



BKA COVID – 19 Kendo Training Guidelines (Kendo Bu)V2

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Opening Note

The kendo Bu does not endorse a return to “pre-Coronavirus training approaches” at this time. Any group or individual engaged in such training is not aligned with the Kendo Bu’s interpretation of government guidelines or applying the advice of the Kendo Bu, does so entirely at their own risk and may invalidate their insurance and put their affiliation to the association at risk of suspension.

Introduction

The British Kendo Association’s Kendo Bu has drawn up the following guidelines to help in preventing the spread of COVID – 19 infections amongst members upon the resumption of kendo training by BKA Kendo dojo/groups in the UK. We have used plain English to avoid confusing non-practicing interested parties who may be asked to comment on or advise on the document.

Use these guidelines as a reference to effectively assess and control risks for your kendo group. Be sure to take account of your local circumstances, member structure (age, gender, skill level), and practice location to manage the resumption of training and minimise the risk of illness/injury to your group’s members due to a second wave of COVID-19 infections. Be sure to also take account of decreased physical fitness due to lack of kendo related exercise during lockdown.

We must particularly be aware that training in Kendo armour will most likely take place indoors and closer than 2m distancing is possible.

Context of the guidelines

“Each sport will provide an assessment of the transmission risk that a return to competitive recreational activity represents based on three key variables:

- ***Droplet transmission:** The risk associated with each action in an activity based on duration and proximity of participants. By using the framework, sports can determine the risk of actions in their matchplay environment – anything, for example, from tackling, to bowling, to re-start – which will then determine the overall level of risk of taking part in that sport.*
- ***Fomite transmission:** The risk associated with the handling and transfer of equipment in the sport*
- ***Population:** The number of participants likely to take part in the proposed activity plus known risk factors of participants with underlying health conditions or high risk groups, who wish to participate*



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- *Based on this overall risk profile some recreational sports will be lower risk than others and better suited to return to competitive play earlier with or without adaptation.*
- *Particular consideration needs to be given to children and young people under the age of 18 and vulnerable adults who may be less able to understand or maintain social distancing discipline." UK Gov.*

Note! Government Guidelines are subject to change and can be found here...

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities#section-4-6>

The key hazard in kendo training is that heavy breathing and/or shouting out can produce spray/vapour from the mouth of infected practitioners' (Who may be Asymptomatic) that can be a source of COVID- 19 infection for others present at training sessions.

Scientific/medical knowledge about the infection is not yet advanced enough to develop a cure or totally prevent infections of COVID-19 and it remains unclear exactly how easily it will be transmitted during kendo training but is clear that the disease still poses significant risk to ALL. We therefore need to be personally and collectively vigilant take responsibility, follow government guidelines and suspend training if conditions/local conditions worsen and makes this necessary.

The guidelines have been created using the best advice we were able to source and with reference to the latest UK Government guidelines and will be reviewed and updated as and when more or better information and advice is available on improved approaches and in order to stay in line with changing guidance/directives from government. We will seek the support of Sport England to facilitate this

In this document the term 'TECHNICAL TRAINING' should be taken to **mean non-combative kendo practice activity.**

Responsibility must be taken at the local level (Dojos/groups/individuals) for both the decision to start training and the format, intensity and duration of the training with reference to these guidelines and prevailing local conditions.

It is also essential to be proactive in staying up to date with changing guidelines from the association and government and cooperate fully with any limitations placed on training by venues or local government.

1. Summary of the Key Action Points

Based on our (the kendo Bu's) understanding of the current situation the BKA kendo Bu recommends that whilst participation does elevate the risk of contracting or spreading COVID-19, this can be mitigated by taking precautions to ensure participants are:



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- **Not infected/unwell or have had contact with anyone who is or may be infected**
- **Using good personal hygiene routines**
- **Maintaining safe spacing at all times**
- **Using a mask and Men shield/s for one to one training**
- **Training in a well-ventilated room**
- **Not sharing equipment**
- **Only engaging in kendo related fitness or technical training and/or Technical training in Kendo armour**

Further we recommend that competitive kendo matches, and high intensity training methods are not to be engaged in until further notice.

