



# RETURN TO MARTIAL ARTS PLAN

VERSION 2 - REVISED JULY 1ST, 2020



## INTRODUCTION

Martial Arts is an integral part of Saskatchewan’s society and sport and recreation Sectors. Martial Arts at all levels and abilities makes an important contribution to the physical, psychological, and emotional well-being of individuals. At a population level, benefits of Martial Arts include direct economic benefits; healthcare benefits; educational benefits; and contribution to social capital through connectivity, resilience and creating stronger, cohesive communities.

The COVID-19 pandemic has had devastating effects on communities globally, leading to significant restrictions on all sectors of society, including sport and recreation. COVID-19 has impacted people in varying ways with many experiencing deteriorations in their mental health and financial well-being. Resumption of sport and recreation, including Martial Arts, can significantly contribute to the re-establishment of normality in Saskatchewan, and a COVID-19 environment.

This document will provide a framework for “how” to re-open Martial Arts in a cautious and methodical manner, based on the best available evidence to optimise student and community safety. The guidelines outlined in this document apply equally to high performance, or competitive Martial Arts programs and community or recreational programs. Decisions regarding the re-open of Martial Arts clubs and their activities must be made in alignment with the guidelines of the Provincial Government, Provincial Health Authorities, and Saskatchewan Martial Arts Association. Clubs will also need to abide by any municipal guidelines in their communities/jurisdiction as those may vary across the Province.

For more information or additional guidance Member Clubs of the Saskatchewan Martial Arts Association are encouraged to use the below contacts.

- [Bridget Pottle, SMAA Director of Operations](mailto:ed@saskmartialarts.ca) – (PH) 306. 541.3738 (E) [ed@saskmartialarts.ca](mailto:ed@saskmartialarts.ca)
- [Provincial Government Business Response Team](mailto:supportforbusiness@gov.sk.ca) – (PH) 1.844.800.8688 (E) [supportforbusiness@gov.sk.ca](mailto:supportforbusiness@gov.sk.ca)
- Local Municipality delegates

**DEPENDING ON GUIDELINES RELEASED FROM OUR PROVINCIAL AUTHORITIES, CLASSES MAY LOOK A LITTLE DIFFERENT THAN USUALLY FOR THE ALLOWANCE OF MARTIAL ARTS TO CONTINUE THIS SUMMER. WE ASK FOR EVERYONE’S PATIENCE AND COOPERATION TO MAINTAIN SOCIAL DISTANCING AND SANITIZATION TO ALLOW OUR STUDENTS THE OPPORTUNITY TO TRAIN THIS SUMMER.**



## ASSESS YOUR CLUBS SITUATION

This document does not supersede any Provincial Guidelines in the Re-Open Saskatchewan Plan or put forward by the Provincial Government, Provincial Health Authorities. All Member Clubs of the Saskatchewan Martial Arts Association, like all businesses in Saskatchewan are required to follow these guidelines. Member Clubs must also abide by policies, procedures, and guidelines put forward by the Municipal Government for their communities and should review those prior to opening.

**INFORMATION AND GUIDELINES SURROUNDING COVID-19 AND THE RE-OPEN SASKATCHEWAN PLAN ARE CONSTANTLY CHANGING. PLEASE ALWAYS REFERENCE THE MOST UPDATED DOCUMENTS. FRIDAYS ARE WHEN ANY UPDATED GUIDELINES ARE POSTED TO THE PROVINCE OF SASKATCHEWAN'S WEBSITE**

Below is the link for guidelines put forward by the Provincial Government for Gym/Fitness groups, which must be adhered to by all Clubs and the Re-Open Saskatchewan Plan. A PDF of both documents will be provided to Member Clubs along with this document to all Member Clubs.

- GYM AND FITNESS GUIDELINES - <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/guidelines/gyms-and-fitness-facilities-guidelines>
- SPORT AND ACTIVITY GUIDELINES
- RE-OPEN SASKATCHEWAN PLAN - <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/re-open-saskatchewan>

**Since Member Clubs are considered businesses (even if incorporated as a Non-Profit) they should check with their local Municipalities to see if a Health Inspection is required prior to opening.**



## FACILITIES

A sport/recreation club characterized as owning or leasing a facility in which the club is responsible for are responsible for ensuring the facilities and equipment belonging to the club are disinfected/sanitized in line with all guidelines. It is also the responsibility of the club to ensure parking, entry, flow throughout the building and the facility are all coordinated and in line with all the requirements.

Clubs that do not own or lease these facilities or are not responsible for the upkeep will need to work with the facility owners and managers to ensure the facility meets all requirements. Equipment personally owned by the club would remain the responsibilities of the club. The Club will remain responsible for entry and flow throughout their portion of the building the best they can.

Clubs should provide and display appropriate education material to promote the required behaviours of their students. Suggested material are, but not limited to:

- Good Hygiene Practices Posters (in general and tailored to COVID-19)
- Hand Washing Guidance
- “Keep that Cough Under Cover” material
- No sharing of drink bottles
- No sharing of equipment until proper cleaning protocol is followed (except between members of the same household)
- Come dressed and ready for class; leave immediately when done.
- Drop Off and Pick Up Protocols
- Flow of Traffic Signs.

