

Detroit Kendo Dojo Guidelines for resuming practice

1. Conditions for Keiko Re-Start (Gym)
2. Keiko Method – by Risk Level (referencing AUSKF guidelines)
3. Use of Facility and Rules for Operation

Conditions for Keiko Re-Start (Gym)

Michigan State Guideline

- As long as DKD keep rules based on Michigan Department of Health and Human Services (HDHHS)), DKD can practice Kendo inside of gym.
(Please see attached doc. for more detail of Michigan State Guideline)

Facility Rental Permission

- PARC gym in Plymouth city rent their gym.
- Other gym are not rent or only limitation.

Group Activities

- At least PARC gym, volleyball, basketball are practice in PARC gym.

Japanese School of Detroit

- The JSD does not have plan to come back face to face school, therefore, sports activity does not have any come-back plan either.

For Consideration

- DKD will follow HDHHS and DKD direction for further activity policy include Reactivation / re-stop, etc.

DETROIT KENDO DOJO

Dojo Announcements (Roadmap to Return to Regular Keiko)

- Re-start timing (will follow outline of prior slide)
- Re-start activities (will re-start in step-wise manner based on AUSKF guidelines)

Participation Record

- Questionnaire (Health check sheet) : Each individual fills out the form before the lesson and submits it at the entrance to the dojo. If you forget to bring it, fill it out at the entrance.
- Record-keeping of questionnaires: Content is considered a “medical record”.
- Continue contact tracing until end of MI Phase 5. Will follow similar guidelines to other sports, and as facility requirements dictate.

Liability

- Based on the new AUSKF guidelines, All participants must complete and submit the updated Detroit Liability and Photo waiver. Request registration for those who have not yet registered membership.

Tuition fee

- Thursday: Free (Web training continues as before).
- Saturday: Each session \$ 10 / person (indoor training participants only)

Countermeasures in case of infection cases (Follow AUSKF Mitigaterisk Guideline)

- Names not to be disclosed, but infection notification date to be notified (to dojo, facility and to city)
- Those infected to self-quarantine for 14 days. After quarantine period, must be free of fever and other symptoms. PCR test must yield negative results twice prior to re-start of keiko in the dojo.
- Close contact with affected persons (those who participated on same date/time or within 48 hours) to quarantine for 14 days with no keiko.
- Keiko not to restart for a minimum of 24 hours after incidence (or follow facility protocols).

Response when an infected person occurs at the facility

- When an infected person occurs in the Detroit Kendo Dojo, report to the facility manager and share information. (Regulated in Michigan state)
- Regularly confirm with the facility manager the sharing of information on the occurrence status with other organizations.



DETROIT KENDO DOJO

Keiko Method – by Risk Level (referencing AUSKF guidelines)

• Level 1: Online Keiko

- Thursdays : 19:30 – 20:00
- Saturdays : ①17:15 – 17:45 ②17:50 – 18:20 ③18:25 – 18:55(①16:15 – 16:45 ②16:50 – 17:20 ③17:25 – 17:55)

• Level 2: Indoor Dojo Keiko – No physical contact (Max participation: 40 to 60 people, Duration: 100 min split into 3 sessions)

- Indoor practice on Saturdays
①17:15 – 17:45 ②17:50 – 18:20 ③18:25 – 18:55(①16:15 – 16:45 ②16:50 – 17:20 ③17:25 – 17:55)
- Fundamental suburi
- Uchikomi (fundamental strikes to targets)
 - ※Ensure Social Distance 10ft (3.0m)
 - ※Use cone on floor to provide Social Distance guidance, do not face one-another
 - ※Cloth facemask required
 - ※No kiai
 - ※Attire should allow for physical exercise (Bogu only from Level 3)

Level 2 Key Points

- Line-up : Spacing Min 12 - 15ft (3.5 - 4.5m)
- Personal belongings : Spacing 6.5ft (2.0m)
- Breaks : 5 min per 30 min session
- Personal space : Use cone as guideline 12-15ft (3.5 -4.5m)
Offset front/rear lines

• Level 3: Add to Level 2 , limited physical contact – no uchikomi or jigeiko (max participation: 40 to 60, duration: 100 min split into 3)

