



Ontario Karate Federation Return to Sport

Phase 2

Version 2 - July 5, 2020

The OKF is making all efforts to keep this material current based upon updates received from Health Canada, the WHO and provincial authorities. You should make sure you have the current version of this material and you should be aware that the dynamic nature of the Covid-19 crisis and ongoing research has resulted in changes in the position of all regulatory authorities on best practices. You should seek to keep informed of any changes public pronouncements on this issue.

Duty Of Care

There is duty of care on the part of our organization and member clubs to members. The duty transcends into an obligation to act reasonably in light of the circumstances. The development and publication of the Protocols and materials to our members is an effort to satisfy this duty of care. These materials reflect the minimum standards which the government believes need to be in place in order to allow your member clubs to open.

There is nothing to prevent member clubs from exceeding these standards. The following are requirements and suggestions meant to help dojo owners provide the best care possible.



Potential of Litigation

Our opinion is that litigation will be inevitable arising from the Covid-19 crisis. At this stage there will be claims around duty of care and where clubs have not followed proper protocols or even whether the protocols were adequate. This could involve claims against clubs and/or clubs and government authorities.

One of the most important pieces of advice is that you must keep meticulous records of all of the paperwork required and described in our Protocols. This paperwork needs to be kept well organized and stored for several years after the current crisis passes.

Members should be encouraged to put in place a proper system for record keeping and maintaining such records. There should be checklists and periodic audits to make sure all records as set forth in the Protocols are in order. In addition, if clubs start to use things like temperature measuring equipment they should record the readings for each member as they enter the club.



Ontario Government Requirements

Below is a list of reopening regulations **required** by the Ontario Government as per the Ontario government's "Closure of Places of Non-Essential Businesses" document. Please note that this set of criteria takes precedence over Karate Canada's "Return to karate training" requirements and recommendations. The Ontario government's requirements are mandatory. If any provision of Karate Canada's "Return to karate

training" is in conflict with, or inconsistent with, the requirements below, said requirements override and govern.

Facilities for indoor sports and recreational fitness activities must comply with the following conditions to protect the health and safety of the public and prevent the spread of COVID-19:

- The only persons permitted to use the facility are (i) persons who perform work for the business or organization, and (ii) members or clients of the business or organization.
- Any person who enters or uses the facility must maintain a physical distance of at least two metres from any other person who is using the facility.
- Team sports must not be practised or played within the facility, with the exception of training sessions for members

of a sports team that do not include games or scrimmage games.

- Activities that are likely to result in individuals coming within two metres of each other must not be practised or played within the facility.
- No spectators may be permitted at the facility, other than up to one accompanying parent, guardian or other adult for each athlete under the age of 18.
- Subject to an exception related to pools contained in subsection 19 (2) of O. Reg 263/20 made under the *Emergency Management and Civil Protection Act*, any locker rooms, change rooms, showers and clubhouses in the facility must be closed, except to the extent they provide access to equipment storage, a washroom or a portion of the facility that is used to provide first aid.
- Any equipment that is rented or provided to users of the facility must be cleaned and disinfected between each use.



Ontario Karate Federation Requirements:

- No training outside of designated class times. No socializing between classes.
- If young students are leaving the dojo and their parents are waiting outside then escort them to their parents while maintaining a distance of 2 metres.
- You must work with local by-law and public health. Inform them of your intentions ahead of time and get written confirmation of their approval/ acknowledgment. Ask local by-law for an email confirming your approval or acknowledgement in writing. Print it out and put it on your entrances.
- All students and instructors must be OKF members to be covered by insurance.

Ontario Karate Federation Recommendations and Measures to consider:

Here are additional recommendations the OKF strongly suggests, in addition to the recommendations presented in Karate Canada's "Return to Karate Training".

- Although we can open it does not mean that you should. Depending on your facility and your location you may want to consider delaying your opening day.
- If you are not confident in being able to open safely then postpone opening.
- We are in a changing climate. Be aware of new information from the Provincial and Municipal Governments, Karate Canada and the Ontario Karate Federation. Be prepared to adapt to the current situation as it may change. If you are in doubt contact OKF for guidance.
- We recommend opening with lower numbers than what your local health authority allows as a test run.
- You may want to consider opening by appointment only for private or semi-private classes.



- You may want to consider locking any doors that do not have to be open in order to prevent unwanted guests. This is especially important if you are located in a busy area.
- Consider staggered dismissal for your students. For example; have your students leave the mats and entrance one at a time.
- Consider staggering students within the dojo to avoid students being in a direct line of one another.
- We recommend asking students not to use kiai. There was a recent study showing that projecting one's voice can increase the potential spread of COVID-19.
- Considering keeping the intensity level low as increased breath rate can also increase the likelihood of spreading COVID-19.
- Consider having your online classes running. Encourage your students to come to the dojo only when they are ready.
- Consider running multiple classes during the day to compensate for smaller class sizes.
- Consider taking temperatures and keep a log of students who enter.
- We recommend that everyone who enters the facility should be screened by a staff member.
- Consider having students take a COVID-19 assessment test and sign when they enter in addition to one being done before they leave the home.
- Consider asking parents to drop off their children for class and avoid crowding the waiting/spectator area.
 - If any parents should enter the facility we recommend that they are asked to wear a mask at all times in the lobby.
- We recommend that you encourage students to wear masks as they enter the school and go through the lobby; masks may be taken off before class. If a student wishes to wear the mask during class they can.
- If you choose to have students wear masks then keep in mind that it may restrict their breathing. Lower intensity exercise should be practiced. In addition to this more breaks should be taken.