## SOCIAL/PHYSICAL DISTANCING

Together, we can slow the spread of COVID-19 by following the measures put in place for social/physical distancing. Physical distancing is proven to be one of the most effective ways to reduce the spread of the illness and with patience and cooperation, we can all do our part.

What social/physical distancing will look like, will depend on what Phase of the Re-Open Saskatchewan plan is active and the guidelines in this Return to Martial Arts Plan will reflect appropriate measures put in place by Provincial Authorities for each phase.

When possible, it is still encouraged to offer online classes to keep groups small and meeting social distancing guidelines.



## WAIVERS

Contagions are not currently covered under insurance, including COVID-19. Member Clubs are required to use updated Waivers for their students that include information of the risk of COVID-19 and that state by participating, they understand the risks of taking part and assume all liability. A copy of the Saskatchewan Martial Arts Association waiver can be found at the end of this document and will be sent out to Member Clubs.

## SELF-ASSESSMENT/SCREENING

Participants should always self-assess prior to attending activities. By signing the declarations, players should be staying home if they are sick, however players should be assessed upon arrival by a Team Personnel by asking the following questions:

- Do they have a fever?
- Do they feel sick?
- Have they been around anyone who has tested positive for COVID-19 in the past 14 days?

The Provincial Government determines different conditions that can make students or support staff with these conditions part of the vulnerable population that are more at risk to becoming severely ill if they were to become sick with COVID-19. Associations should familiarize themselves with these illness (found on the Provincial Government website) and work individually with each student/family are who considered part of the vulnerable population to try find ways to provide additional safety measures.

Anyone who shows signs/symptoms of COVID-19 or signs of being sick should not be permitted to take part in activities. If anyone becomes sick during activity, they should be sent home. While COVID-19 has similar symptoms as the flu, below are more specific signs/symptoms of COVID-19:

- Coughing
- Fever
- Difficulty Breathing



## TRACING

Clubs must keep a record of attendees. All students, spectators, staff and volunteers must sign in on arrival with full name. Spectators who does not already have their information on file will need to provide their phone number and /or email address, if spectators do not wish to leave their contact information they will need to state which student they are watching to ensure a line of communication. Attendance records must be kept for the a minimum of one month. This is for the purpose of contact tracing should someone who becomes ill with COVID-19 attends an event while being asymptomatic or during the 14 prior to testing positive. Clubs will be responsible for notifying appropriate individuals if someone does enter the clubs who tests positive for COVID-19 and encourage proper isolation practices. Clubs are also required to cooperate with Saskatchewan Health Authority to aide in contact tracing. A report will also need to be sent to the Saskatchewan Martial Arts Association.

## COMMUNICATION

Member Clubs should provide accurate and timely communication to their students in advance to participating in classes, so they are aware of the expectations. The below points are recommendations for a communication strategy:

- Create a communication plan to optimize planning, organization, and execution.
- For Member Clubs with multiple instructors, admin support there could be an appointed individual who will take the lead to communicate with students and monitor government developments and any changes that may occur
- Update families/students with any new procedures through email or another virtual method (messaging board). Online Town Talks or Virtual Meetings with families are another good way of virtual communication to review procedures and policies.
- For clubs with a website, consider having a dedicated page for COVID-19 Updates, or make sure to post any updates on the website and social media channels.



## STAFF/INSTRUCTORS/VOLUNTEERS

Member Clubs are responsible to ensure all Instructors/Staff/Volunteers have proper training in safety surrounding COVID-19 and proper safety protocols are put into place. The Saskatchewan Martial Arts Association will share any resources with Member Clubs that they receive, and Clubs are encouraged to use the below link for more information on workplace safety during the COVID-19 Pandemic.

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/covid-19-workplace-information#worker-health-preventative-measures>

The following guidelines should be in place for all Staff/Instructors/Volunteers:

- Individuals are required to practice social distancing while working. Similar to student expectations, they should remain two metres apart from others whenever possible and avoid handshakes and any other physical contact.
- If physical distance cannot be maintained (Instructing, Personal Training, Assisting Students) individuals should wear a surgical/procedural mask.
- Individuals should be instructed to stay home if sick.
- Individuals should wash their hands upon arrival and frequently throughout the shift following proper hand washing protocols (Soap and Water for at least 20 seconds)
- Individuals should use approved hand sanitizer throughout the day.
- Individuals should avoid touching their face, mouth, nose and eyes.
- Individuals should cough or sneeze into a tissue, then immediately dispose of the tissue and wash their hands. If tissue is not available, individuals should sneeze into their elbow, and not their hands

**CLUBS THAT HAVE EMPLOYEES SHOULD ALWAYS CHECK WORKPLACE SASK AND SASKATCHEWAN LABOUR LAWS TO ENSURE THEY ARE FOLLOWING APPROPRIATE MEASURES FOR WORKPLACE SAFETY**



## PPE GUIDELINES AND MASKS

Instructors are permitted to wear appropriate personal protection equipment as laid out by the Provincial Guidelines, including wearing masks if instructors are not able to social distance. There are three types of masks that can be worn:

- a. N95 – These are tight-fitting masks typically used by health care workers and are designed to seal out 95% of small airborne particles and to prevent transmission of aerosolized viruses
- b. Surgical/Medical Masks – These are looser fitting, more flexible disposable masks that are considered effective barriers against large droplets released by talking, coughing, or sneezing which is the main way COVID-19 is spread.
- c. Non-Medical/Cloth Masks – These are reusable and washable for distribution. These masks are typically porous, and their effectiveness is still a subject of research, however, can be used when distancing is difficult.