2. Leading Training – (Sensei/Coach/Dojo leader etc.)

The person/s responsible for making decisions for the dojo/group should follow these Guidelines when making the decision to resume training and when formulating a local training plan. A clear understanding of the particular conditions in each location is essential to identify particular hazards and design effective control measures. The guidelines and the more detailed locally produced dojo/group training plans should be shared with all dojo members/visitors and venues. For help with this process liaise with the Kendo Bu or your local National/Regional coaches. If there remains uncertainty about whether a training approach is safe and suitable for your group air on the side of caution and do not include it in your regime

3. Formulating Local Training Plans

Referring to the BKA Guidelines, each dojo/group should create its own local plan and risk assessment that is fully relevant to regional circumstances, member structure (age, gender, proficiency) and training venue/s or locations. These guidelines to be distributed to all local members and shared with venues to ensure familiarity and implementation.

In formulating your local plan pay attention to the following:

1. Concern about a second wave of COVID-19 infections, means it is essential to limit opportunities for spreading the virus. The kendo Bu recommends that taking the following measures individually and collectively will offer the best protection against spreading COVID-19 – see also item 2.6 below. Participants must ensure that they:
 - Are not infected/unwell and have not been in contact with anyone who is, may be or has been infected in the last 14 days.
 - Keep overall group contact time and especially one to one training time between individuals down.



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- In a larger club/dojo limit the size of contact groups to reduce the risk of infection and to make them easier to supervise and manage.
 - Have good personal hygiene routines before and after training.
 - Maintain safe spacing at all times i.e. follow guidelines related to the number of persons who can safely train in a given space or train outside.
 - Use a face mask and Men shields whilst indoors or when closer than 2m to mitigate against the transfer of droplets or vapour to other participants.
 - train in a well-ventilated space.
 - Do not share equipment
 - Do not if at all possible, share equipment. If it is essential that equipment is shared ensure that it is thoroughly cleaned between use by different persons and that those using the equipment thoroughly sanitise their hands before and after using the shared equipment.
 - Only engage in technical (non-combative) forms of training.
2. As one's physical condition may have declined resume training carefully and build up the intensity of the training activities over a number of weeks/sessions (say 12 to 15). Due to the unfamiliarity of wearing PPE (Masks and shields) it is important to take frequent breaks and not to train too intensely.
 3. Following on from item 2, a third of the session could be for distanced technical training practices in Bogu using appropriate PPE (Masks and shields) and without use of the voice. Due to the use of PPE care must be taken to monitor the condition of those taking part with particular attention to their breathing and temperature
 4. Once practitioners have regained their fitness/conditioning, half of the session could be conducted in Bogu (if a 60-minute session, then 30 minutes). Training could include warming-up and fitness exercises, Suburi or paired technical training, Kata, Kihon Keiko Ho. For the final 30 minutes participants could don bogu (With shields and masks) to do more kihon style practices and technical training whilst being careful to maintain safe distancing and without the use of the voice.
 5. In the coming months it may be possible to gradually re-introduce some of our more combative or high intensity training approaches such as kakari-geiko or ji-geiko but for the moment we consider these to be inappropriate. Inclusion at a later date of such combative and intense training methods will be dependent on the restrictions in the government's guidelines being relaxed considerably further or totally removed. We are also mindful of the physical limitations imposed by the use of shields and in particular face masks. The BU will issue modified guidance as and when we consider it necessary and appropriate to do so in light of changes in the UK government/s regulations.



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6. If restricted from training indoors, plan to focus on warming-up exercises, kendo related fitness training, suburi, Kata/kihon keiko Ho etc. maintaining wherever possible a minimum distance of 2m between participants and gradually increasing the training load in line with the performance of the group.