- We recommend asking all students to come in their karate uniform as changerooms will not be in use. We recommend that gym bags are not permitted.
- You may want to allow students to wear socks or martial arts shoes during class. If your students wear socks then make sure they are non-slip socks.
- Besides the training area, you need a plan for the lobby area of your school. Have a plan for avoiding congestion in the lobby.
- You may want to consider outdoor classes. **Our insurance company has approved outdoor practice as long as written permission is given.** Sports fields, parking lots, park fields and parks were mentioned. Please send us an email if you had something else in mind. **If you choose this option then you must take the precaution of providing hydration, sunscreen and/or cover from the sun during the summer months.**
- As club owners we recommend that you incorporate your club in order to reduce liability.
- We recommend creating a email newsletter to members to keep them informed of Covid-19 issues as impacting the club and their membership
- We recommend creating your own Dojo Protocol form specific to your dojo
- Consider writing Blogs or news letters to ease concerns of members by relating information as to what your club is doing to exceed compliance requirements
- We recommend the issuance of best practices guidelines developed with appropriate professional as to how members can stay healthy and avoid the virus outside of the club (if they have good practices outside of the club it reduces the chances of them bringing it into the club)

Email template for By-Law

- There are different levels of government that have not communicated with each other. Your local health authority and by-law may be unaware or misinformed of your dojo being eligible to reopen. You need to inform any representative you speak with that you are not simply a “martial arts school” or a “karate school.” You are eligible to reopen your karate club because your club is OKF affiliated and is a recognized provincial sports organization under Karate Canada and is funded by Sports Canada. You may have to send a copy of all the attached



documents to help them understand this circumstance. **We are in the process of communicating with the provincial government in an attempt to create**

better communication between them and our municipalities. Writing a letter to your local MPP and city councillor may be helpful.

Here is a template you can use to approach your local By-law:

My name is _____. I own _____ in _____. We are a Karate school and we have been granted permission from the government to re-open on Monday, June 15th, 2020. We we're allowed to open in phase 1 but were awaiting permission from our provincial sports organization. I have documentation I will attach stating that we can open and will be treated as an essential service in phase 1. Our PSO has already contacted "stop the spread". To be clear, only martial arts schools associated with a national sports organization funded by sports Canada can open. We are a member of Ontario Karate Federation who is a member club of Karate Canada. They are funded by Sports Canada.

My concern is that someone will call by-law and my classes will be stopped or worse, I will be accidentally charged. I would be happy to arrange a phone call to talk in further detail or forward more information via email if required. I would like an email verifying that I can be open and if possible something I can present on my door or present to a by law officer should they come to my facility.

I have also attached our national sports organization's and provincials sports organization's guidelines and requirements. We will abide by all the requirements as well as implement as many of the recommendations possible in order to provide a safe environment. Please review these documents and let me know if there is anything you would like to discuss. I also have my own protocol based on the documents that will be in place and I am willing to provide this if it will help.

Thank you for your time and consideration,



Staff and Training

There is a duty of care owed to your employees. Training should be implemented for all employees and weekly updates and question and answer sessions to deal with any questions and get feedback from employees. Keep in mind your employees are also susceptible to catching the virus and they need to take the necessary precautions. In light of the fact they may be dealing with many members during the day they need to take extra caution such as regularly washing hands, changing masks and gloves, changing clothing many times during the day. The approach we would suggest is to exceed the standard imposed by government and this will only further protect your employees but also give them confidence in their employer.

Health checks for employees is a must and temperature monitoring and health questionnaires should be used daily for each employee before they start their shift.

COVID19 Waiver

The Ontario Karate Federation recommends having this clause added to your waiver forms. In light of the given situation, the standard waiver is not enough to protect you as dojo owners. This form was drafted by our Lawyer. You may choose to give it to your student as is or add it to a pre-existing waiver. If you do not have a waiver form we



recommend you implement one. We have also attached a draft waiver form that you can use.

Covid-19 Waiver:

Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

_____ have put in place preventative measures to reduce the spread of COVID-19; however, _____ cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending _____ it could increase your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that you may be exposed to or infected by COVID-19 by attending _____ and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the _____ may result from the actions, omissions, or negligence of myself and others, including, but not limited to, _____ employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my attendance at _____. On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless _____ employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Club, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any _____ program.



Signed by member or parent