Individuals should not wear the same mask for long periods of time. Breaks should be taken, and fresh masks provided through out the day. Anyone who can not social distance should wear a mask.

Below is the link to Provincial Guidelines around PPE and Mask Wearing.

- d. PPE Guidelines - <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/guidelines/appropriate-use-of-ppe-guidelines>
- e. Cloth Mask Guidelines - <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/guidelines/cloth-mask-guidelines>





## CLEANING AND DISINFECTING

Guidelines for Cleaning and Disinfection will change with guidelines for each new phase, and the guidelines for cleaning and disinfection for each phase will be required to adhere to for whichever phase is active. The Provincial Government Guidelines on Cleaning and Disinfecting can be found at <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/guidelines/environmental-cleaning-and-disinfection-guidelines>

Sensei Corey Pickering, Head Instructor of Jishin Martial Arts is a Regional Safety Officer and has 12 years dealing with safety and OHS legislation and has offered to help any clubs who would like to know more about workplace safety and working with different cleaning products. He can be contacted at 306.351.9796 or [jjishinma@gmail.com](mailto:jjishinma@gmail.com)

Cleaning refers to the removal of visible soil. Cleaning does not kill germs (viruses and bacteria) but is highly effective at removing them from a surface. This is done with water, detergent, and steady friction from a cleaning cloth. Most cleaning can be done using regular housekeeping best practices.

Disinfecting refers to using a chemical to kill germs (viruses and bacteria) on a surface. Disinfecting is only effective after surfaces have been cleaned. As many communal items that cannot be easily cleaned should be removed as possible. **DISINFECTANT SHOULD ONLY BE APPLIED TO OBJECTS, NEVER ON THE HUMAN BODY.**

Health Canada approved Hand sanitizer should be provided and be required to be used before entering the building, and before and after using the washrooms and in the training area for all participants, including instructors.

### General Recommendations for Cleaning/Disinfecting:

- a. General Household, commercial disinfectant products, or bleach solution work to kill COVID-19 (follow manufacturer's instructions for disinfection) Prior to mixing any cleaners, disinfectants, or vinegar clubs should always check with appropriate professional whether the two items are safe to mix. Bleach should not be mixed with ammonia, vinegar, or any other cleaning product. Only use Bleach in a well-ventilated area. **Always wash hands with soap and water after handling cleaners.**
- b. Health Canada maintains a list of commercial disinfectants products that can safely be used for COVID-19 which can be found at [www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html](http://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html)
- c. Clean off all surfaces prior to disinfecting. Wipe surfaces and equipment thoroughly. Be careful not to get any electrical parts wet. Clubs should check with Equipment Manufacturer cleaning recommendations to ensure they do not use a cleaning product that could deteriorate the equipment, making it unsafe.

Do not eat, smoke, or drink while working with cleaning/disinfectant products



## **COMMON TOUCHPOINTS/SURFACES**

Touchpoints are surfaces/items that are touched often. Following the above cleaning and disinfecting guidelines, touchpoints should be cleaned frequently, and between groups (if able). Clubs need to check with any landlords/facility operators on what guidelines are in place for the facilities they use. Below are some examples of different types of touchpoints.

### High Touch Areas

- Doorknobs, door push bars, and door handles
- Gate latches
- Spectator seating
- Handrails
- Light Switches
- Phones/Tablets
- Toilets/Paper Towel dispensers, Sinks.

### Other Common Surfaces

- Tables
- Counters
- Chairs
- Floors

There are also touchpoints that are specific to Martial Arts. Below is examples and guidelines for Martial Arts specific touchpoints.



## MARTIAL ARTS SPECIFIC TOUCHPOINTS

ITEM	STUDENTS	INSTRUCTORS/VOLUNTEERS	GUARDIANS/SPECTATORS
<b>Uniform/Gi</b>	<ul style="list-style-type: none"> <li>Should arrive dressed and wash their uniform/gi each night after class.</li> </ul>	<ul style="list-style-type: none"> <li>Should arrive dressed and wash their uniform/gi each night after class.</li> </ul>	<ul style="list-style-type: none"> <li>Parents should remind students to clean their uniform/Gi after classes and to ensure they arrive dressed.</li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>Only use your own equipment if possible.</li> <li>Wipe down with disinfectant after participation or if someone touches your equipment.</li> <li>If equipment needs to be borrowed make sure to wipe it down after class</li> </ul>	<ul style="list-style-type: none"> <li>Use own equipment if possible</li> <li>Wipe down any shared equipment between groups.</li> </ul>	<ul style="list-style-type: none"> <li>Remind your child that they should only be using/touching their own equipment.</li> </ul>
<b>Weapons</b>	<ul style="list-style-type: none"> <li>Only use your own weapon if possible.</li> <li>Wipe down with disinfectant after participation or if someone touches your weapon</li> </ul>	<ul style="list-style-type: none"> <li>If students need to use Club/Dojo's weapons make sure they are disinfected between groups.</li> <li>If possible, consider assigning students to certain weapons rather than letting students use multiple</li> </ul>	<ul style="list-style-type: none"> <li>Remind your child to pay extra close attending to rules around weapons.</li> </ul>
<b>Documents</b>	<ul style="list-style-type: none"> <li>Should not bring documents.</li> <li>If does need to sign something, should disinfect pen before and after use.</li> </ul>	<ul style="list-style-type: none"> <li>Instructors can bring their lesson plan documents but should not share. If other Instructors need copies of the Lesson Plan, they should print their own copy. Individuals should have own copy.</li> <li>If Instructors would like students to work on skills at home, they should email them any documentation they will need.</li> <li>Belt Certificates should be placed in a Zip Loc bag prior to being presented.</li> </ul>	<ul style="list-style-type: none"> <li>All documents should be completely electronically.</li> <li>If need to bring a paper document, should place document in a Zip-Loc bag and wipe the bag down prior to submitting it.</li> <li>If need to sign something should disinfect pen before and after use.</li> </ul>
<b>Tablets/Phones</b>	<ul style="list-style-type: none"> <li>Only use your own device— placing clean item into a plastic Ziploc bag will help keep it clean it can still be used though the plastic. * Remove and throw bag away after activity.</li> </ul>	<ul style="list-style-type: none"> <li>Only use your own device</li> <li>If you need to show a resource to someone, place on clean surface and allow other person to view while maintaining a 2-meter distance (other should not touch).</li> </ul>	<ul style="list-style-type: none"> <li>Only use your own device - placing clean item into a plastic Ziploc bag will help keep it clean it can still be used though the plastic. * Remove and throw bag away after activity.</li> </ul>