Key Notes! All training approaches must be managed to limit instances of closing to a distance nearer than 1m to a minimum and where participants are likely to be closer than 2m tapart face masks/shields should be used. There should be no shouting and at no point should activities become high intensity, competitive or combative.

Exemplars of local plans at inside venues are provided at the end of this document (See appendix 3 and 4)

4. Who Should Not Participate/Attend?

1. People with underlying conditions such as diabetes, heart disease, chronic obstructive pulmonary disease (COPD), Hypertension, obesity, undergoing dialysis, or taking immunosuppressive agents, anti-cancer agents, etc. If people with these conditions intend to participate consent from a doctor should be obtained beforehand
2. Anyone who shares a household or has regular close contact with a vulnerable or very vulnerable (i.e. shielded) person
3. Anyone with flu like symptoms such as a fever, cough, sore throat, shortness of breath or a loss or change to their sense of taste or smell
4. Anyone who is feeling generally unwell or feeling different than normal should not participate in training as they may be infected but asymptomatic.
5. Those with a family member or an acquaintance they have had close contact with in the last 14 days who had/may have had the infection
6. Those who within the last 14 days have travelled to or had close contact with a person from another country or who have been advised to self-isolate
7. People who are not members of your local organization/group
8. People who have travelled by public transport without wearing a mask.

5. People with elevated personal risk factors should think very carefully and fully evaluate the risk before deciding to Participate/Attend?

If elderly people are infected with COVID-19, they are much more likely to become seriously ill, and the mortality rate is high. They have an even higher risk of becoming seriously ill if they have underlying health conditions. This is because older people are more likely to have chronic conditions. For example, the mortality rate at ages 80–84 in England and Wales can be as much as ten times greater than at ages 60–64.

The youngest age groups can often be Asymptomatic.

Mortality rates are significantly higher for males than females.



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In addition to the above medical risk factors ethnicity has also emerged as a significant risk factor for complications of COVID-19. Kendoka of black and ethnic minority BAME groups should carefully consider this elevated risk before participating in training.

It is impossible to know for sure that one will not come into contact with an infected person during a training session so ultimately, we must all decide for ourselves whether we are prepared to take the risk and train. If uncomfortable with the training regime being applied **DO NOT PARTICIPATE.**

6. Before Technical training

1. Carry out a health assessment and take your temperature. Do not attend/participate if you have a fever, feel unwell or exhibit any of the COVID 19 symptoms. (You may also wish to repeat this process at the venue using non-contact IR thermometers).
2. When waiting for entry to the training area in public spaces don't forget to observe the prevalent social distancing rules (Rule of 6).
3. Take and retain for at least three weeks a register of participants names, contact numbers, etc. at each training session.
4. Change into training gear at home or use changing rooms in small groups to maintain good social distancing (As per government guidelines).
5. If changing at the venue you may wish to place your clothes etc. in a sealable plastic bag to prevent contamination.
6. Clean and disinfect any surfaces that could concentrate and transmit virus (Handles, screens, equipment etc.).
7. Before training thoroughly wash hands or apply sanitiser to disinfect them.

7. During Technical training

1. To reduce the risk of infection by limiting contact time, aim to make the practice about one to one and a half hours.
2. Wear protective masks or shields whilst in the dojo to stop droplets/vapour spraying from practitioners' mouths towards/onto others **but avoid wearing highly filtered medical masks during training.** An example approved by the AJKF is shown at the end of these guidelines (Appendix 1).
3. Open windows and/or use fans to ventilate the dojo/room
4. Maintain a safe distance from others (As per prevalent government guidelines) before training begins and don't handle or borrow other's equipment
5. As the floor may be a source of infection REI should be performed standing for the foreseeable future
6. Foot protection could be worn (AND MUST BE WORN IF A FOOT INJURY IS PRESENT)
7. Try to Avoid handling the feet or if they are handled thoroughly wash your hands or reapply sanitising gel IMMEDIATELY
8. Place a cloth on the floor near your bag to place your equipment on and change into KENDO ARMOUR on the cloth at this location (2m spacing to be observed)



