

O.N.A.K.A.I.

THE OFFICIAL NGB FOR KARATE IN IRELAND



RETURN TO DOJO

MEMBER GUIDANCE



SPÓRT ÉIREANN
SPORT IRELAND



Olympic Federation
of Ireland



RETURN TO DOJO

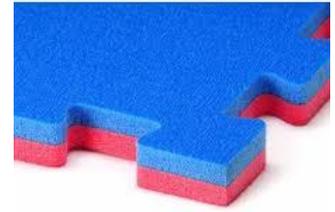
Dear Member,

The roadmap for the return of sport in Ireland was laid out by the Government on the 2nd May 2020. According to the latest update, close contact sports, such as Karate are scheduled to be permitted to reopen in Phase 3 on the 29th June 2020. We have put together a proposed plan to assist you with the reopening of your Karate clubs and the return to training within the health and safety guidance as provided by the Government and HSE. We are in discussions with Sport Ireland and the Federation of Irish Sport and will update this plan with any further guidance and recommendation we receive.

To protect the health, safety, and welfare of all our Members it is paramount that each of our Members, Instructors, Coaches, Students, Parents and Volunteers adhere to this Plan.

BASICS

1. Following all COVID19 advice as set by the Government at all times.
 2. Taking Personal Responsibility to ensure your own and the safety of others.
 3. The return to training and competition should be on an opt-in basis, with participants taking personal responsibility to decide whether they are happy to return.
 4. Each Member Club should undertake the Risk assessment in readiness for the Return to Dojo, regardless of whether they own or rent their training facilities.
 5. All members are required to take Sport Ireland's Covid-19 return to sport course training module found [here](#)
 6. Appoint a Covid-19 Officer
 7. Wearing of a mask / face covering is at the discretion of each Athlete and for minors is at the discretion of the Parent / Guardian.
 8. Implement a 'No Handshake - Rei only' Policy
 9. Implement a 'No Kiai' Policy
 10. No student / athletes will be penalised if they wish to opt-out of training at this stage and should be encouraged to communicate their concerns to their club or Children's officer.
 11. Currently Government's advice is for Contact sports to return to training in Phase 3.
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COVID-19 OFFICER AND KEY OBLIGATIONS

1. It is the obligation of each club to appoint a Covid-19 officer to oversee compliance with Government, HSE guidance and this protocol to minimize risk of infection and spread of Covid-19.
2. Ideally the Covid-19 Officer will not be club instructor to enable the officer to monitor compliances during the class.
3. Clubs should organize induction sessions for their coaches and volunteers in readiness to reopen on the 29th June.
4. Clubs should distribute this protocol and their own specific reopening plans amongst their members, volunteers, and parents to achieve maximum understanding of how the club will operate from the 29th June.
5. You are responsible for:
 - a) Carrying out a risk assessment, where necessary with your venue provider.
 - b) Using self-assessment risk forms for each session, these should be emailed to your students and received prior to each training session
 - c) You must hold a log of attendees, including all volunteers and any attending parents for each training session in **digital form**
 - d) In the circumstance of a suspect covid-19 diagnosis you will be required to furnish such digital records of your register for contact tracing
6. Update your First-Aid kits with appropriate PPE kit for the first aider and the injured athlete
7. Display relevant social distancing and hygiene posters, where necessary in discussion with the training venue facility

SAFETY OF DOJO/TRAINING FACILITY

1. Members should undertake a Risk assessment of their own Dojo and training facility. Where the Member hires the training facility from a Public/Community provider, the Risk Assessment should be undertaken with the provider.
 2. Each Risk Assessment should include the following considerations:
 - a) Arrival/exit/emergency exit from premises
 - b) Access to bathrooms/changing facilities
 - c) Size of facility vs. numbers of training, considering social distancing measures
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- d) Necessity of parent/guardian to attend class, minimizing attendance of one parent per young student/ inclusive student.
- e) Preparing the Dojo / training facility
- f) Be aware what Equipment you may require during a training session and cleaning of the same before, during and after training.
- g) Consider moving the registry of attendance and class fee payment to an online facility
- h) Ensure full records of attendees are kept after each session for contact tracing
- i) Any other consideration relevant to Member's individual circumstance

PRIOR TO TRAINING

1. Coaches, students, parents, volunteers should NOT attend if any cold or flu symptoms are being experienced. If a COVID-19 test is not available to them at this time, this individual should self-isolate for 14 days, and follow any future Government Advice in place at the time.
2. Depending on whether you are training in your own Dojo or a hired facility, you must organize cleaning of the floor and all surfaces. Prepare hand sanitizer on entry to the training facility.
3. No car-pooling or car sharing, except for members of the same family
4. No spectators unless assessed under a Risk Assessment i.e. attendance by one parent/guardian of a young child or inclusive student.
5. Maintain 2m social distancing on entry to Dojo/training facility
6. Request students to wash their hands and use hand sanitizer on entry to training facility
7. Maintain 2m social distancing while preparing for training and at training breaks.
8. Students must always use their own safety gear.
9. Each dojo must be well ventilated with fresh air via opened windows and doors.
10. Ensure each Instructor has access to sanitizing wipes and gel at each session.
11. Take the register and payment online prior to class. Where this cannot be achieved, The Instructor or designated volunteer should take the register and payment. Do not share pens.
12. If coaches witness poor practice anytime on entry to dojo, during training or on exit from the dojo they should address the matter immediately in a polite manner.
13. Any ongoing disregard for protocols should be reported to the club instructor / Children's officer as soon as possible.

DURING TRAINING

1. Training in basics, katas to be undertaken at a 2m distance
 2. Individual Kumite drills may ONLY be undertaken
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3. Each kumite training will be a 2m x 2m area
4. Each member must walk straight to their isolated training area with face mask on.
5. No Sparring should be undertaken unless between members of a same family.
6. Minimize use of club equipment
7. Kumite Drills maybe ONLY be against a static target
8. Sharing of static targets is discouraged and should be minimized, if required each static target should be wiped down after each student rotation.
9. All members must wear protective equipment while hitting static target.
10. Appropriate, light karate footwear to be worn by all members if suffering from any injury or blistering to feet.
11. Contact is permitted for training and competition
12. Distancing is required at all other times in the club environment
13. Coaches should consider the impact of the return to high intensity training following the prolonged period of lockdown to their students' health and potential of injury. Coaches should alter the training programmes accordingly to minimise risk to injury and spread of Covid-19 and avoid accountability.

AFTER TRAINING

1. When exiting the dojo each member must leave in single file, maintaining 2m social distancing, wash and sanitize their hands.
2. Each dojo must be sanitized after each training session by coach/instructor. Use disinfectant spray to clean static equipment and tatamis, where in use.
3. Return home immediately, not stopping anywhere
4. Shower on return home, wash your clothes and protective gear (mitts, foot/shin guards, body protector)

Note This is a guidance document only. It is for the benefit of members as information. It is not legal advice or intended as a substitute for any applicable government advice. It is also not a substitute for clubs/ members / users carrying out their own full risk assessment and review O.N.A.K.A.I. does not give a warranty or undertaking as to the advice in this document. Your Insurance may be affected should you not follow Government Advice.