<p><b>Hand Targets</b></p>	<ul style="list-style-type: none"> <li>• Only use hand targets that Instructors provide you, do not just grab on your own to ensure it has been disinfected</li> <li>• Help wipe off if Instructors ask.</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure to disinfect between groups.</li> <li>• Try to keep the Hand Targets with the same partners through out class, rather than have multiple students use them.</li> <li>• If possible, try have sets assigned to each Contact Group to as additional step to avoid transmission</li> </ul>	<ul style="list-style-type: none"> <li>• Remind child that usage of these items may be different during this time and to pay extra attention to instructions.</li> </ul>
<p><b>Bags (Hanging or Freestanding)</b></p>	<ul style="list-style-type: none"> <li>• As above.</li> </ul>	<ul style="list-style-type: none"> <li>• As above</li> </ul>	<ul style="list-style-type: none"> <li>• As above</li> </ul>
<p><b>Water Bottles</b></p> <p><b>NEVER SHARE</b></p>	<ul style="list-style-type: none"> <li>• Each student must have their <b>OWN</b> clearly marked water bottle.</li> </ul>	<ul style="list-style-type: none"> <li>• Remind students to NEVER share water bottles.</li> <li>• If possible, have extra commercially sealed bottles, but make sure you have disinfectant wipe available to clean off before giving to anyone). Use sharpie to mark name).</li> <li>• Have areas marked off where students can put their water bottle to encourage social distancing.</li> <li>• Send students in alternating groups for water breaks to assist with social distancing.</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure your child's water bottle is clearly marked and they know how to identify their own bottle.</li> <li>• Remind them to never use anyone else's water bottle.</li> </ul>
<p><b>Mats</b></p>	<ul style="list-style-type: none"> <li>• Bring own mat if applicable (Ex. Yoga Mat)</li> </ul>	<ul style="list-style-type: none"> <li>• Floor Mats should be disinfected between groups, especially groups from different Contact Groups.</li> <li>• Individuals Mats (Yoga Mats) need to be disinfected between users.</li> </ul>	<ul style="list-style-type: none"> <li>• Should not be on training area unless asked by Instructor</li> </ul>
<p><b>Spectator Seating (if not removed) or Standing</b></p>	<p>Not Applicable</p>	<ul style="list-style-type: none"> <li>• Try to limit spectators, only have who needs to be there.</li> <li>• Group gathering size limits must be adhered to.</li> <li>• Ensure that Spectators sign in the same as students.</li> <li>• Social Distance guidelines must be adhered to.</li> </ul>	<ul style="list-style-type: none"> <li>• Always maintain a 2-meter distance between other spectators.</li> <li>• Be respectful of Club/Dojo spectator rules</li> <li>• Spectators should bring their own chairs when possible</li> <li>• Spectators will need to sign in the same as Players/Coaches for contact tracing.</li> </ul>



<b>Enter/Exit</b>	<ul style="list-style-type: none"> <li>Follow instructions/arrows if using a door.</li> </ul>	<ul style="list-style-type: none"> <li>Use tape to create arrows to enter and exit - have students/spectators enter and exit one at a time in order to maintain 2-meter distance.</li> <li>If using handle, wipe with disinfectant between groups.</li> </ul>	<ul style="list-style-type: none"> <li>Remind your child to enter / exit per direction of arrows and to keep 2-meter (or length of extended lacrosse stick) away from the person in front of them.</li> </ul>
<b>Other Surfaces</b>	<ul style="list-style-type: none"> <li>Do not touch surfaces needed.</li> </ul>	<ul style="list-style-type: none"> <li>Disinfect surfaces before players arrive and after they have left. (Facility Staff may do this so check with Facilities). If spectators are permitted will need to disinfect the areas, they sit between groups</li> </ul>	<ul style="list-style-type: none"> <li>Do not touch surfaces unless needed.</li> <li>Spectators should bring their own chairs when possible</li> </ul>
<b>FUNDRAISING</b>	<ul style="list-style-type: none"> <li>NA</li> </ul>	<ul style="list-style-type: none"> <li>Only contactless forms of fundraising are permitted</li> </ul>	<ul style="list-style-type: none"> <li>Only contactless forms of fundraising are permitted</li> </ul>