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9. When doing all forms of Kihon/Technical training, the distance between Lead players (Motodachi) should be 2m or more and in line with prevalent government social distancing guidelines. The number of people that can-do Technical training at the same time in a space should be set with this minimum distancing and any other restrictions imposed by the venue in mind
10. Mark the Lead players positions or allocated spaces on the floor
11. Larger dojos/Groups should set up smaller training groups to limit the number of others who practitioners come into close contact with. (You may wish to manage these groups on a lesson by lesson basis to limit contact between participants over an extended period).
12. Limit face to face time (one to one training) between participants to a maximum of 15 minutes of accumulated time over different exercises and consider holding training over two or more sessions to avoid overcrowding.
13. As a rule, when doing warming-up exercises, cutting practice (suburi) etc., do so in one safely spaced line with everyone facing the same way
14. If there is insufficient room for one safely spaced line, consider practicing back to back or making two or more rows. In either case maintain a distance of a minimum of 2m between the rows to avoid close contact or clashes
15. Refrain from vocalizing as much as possible during all aspects of training.
16. Do not intentionally close in and cross sword guards (Tsubazeriai), collide or body strike (Taiattari). If you unavoidably end up at closer than 1m proximity, quickly separate (Less than 3 seconds), but do not vocalize or breathe out forcefully.
17. When taking a break continue wearing your mask and avoid close contact with other people (As per government guidelines)
18. As a rule, do not let additional people in the dojo or gymnasium to watch the training.

Note!

The **AJKF** has conducted tests related to spray emanating from the mouth and nose during Technical training. The results showed:

1. Use of a Men-mask (see Appendix 1) stopped close to 90% of droplets being sprayed out of the Men.
2. The Men-mask in combination with any type of shield (1 or 2 pieces) stopped 95% of droplets from being sprayed out of the Men.
3. Using a shield alone was less effective only limiting spray by about 70%.
4. In the tests, droplet spray was transmitted 1 to 2m, but smaller particles remained in the air for some time. For this reason, **good ventilation throughout the space and wide spacing between pairs (2m) is extremely important.**
5. Good ventilation/air flow is also an effective way to prevent practitioners overheating during training.
6. Shielding ought to cover the eyes, nose, and mouth and be made from a material such as non-fogging polycarbonate laminate. It should be held firmly inside the men (fencing helmet).



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7. As long as the shielding covers the eyes, nose, and mouth, it can be made from two pieces to allow for better ventilation and cooling.
8. To prevent Hyperthermia when training with the mask and shield/s shorten Technical training time, hydrate frequently, and keep in mind ambient conditions such as temperature and humidity as well as the physical condition of the practitioners

The BKA Kendo Bu will continue to carry out research and seek guidance to ascertain the safest approaches to Technical training and pass these on in a timely fashion.

8. After Training

1. When the training has finished, keep a safe social distance (As per government guidelines) from your sensei, senpai, etc. when doing standing rei and thanking them.
2. To avoid contaminating the inside of your bag and its contents put the Men and Kote in a plastic bag to take home.
3. After training disinfect shared surfaces and equipment e.g. striking platforms, dummies or sticks, drumsticks, changing rooms, shower rooms entrance and exit door handles; window locks and screens; and other places that people may have touched or where virus may concentrate.
4. After training and cleaning down thoroughly wash your hands, as per government guidelines
5. Air and sanitise your equipment thoroughly before your next training session
6. After every training session it is recommended that the kendo-gi, hakama, tenugui, and shinai are taken home, and washed/sanitised
7. When leaving the dojo/training area into public spaces don't forget to observe the prevalent social distancing rules (rule of 6).