- Fundamental suburi
- Uchikomi (fundamental strikes to targets)
- Kendo Kata, Kendo Fundamentals with Bokuto
 - ※Start keiko with Kendogi, Kendogu (no men)
 - ※Cloth facemask required
 - ※No kiai, no tsubazeri

Level 3 Key Points

- Line-up : Spacing Min 12 - 15ft (3.5 - 4.5m)
- Personal belongings : 6.5ft (2.0m)
- Breaks : 5 min per 30 min session



Keiko Method – by Risk Level (referencing AUSKF guidelines)

• Level 4: Add to Level 3 , regular keiko – no keiko at other dojos, no shiai, seminars, etc.

(max participation: 40 to 60, duration: 100 min split into 3)

- Fundamental suburi
- Fundamental techniques
- Kakari-geiko
- Ji-geiko

※Keiko with Kendogi, Kendogu

※Cloth facemask required, mouth guard and eye guard (or full face shield) required for Men

※For first 2 weeks, 2/3 of keiko duration should be spent on warm up and training exercises and suburi

Keiko wearing Men should only last 1/3 of the keiko time (as above, total practice time of 20 min)

※For second 2 weeks, spend ½ of keiko duration on warm-up, training and suburi

Keiko wearing Men should take up the remaining ½ of the keiko (as above, total practice time of 30 min)

※From 5th week onward, return to normal schedule of practice.

Level 4 Key Points

- Breaks 5 min per 30 min session

• Level 5: Shiai, Seminars allowed – (Check the change points separately)

DETROIT KENDO DOJO

Use of Facility and Rules for Operation

Facility capacity

- 200 people can be accommodated according to the guideline specified by Michigan Department of Health, of 20 people per 1000 sqft of indoor facility capacity. (Main gym: length 100ft x width 100ft = 10,000 sqft)
- Detroit Kendo Dojo : it is assumed that the number of participants is 40 to 60 after securing a minimum social distance of **12 - 15ft (3.5 - 4.5m)**.

Cleaning and Disinfection, Ventilation

- Facility management has booked an hour between rental groups so that groups do not meet back-to-back.
- The facility manager cleans and disinfects the gym when after each group departs. (Use an electrostatic sprayer and hospital-grade disinfectant for sanitization)
- Open the gym doors and circulate the air in the room with an air circulator to ventilate.

Entry into Facility

- Face mask required

Entering the dojo

- Temperature measurement and submission of questionnaire (health check sheet)
- Training participation fee: \$ 10 / person
- Disinfect hands and feet (sanitizer, Clorox)

Appropriate attire/protection

- Keiko attire: Arrive already changed or change in vehicle (Kendogi, or sports wear) (will not permit changing within dojo premises)
- Lvl2, Lvl3 — **Wear a double cloth or fabric mask and face mask.(Not industrial grade)**
- Lvl4, Lvl5 — Face mask, mouth guard + eye guard or full face shield.
- ※After use in keiko, store used face mask in Ziploc to take home.
- ※Mouth guard, eye guard, face shield to be cleaned and disinfected at home after each use.

Exit Dojo

- Disinfect hands and feet (sanitizer, Clorox)

Exiting Facility

- Face mask required until exit
- Depart in same attire as arrival (Kendogi, sports wear) – no changing within dojo.

Spectators in main gym (parents)

- In principle, students will be picked up at the entrance of the dojo.
- However, you can also watch the practice in the main gym.
(When watching the practice, it is mandatory to measure the temperature, wear mask and submit a questionnaire (health check sheet))
- ※We will limit the number of spectators watching practice depending on the number of participants



Circulator



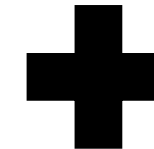
Floor cleaner



Electrostatic sprayer
(Reference only)



cloth or fabric mask



Face mask(Tenugui mask)