## MARTIAL ARTS SPECIFIC GUIDELINES

These guidelines will be put in place for all sanctioned Member Clubs to re-open and remain open for each active Phase. Guidelines will be listed for all five phases in case the Government goes back to previous Phases. These Martial Art specific guidelines are based on the Provincial Guidelines and will be updated as they are updated, and the Provincial Guidelines will always supersede. For any items that are unclear Member Clubs can contact the Saskatchewan Martial Arts Director of Operations, Bridget Pottle at 306.541.3738 or [ed@saskmartialarts.ca](mailto:ed@saskmartialarts.ca). The Saskatchewan Martial Arts Association understands we have a lot of different clubs that practice different arts and some elements of training may be missed in these guidelines. If there are any elements that are missing Member Clubs feel need to be added, looked at, or have questions about they can send their inquiry to the Saskatchewan Martial Arts Association to review.

Failure to follow the guidelines could result in Member Clubs voiding their insurance, leaving individuals responsible for the Club liable for all and any risks, including fiduciary responsibility. While we under the guidelines can be inconvenient, it is to ensure the safety of all our valued members.

Member Clubs are still encouraged to offer online programing to ensure all students can take part and to help prevent having too many individuals at their club.



## PHASE 1 and 2 MARTIAL ARTS GUIDELINES

Martial Arts is not permitted in Phase 1 and 2 of the current Re-Open Saskatchewan Plan

## PHASE 3 MARTIAL ARTS GUIDELINES

### 1. GROUP SIZE (BOTH INDOOR AND OUTDOOR)

- a. Classes can not have more than 15 individuals (including Instructors) if proper space and air ventilation is possible. If Clubs can not keep a group that large following proper social distancing space, then they will need to have smaller groups.
- b. If clubs have separate spaces more than one class can go on at a time, providing social distancing and air ventilation requirements are met and spaces have separation. There should be clear traffic flow signs and clubs only operate 50% of their spaces at one time and should stagger spaces for proper cleaning protocols.
- c. While training outdoors is encouraged by the Provincial Guidelines, Clubs using outdoor space should have written permission (letter or contract) to use the outdoor space (unless they own the facility) and must ensure it is safe. Outdoor training can still only permit ten individuals to a class.

### SOCIAL DISTANCING/CONTACT

- a. Contact drills are not permitted for Phase 3 unless students are from the same household. Contact drills are considered anything that would require students to be closer than 2m, including, but not limited to, sparring, grappling and partner work holding bags.
- b. Unless from the same household, students are required to be 2m (6 feet apart) if doing lower intensity activity (stretching Kata, Yoga). Spacing where students can be needs to be clearly marked.
- c. Unless from the same household, students are required to be 4m (12 feet) apart if doing higher intensity activity (aerobic fitness training). Spacing where students can be needs to be clearly marked.
- d. Students should not share water bottles and should have all personal items in a bag unless from the same household.
- e. When possible, only students and instructors should be in the building, parents should be encouraged to drop their student off and pick them up once they are done. If it is necessary an individual stays to watch, they will need to follow all social distancing and group size guidelines.
- f. Recommended that Clubs have a separate drop off sport and pick up spot if able.
- g. Traffic should be directed to ensure individuals can follow social distance guidelines before and after class. A one-way flow should be established when possible and appropriate markers/signs put up to help guide.
- h. Instructors who need to be closer than 2m (6 Feet) should wear a mask.
- i. As COVID-19 is spread by droplets, yelling should not be encouraged. Instructors should find alternative ways for students to Kiai while practicing their Forms/Kata.
- j. Handshakes, High Fives, Fist Pump, Hugs etc should not be permitted. Instructors will need to come up with other means of encouragement (Ex. Air High Fives)
- k. Instructors will need to modify belt presentations to meet social distance guidelines. Recommended that belts not be removed from their plastic bag for easier disinfection.
- l. The virus can live on paper for a period of time so electronic forms should be used when available.



## PHASE 3 MARTIAL ARTS GUIDELINES

### FACILITY

- a. Clubs should have one-way traffic flow to promote proper social distancing. Signs should be up to promote the traffic flow
- b. Shower/Locker/Dressing rooms must remain closed, except for washrooms. Students will need to arrive dressed ready for class.
- c. Water fountains need to be closed; students will need to bring their own water bottles. Clubs can have bottled water available for students if they chose to in case students forget a water bottle. The water bottles will need to be wiped off before giving to a student.
- d. Water Bottle filling stations are permitted as long it is appropriately and frequently sanitized. If a water fountain is being used as a water filling station, there will need to be appropriate signage stating it is only to be used for that purpose.
- e. Signage should be on display throughout the facility reinforcing key messages of physical distancing and hygiene protocols
- f. Group facilities must be closed (hot tubs, steam rooms, saunas etc)