9. Tracking and Tracing

The BKA kendo Bu suggests that members download track and trace app software as and when it is available and reliable in their area. They should also be sure to keep their contact details up to date with any club/s they train with and take personal responsibility to keep up to date with government and local government advice on prevention of the spread of the COVID-19 virus.

10. If an Infection Is Confirmed

If a participant either develops covid-19 symptoms within 14 days after training or is contacted by a member of the NHS Test and Trace service they should inform the person in charge of any dojo/s or group/s they have been training with so that appropriate actions can be taken in line with local plans and government guidelines to reduce the spread of the virus.

12. Disclaimer



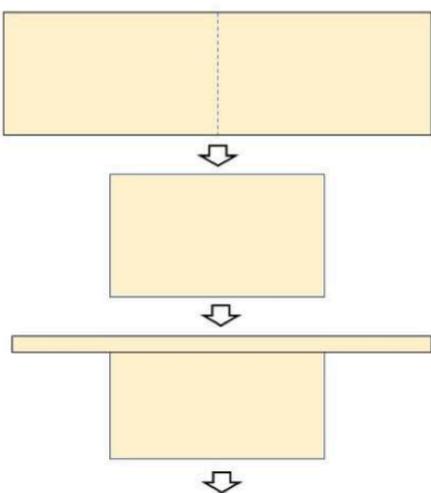
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Please note! The information presented here is in no way exhaustive and the material does not stand on its own. It should not be relied upon as a substitute for obtaining specific medical or legal advice as individual circumstances will differ. The information contained is given in good faith but any liability of the British Kendo Association or any third party which may arise out of the reliance by they or any other party of the contents of the guidance is hereby excluded to the fullest extent permitted by law. The British Kendo Association accepts no duty of care or liability for any loss occasioned, whether caused by negligence or otherwise, to any person acting or refraining from actions as a result of any material in this COVID19 Kendo training guidance.

Appendix 1

There are many types of mask available. Medical masks tend to cause distress during training but there are masks that are specifically designed to train in. Choose a design that fits your men and best suits your condition and comfort. Be sure to check it meets minimum requirements for your group or dojo

Example of a “Men-mask”



Use a *tenugui*.

Fold the *tenugui* in half.

Attach a strap to the top edge of the *tenugui*. The length of the strap should be the same length as a *tenugui*. (The strap can be made from a piece of old *tenugui*.)

Wrap it around the face and tie the strap securely behind the head.

Air escapes downwards and sideways

With this method, breath can escape from the Men-mask downwards and sideways. Practitioners should not have difficulty breathing and water droplets sprayed from the mouth will be absorbed by the *tenugui*. Once *keiko* has finished, quickly remove the Men-mask and put in a plastic bag. If you do not touch it until it is washed, this should prevent infections.





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Appendix 2

There are a few types of shield. Choose one that fits securely inside your men, offers good ventilation and does not fog up excessively

Example of a shield

Eye and
mouth
shield
combined



Separate
eye and
mouth
shields





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Appendix 3 - Example of a local/Dojo plan 1 (Thanks To Tsubaki)



Conditions for a return to kendo practice

A return to *kendo* in the current times is going to require a lot of effort from every member. Each member must have the responsibility to maintain their own, and other member's welfare. Studying *kendo* requires us to respect each other, trust each other and look after each other. Senior members need to be role models for other members and juniors, who will in turn become role models themselves. We must also be learning, studying and correcting our own manner, etiquette and behaviour at all times, especially now as we move into a new era of *kendo* study.

Therefore, we must implement conditions that go far beyond a few months and become part of our regular *kendo* practice and must be adhered to at all times.

All members MUST purchase and keep with you at all times:

1. Your own hand wash/gel and/or spray.
2. Your own disposable or washable face mask.
3. Have *kendo* only footwear – from changing to practice area only. NOT outdoor shoes, your socks or your bare feet.
4. Your own cleansing wipes for hands and feet.
5. At least 4 bin liner bags for keeping clothes, *kendo* clothes, shoes and bogu in when inside your usual kit bag.
6. You must download the NHS tracking app when available.