DETROIT KENDO DOJO

How to use the Main gym

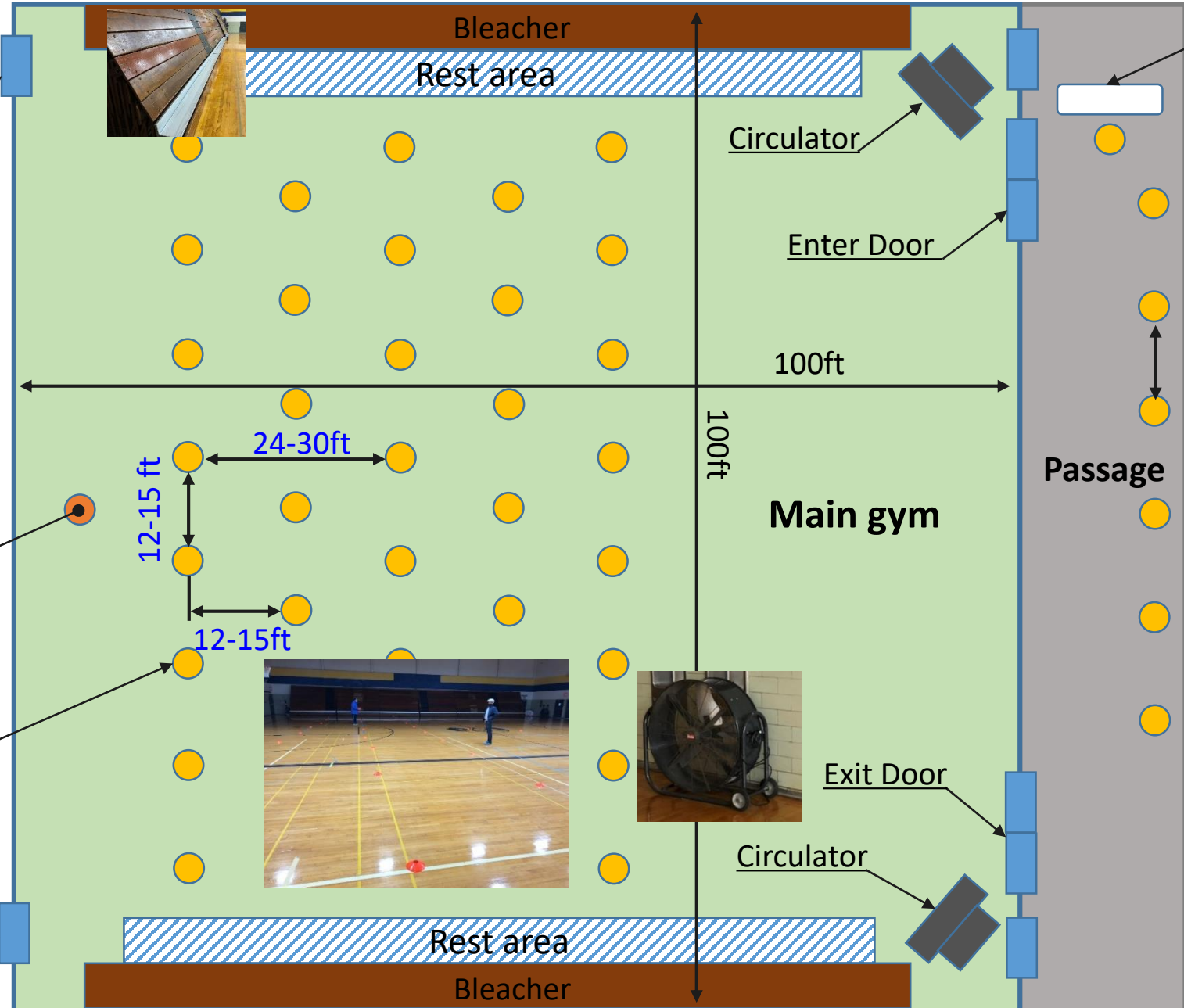
- Main gym size
100ft × 100ft = 10,000sqft
- Capacity of Main gym
Max : 200 persons
(20 persons/1000sqft)
- Break between lessons is done
at the rest area.
(individual designation)

Ventilation door

Instructor

Cone for social distance

Ventilation door



12-15 ft

DETROIT KENDO DOJO

PARC Parking information

There is a parking lot behind the building.