### EQUIPMENT

- a. When possible, Students should bring their own equipment (Ex. Yoga Mat).
- b. Equipment should not be shared or used simultaneously unless students are from the same household.
- c. Handheld Targets and Kicking Shields/Bags should not be used between two students (unless from the same household). If students from the same household use these items they need to be disinfected before anyone else uses them. If Instructors need to use them for training purposes; they must be disinfected between students.
- d. Freestanding Bags or Rolling Bags can be used provided they are spaced out properly to meet social distancing guidelines and they are disinfected properly between users. It is recommended students wear their personal sparring gloves if available as extra pre-caution.
- e. Sparring/Rolling is not permitted unless between two members of the same household. If two members of the same household take part in these activities and are required to wear equipment, they should wear their own if available, if club equipment is used, it must be disinfected between users.
- f. Any mats on the floor that students do activity on will need to be sanitized before the next class starts.
- g. Students who take part in Weapon training should be encouraged to bring their own weapon to class. If this is not possible, Weapons will need to be disinfected between users.



## PHASE 3 MARTIAL ARTS GUIDELINES

### SKILL DEVELOPMENT

- a. Individual Skills and Solo Drills should be the focus in this stage. Skill training that requires two or more individuals can only be practice/demonstrated by individuals from the same household.

### COMPETITION

In person competition is not permitted for Phase 3, any type of competition will not be sanctioned and clubs who take part in competition will be subject to disciplinary measures by the SMAA. Any online competition or activity needs to have a sanction request sent and approved by the SMAA for insurance purposes.

## PHASE 4 MARTIAL ARTS GUIDELINES

### SELF ASSESSMENT/CONTACT TRACING

- a. Coaches/Managers/Volunteer should Self Assess players when they arrive.
- b. Anyone who is sick or symptomatic should not be permitted to participate.
- c. If a participation becomes sick, they should stop immediately stop participating and return home.
- d. Attendance of all attendees (Players, Volunteers, Coaches, Spectators) must be taken and records kept for duration of the season for contact tracing. All Players, Volunteers, Coaches, and Officials must have their contact information (Phone Number/Email Address) on file with the Association. Spectators will need to leave their phone number and/or email address when they sign in OR the name of the player they are associated with as a contact.

### GROUP SIZE (BOTH INDOOR AND OUTDOOR)

- a. Classes can not have more than 30 individuals (including Instructors) if proper space and air ventilation is possible. If Clubs can not keep a group that large following proper social distancing space, then they will need to have smaller groups.
- b. If clubs have separate spaces more than one class can go on at a time, providing social distancing and air ventilation requirements are met and spaces have separation. There should be clear traffic flow signs and clubs only operate 50% of their spaces at one time and should stagger spaces for proper cleaning protocols.
- c. While training outdoors is encouraged by the Provincial Guidelines, Clubs using outdoor space should have written permission (letter or contract) to use the outdoor space (unless they own the facility) and must ensure it is safe. Outdoor training can still only permit ten individuals to a class.

### SOCIAL DISTANCING/CONTACT TRAINING

- m. Contact drills are considered anything that would require students to be closer than 2m, including, but not limited to, sparring, grappling and partner work holding bags. Contact drills are permitted for students in the same Contact Group.
- n. Contact Groups are groups of the same 50 individuals (students/instructors) that can-do contact training together. Individuals from different contact groups **CAN NOT** do contact training together. Clubs will need to monitor that students who take part in different classes are not going outside of their Contact Group. (Ex. Group A trains on Monday, with different classes offered, Group B trains on Tuesday.) Make up classes should be avoided to prevent crossing groups.
- o. When not doing Contact Drills students still must adhere by social distancing guidelines (water break, after classes, noncontact drills etc)





- p. Any Spectators are required to social distance.
- q. Recommended that Clubs have a separate drop off sport and pick up spot if able.
- r. Traffic should be directed to ensure individuals can follow social distance guidelines before and after class. A one-way flow should be established when possible and appropriate markers/signs put up to help guide.
- s. Instructors who need to be closer than 2m (6 Feet) should wear a mask.
- t. As COVID-19 is spread by droplets, yelling should not be encouraged. Instructors should find alternative ways for students to Kiai while practicing their Forms/Kata.
- u. Handshakes, High Fives, Fist Pump, Hugs etc should not be permitted. Instructors will need to come up with other means of encouragement (Ex. Air High Fives)
- v. Instructors will need to modify belt presentations to meet social distance guidelines. Recommended that belts not be removed from their plastic bag for easier disinfection.

#### **FACILITY**

- g. Clubs should have one-way traffic flow to promote proper social distancing. Signs should be up to promote the traffic flow
- h. Shower/Locker/Dressing rooms are permitted to be open, however they need to be cleaned more frequently.
- i. Water fountains need to be closed; students will need to bring their own water bottles. Clubs can have bottled water available for students if they chose to in case students forget a water bottle. The water bottles will need to be wiped off before giving to a student.
- j. Water Bottle filling stations are permitted as long it is appropriately and frequently sanitized. If a water fountain is being used as a water filling station, there will need to be appropriate signage stating it is only to be used for that purpose.
- k. Signage should be on display throughout the facility reinforcing key messages of physical distancing and hygiene protocols

#### **EQUIPMENT**

- h. See Martial Art Specific Touch Points

#### **SKILL DEVELOPMENT**

- a. While Contact is permitted (with restrictions as listed in Social Distancing/Contact Guidelines), Instructors are still encouraged to make modifications to keep social distancing skill development as much as possible.