In order to safeguard yourself, and others, please abide by the following conditions:

- If you have a cough, fever, muscle aches, shivers, sore throat, loose bowels, unexplained breathlessness, loss of taste and/or smell or not feeling generally well, **DO NOT ATTEND PRACTICE.**
- **TRY NOT TO USE PUBLIC TRANSPORT to get to practice.**
- Use cleansing wipes or spray and clean your *shinai*, *bokuto* and *kodachi* before putting into and taking out of your bag for practice.
- If you can wear your *kendo* clothes to practice, please do so. This will limit your exposure to risk in public changing rooms.
- Make sure you have in your bag items 1-6 above.
- Do not touch anything and then touch your face, eyes or mask until your hands have been sanitised.

At practice venue:

- Wear your face mask and try not to use the lift.
- On arrival, sanitise your hands before changing, and ideally, once changed, keep your travelling clothes and footwear in a separate plastic bag/bin liners inside your kit bag. Sanitise your hands again after putting travel clothes away.
- Make sure you use *kendo* only footwear from changing room to practice area entrance.
- Maintain 2 metres distance; be aware of others. Queue if needed.
- Do not carry other peoples bags or equipment.

In the practice area:

- Try to keep your mask on, until told to remove.
- On removal, sanitise your hands.
- You will have your temperature taken immediately at the practice area entrance. If you register too high, you will be asked to wait to see if it is due to getting changed. On re-testing, if your temperature is still too high, you will be asked to watch from outside the practice area. If OK, enter quickly and go to the furthest point possible with your bag. Keep 2 metres distance between you and the next person.
- Do not help others get dressed, or borrow/lend *tengu*.
- Do not hold, check or move other's *shinai*, *bokuto* or *bogu*.
- Prepare and wear your equipment and sanitise your hands again.
- Leave your men on the floor, and ideally on a spare *tengu* that can be washed later.
- Clean the floor and then re-sanitise your hands.
- After, do not touch the floor or your feet. If you do, refrain from touching your mask, face or eyes, and re-sanitise your hands again.

Practice:

- Warm-ups need to be done – please wear your mask.
- *Kata* and *suburi* – please wear your mask.
- Do not do *kodachi kata* (though solitary/modified distancing is OK).
- Be aware of the 2m distance rule.
- *Kata* distances may need to be extended to keep to the rule.
- *Go-rei* – bowing requires you to sit and place your hands on the floor. Therefore, for now, *go-rei* will be done standing. If men will be put on, return to your bag, sit down and put your men on there.

Practice can be done at distance, and various drills will be fine, but some aspects of training will need to be avoided. That includes *uchikomi-geiko*, *kakari-geiko*, *ji-geiko* for now.

Some aspects can be modified – *kirikaeshi* can still be done but at distance and not striking your partner. We will utilise "George" and the "Uchi-komi-dai" for striking practice.

For more strenuous practice, wearing a mask will be difficult, so please remove it for these – on removal, sanitise your hands.

After practice:

- *Go-rei* will be from standing. If wearing men, please take it off before *go-rei*.
- Return to your bag and put equipment away and sanitise your hands.
- Put your mask back on.
- Use your *kendo* footwear.
- If using a disposable mask, dispose of it in the bag supplied. Use a fresh one when leaving if possible.
- Leave the area maintaining 2 metres.
- If leaving in your *kendo* clothing, change into your outdoor shoes on leaving the practice area main hall.
- If using the changing rooms, please put your *kendo* clothes in a different plastic bag in your kit bag. Don't use the same one as your travel clothes. If you can, use a third bag for your bogu, and a fourth for your shoes.
- Sanitise your hands after changing, and if possible, sanitise/wash your feet too.

Once home:

- Air your clothes.
- Sanitise equipment if possible (See warning below).
- Wash your mask, if you use that type of mask.
- Shower as soon as is possible.

