

## Vancouver West Aikikai Practice Protocols

**During the COVID-19 pandemic, Vancouver West Aikikai has complied with the BC Public Health regulations with regard to Aikido practice. Since BC has entered Step 3 of the re-opening plan effective July 1, we are updating our protocols. The health and safety of all our dojo members is very important to us.**

Students are expected to adhere to Public Health regulations and the following protocols.

Do not come to class if you answer yes to any of the following questions:

- Do you have a fever, cough, headache, loss of sense of smell, unexplained diarrhea? Have you had a recent confirmed or suspected exposure to Covid-19?
- Have you travelled outside of Canada? You are not permitted to attend aikido classes until you have completed your quarantine, currently 14 days.

All classes

- Use hand sanitizer on entering the dojo, or arriving at the field location.
- Wash or sanitize your hands frequently.
- Bring your own water bottle.
- Bring your own weapons, if you have them. Sanitize borrowed weapons.
- Practise with one partner only per class. Stay within your “practice bubble”.
- You may choose to practise solo. Instructors or senior students will assist you.
- Please wait 3 weeks after your first vaccine dose before engaging in close-contact partner practice outdoors. Please provide documentation of vaccination.
- Wear a mask when you engage in close-contact partner practice outdoors.
- Facial coverings are optional when you have been fully vaccinated (2 weeks after your second vaccine dose). Please provide documentation of vaccination.

Indoor classes

- You are making an active choice to engage in indoor Aikido practice with full awareness of the potential danger of inadvertent infection and you take full responsibility for your choice and its possible consequences.
- Wait 3 weeks after your first vaccine dose before engaging in close-contact partner practice indoors. Waiting until 2 weeks after the second dose is ideal. Please provide documentation of vaccination.
- Wear a mask when you engage in close-contact partner practice indoors.
- Stay within your “practice bubble”.
- On-line classes will be available for those who are not comfortable with in-person.
- After class, please clean the mats and bathrooms. Gloves and masks are provided.

These procedures are in effect until BC enters Step 4 of its Restart plan, scheduled for Sept. 7, 2021.

Note: We have based these protocols on the advice of Dr. Bob Wolber, a long-time dojo member. "Indoor practice should wait until a high percentage of the population has been fully vaccinated (like 70%). Certainly, the Health Authority has made no changes with regard to indoor work policy (masks, distancing, etc.) yet. However, the provincial advisories are influenced by other factors, such as economic recovery, so they may say otherwise...The Indian (Delta) variant is now accounting for a high percentage of new cases world-wide, and appears to be 1.5 to 2.5 times more transmissible than previous variants. It is the main cause of a new wave of cases in Australia that has shut down several cities there. Also, the severity of infection appears to be worse with this variant." Dr. Bob concludes, "Be a hero, get vaccinated."

Vancouver West Aikikai has considered this advice and based its protocols on this cautious approach.

July 3, 2021