#### **COMPETITION**

- a. Clubs can have competition within their Contact Groups (groups CAN NOT cross over to compete).
- b. Contact Groups have to be in the same area, so clubs can not do joint training/competition.
- c. Tournaments and Inter Provincial Travel is not permitted.

## **PHASE 5 MARTIAL ARTS GUIDELINES**

These will be developed once the Provincial Government releases its guidelines for Phase 4 and Phase 5. There is no set date on when these Phases will commence.



## RISK MANAGEMENT PLAN

Prior to opening Clubs should create a risk management plan. Sport Canada recommends clubs conduct the following key questions to create their risk management plan. An excel sheet will be sent out to all Member Clubs that they can use as a tool to create their Risk Management Plans.

1. Specific Measures to Limit Transmission - What specific measures will the Club take to reduce the risk of transmission for students, instructors, staff, and volunteers?
2. Staff Knowledge - What specific plans will the club implement to increase the understanding and knowledge, amongst their Staff/Instructors/Volunteers of the current COVID-19 situation? This should include facility support staff (Ex. Hired cleaners)
3. Public health Awareness – What specific steps will the club take to keep students, staff, Instructors, and volunteers fully apprised of current local public health information regarding COVID-19?
4. Emergency Preparedness – What specific strategies will clubs prepare to respond effectively to emergencies? Any screening measures the club will implement should be included. What tracing strategies are in place should the club have an active member test positive for COVID-19?
5. Isolation Capacity – What specific procedures will be in place to isolate students, staff, Instructors, or volunteers if required?
6. Coordinator & Logistics – What specific plans will the club make to enhance communication and collaboration with any partner organizations?
7. Risk Communication – What specific action will be taken to communicate the risks associated with training during the COVID-19 pandemic? What processes will limit the impact of misinformation from other sources?



## RISK ASSESSMENT

Sport Canada has put together the below Risk Assessment Tool for Sports. That Excel sheet will be sent out to all Member Clubs. Below is a small example of this Risk Assessment (Please note anything listed under Level A is just for example purposes, the guidelines for those Phase have not yet been released)

<b>Initial Risk Rating (R-SAT)</b>	<b>Negligible</b>	<b>Very Low</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
<b>Level of Mitigation Strategies</b>	Level A Low Risk (Phase 4 and 5)			Level B Moderate Risk (Phase 3)	Level C High Risk (Phase 1 & 2)	
<b>Group Size</b>	Groups Size increased but still must follow Public Health Guidelines			Groups sized limited to 10	Training should occur at home, no in person training permitted	
<b>Entering a Facility</b>	Try to create social distance between individuals entering.			Limited number of individuals allowed to be in the facility	Facility Closed to the Public	
<b>Physical Contact</b>	Social Distance measures ease up, however still follow Public Health Guidelines			Limited Space between individuals as determined by Public Health	Facility Closed to the Public.	

Workplace Health and Safety Risk Assessments are also a good tool clubs can use. Clubs can contact their local WorkSafe for more information on this. Sensei Corey also has volunteered to help Clubs with this as well.



## CONCLUSION

The COVID-19 pandemic has had devastating effects on the entire world, leading to significant restrictions on all sectors of society. During this time Martial Arts has an important role in helping individuals remain healthy physical, mentally, and emotionally. The Saskatchewan Martial Arts Association and all our Member Clubs will have numerous obstacles to face and complex decisions that need to be made as we re-open during the midst of this pandemic. We will continue to follow the guidance of our Municipal Governments, Saskatchewan Government, Saskatchewan Health Authority and the Federal Government and Health Authorities to ensure our students are safely able to Return to Martial Arts and their Martial Art families and continue working on their wellness and wellbeing.

## REFERENCES

- Province of Saskatchewan Re-Open Plan and Guidelines
- Sport Canada – COVID-19 Return to Sport Framework
- Sask Sport
- WorkSafe Sask
- Other Provincial and National Sport Organization Return to Activity Plans
- Sensei Corey Pickering



[insert club name]

## SMAA DECLARATION OF COMPLIANCE – COVID-19

Participant's Name (print): \_\_\_\_\_

Participant's Parent/Guardian  
(if the Participant is under the age of majority) \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

The Saskatchewan Martial Arts Association and its affiliated Clubs, including **CLUB NAME** (collectively the "Organization") requires disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

A Participant (or the Participant's parent/guardian, if the Participant is under the age of majority) who is unable to agree to the terms outlined in this document is not permitted to participate in the Organization's activities, programs, or services at this time.

I, the undersigned being the Participant and the Participant's Parent/Guardian (if the Participant is under the age of majority), hereby acknowledge and agree to the terms outlined in this document:

- 1) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all participants (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The Participant has not been diagnosed with COVID-19, **OR** if the Participant was diagnosed with COVID-19, the Participant was cleared as noncontagious by provincial or local public health authorities more than 14 days prior to the date this Declaration of Compliance was signed.
- 3) The Participant has not been exposed to a person with a confirmed or suspected case of COVID-19; **OR** if the Participant was exposed to a person with a confirmed or suspected case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
- 4) The Participant is participating voluntarily and understands and assumes the risks associated with COVID-19. The Participant (or the Participant's parent/guardian, on behalf of the Participant (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.
- 5) The Participant has not, nor has anyone in the Participant's household, experienced cold or flu-like symptoms in the last 14 days (including fever, cough, sore throat, shortness of breath, respiratory illness, difficulty breathing).



