrate frequently before, during, and after practice. Bring your own water bottle.
- When sitting in line-up, keep 2 meters distance with the people sitting next to you. If necessary, 2 lines can be made with approx. 2 meters distance between the two lines.
- When doing warming-up exercises and suburi, everyone should be at 2 meters apart. If necessary, 2 lines can be made with approx. 2 meters distance between the two lines.
- When doing keiko, the distance between motodachi should be at least 2 meters.

#### After practice

- Carefully wash your hands.
- Properly disinfect or wash as well as dry your kendo equipment and clothing after practice and prior to attending the next practice.
- You are encouraged but not obliged to shower at home instead of at the dojo. If you shower at the dojo, make sure to keep 1,5 meters distance from other people in the changing room and showers.