- 6) If the Participant experiences, or if anyone in the Participant's household experiences, any cold or flu-like symptoms after submitting this Declaration of Compliance, the Participant will immediately isolate and not attend any of the Organization's activities, programs or services until at least 14 days have passed since those symptoms were last experienced.
- 7) The Participant has not, nor has any member of the Participant's household, travelled to or had a lay-over in any country outside Canada, or in any Province outside of *[insert province]*, in the past 14 days. If the Participant travels, or if anyone in the Participant's household travels, outside the Province of *[insert province]* after submitting this Declaration of Compliance, the Participant will not attend any of the Organization's activities, programs or services until at least 14 days have passed since the date of return.
- 8) The Participant is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, frequent handwashing, and otherwise limiting exposure to COVID-19.
- 9) The Participant will follow the safety, physical distancing and hygiene protocols of the Organization.
- 10) This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.
- 11) The Organization may remove the Participant from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the Participant is no longer in compliance with any of the compliance standards described in this document.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Participant (If 13 and over)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent/Guardian if under the age of majority)



## SASKATCHEWAN MARTIAL ARTS ASSOCIATION AND **(INSERT CLUB NAME)** RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

*(To be executed by Participants over the Age of Majority)*

**WARNING! Please read carefully**  
**By signing this document, you will waive certain legal rights – including the right to sue**

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a participant in the sport of \_\_\_\_\_ and the spectating, orientation, instruction, activities, competitions, programs, and services of *[Insert PSO]* and *[Insert Club]* (collectively the “Activities”), the undersigned acknowledges and agrees to the terms outlined in this document.

### Disclaimer

2. Saskatchewan Martial Arts Association, *[Insert Club]*, and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the “Organization”) are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.  
 ***I have read and agree to be bound by paragraphs 1 and 2***

### Description and Acknowledgement of Risks

3. I understand and acknowledge that
  - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
  - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
  - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of my fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction; and

### COVID-19

- d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that I will not become infected with COVID-19. Further, participating in the Activities could increase my risk of contracting COVID-19.



4. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities. The risks, dangers and hazards include, but are not limited to:
- a) Contracting COVID-19 or any other contagious disease;
  - b) The sport of \_\_\_\_\_;
  - c) Privacy breaches, hacking, technology malfunction or damage while interacting with online training;
  - d) Executing strenuous and demanding physical techniques;
  - e) Dryland training including weights, running, bands, and massage;
  - f) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
  - g) Exerting and stretching various muscle groups;
  - h) Physical contact with other participants;
  - i) Failure to act safely or within my own ability or designated areas;
  - j) All physical risks of taking part in a contact activity like Martial Arts
  - k) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
  - l) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body or to my general health and well-being;
  - m) Abrasions, sprains, strains, fractures, or dislocations;
  - n) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
  - o) Spinal cord injuries which may render me permanently paralyzed;
  - p) Negligence of other persons, including other spectators or, participants, or employees;
  - q) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities; and
  - r) Negligence on the part of the Organization, including failure by the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with my participation in the Activities.

*I have read and agree to be bound by paragraphs 3-4*

#### Terms

5. In consideration of the Organization allowing me to participate in the Activities, I agree:
- a) That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select;
  - b) That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental and physical condition;
  - c) To comply with the rules and regulations for participation in the Activities;
  - d) To comply with the rules of the facility or equipment;
  - e) That if I observe an unusual significant hazard or risk, I will remove myself from participation and bring my observations to a representative of the Organization immediately;
  - f) The risks associated with the Activities are increased when I am impaired and I will not to participate if impaired in any way;
  - g) That it is my sole responsibility to assess whether any Activities are too difficult for me. By commencing an Activity, I acknowledge and accept the suitability and conditions of the Activity;
  - h) **That COVID-19 is contagious in nature and I may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death;** and
  - i) That I am responsible for my choice of safety or protective equipment and the secure fitting of that equipment.





### Release of Liability and Disclaimer

6. In consideration of the Organization allowing me to participate, I agree:
- a) That the sole responsibility for my safety remains with me;
  - b) To ASSUME all risks arising out of, associated with or related to my participation;
  - c) That I am not relying on any oral or written statements made by the Organization or its agents, whether in a brochure or advertisement or in individual conversations, to agree to participate in the Activities;
  - d) To WAIVE any and all claims that I may have now or in the future against the Organization;
  - e) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the Activities;
  - f) To FOREVER RELEASE AND INDEMNIFY the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization;
  - g) **To FOREVER RELEASE AND INDEMNIFY the Organization from any action related to my becoming exposed to or infected by COVID-19 as a result of, or from, any action, omission or negligence of myself or others, including but not limited to the Organization;**
  - h) That the Organization is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities;
  - i) That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities; and
  - j) This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of Saskatchewan and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

### Jurisdiction

7. I agree that in the event that I file a lawsuit against the Organization, I will do so solely in the Province of Saskatchewan and further agree that the substantive law of the Province of Saskatchewan will apply without regard to conflict of law rules.

*I have read and agree to be bound by paragraphs 5-7*

### Acknowledgement

8. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein.

\_\_\_\_\_  
Name of Participant (print)

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date