You can't sanitise your hands enough!!

WARNING:

Some wipes and sprays use alcohol and solvents as the main ingredient. **DO NOT** use these on your bogu, sunlight should be enough.

20th May 2020



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Appendix 4 - Example of a local/Dojo plan 2 (DSKYK)

DO SHIN KEN YU KAI – WEST YORKSHIRE



As we return to Kendo training, we should take precautions and work together to keep everyone safe. As kendoka we must strive to develop ourselves in a mutually beneficial way where cooperation trust and support are at the root of all our activity.

We'll need to be vigilant and responsible. The following procedures and guidelines should help us to do this and train together safely.

To re-start kendo at DSKYK you will need to make sure you have with you:

- Hand wash gel or spray/Cleaning wipes
- A disposable or washable face mask
- Plastic bags to store outdoor clothes and used kendo clothing and equipment in
- A large cloth or towel to place over your equipment
- Tabi or similar to cover the feet whilst training
- On resumption of BOGU practice a men shield/s – mouth, nose, eyes?

Before training:

1. Take your temperature and do not attend/participate if you have a fever
2. Register your name any important information and contact numbers, etc. at each keiko session
3. Change into training gear at home or use changing rooms in small groups to maintain good social distancing (As per government guidelines)
4. If changing at the venue place/store your outdoor clothes etc in a plastic bag
5. Help to clean and disinfect any surfaces that could transmit virus (Floor, Handles, screens, equipment etc.)
6. Before keiko thoroughly wash your hands or apply sanitiser to disinfect them.

At the venue:

1. Use a non-contact thermometer to ensure no one has a temperature when they arrive
2. To reduce the risk of infection, we will reduce our practices to about one hour and limit the maximum number of people in the room to 9
3. Wear a protective mask whilst in the venue/dojo to stop droplets spraying towards/onto others
4. Open the windows and door to ventilate the dojo. Turn on fan/s
5. Before training begins maintain a safe distance from others (As per current government guidelines) and don't handle or borrow other people's equipment
6. Place a covering (Furoshiki/Tenugui/Towel/Mat) on the floor near your bag to place your equipment on. Change into BOGU by sitting on the covering at this location
7. As the floor may be a source of infection (GOREI) will be performed standing for the foreseeable future

During practice:

The BKA has stated that doing keiko well spaced out (2m Minimum), in a well-ventilated room, using a mask and/or Men shield/s offers the best protection against spreading COVID-19 during kihon or keiko in or out of Bogu.

1. Use the grid marked on the floor to give guidance on safe training spaces and positions within the room
2. As a rule, when doing warming-up exercises, suburi etc. we will do so safely spaced out with everyone facing the same way and maintaining a minimum distance of 2m between participants to avoid close

contact or clashes. Use the grid to facilitate safe spacing.

3. For warm up and technical practices carried out alone the space available for each participant on the training area will be approximately 65ft² and the maximum number of people that can train at the same time is therefore set at 9. At saturation level (7, 8 or 9) high intensity aerobic training will be avoided.
4. When training; kihon or technical training, the space available for each Motodachi pair on the training area will be approximately 200ft². The number of people that can do keiko at the same time is therefore set at 6 (3 pairs)
5. We must refrain from vocalizing during all aspects of kihon and technical training.
6. Contact time between pairs engaged in one to one training will be kept down to 15 mins
7. We won't intentionally do Tsubazeriai, Taiattari or run into each other. If you do unavoidably end up 1m or closer quickly separate (within 3 seconds) but do not vocalize or breathe out heavily when at this close distance
8. When taking a break, remove the Men but continue wearing masks and avoid close contact with other people (As per government guidelines)

After practice:

1. Remove and put the used, Tenugui, gloves and shields in a plastic bag to take home
2. Be sure to keep a safe social distance (As per government guidelines) when doing standing rei and thanking sensei, senpai, etc.
3. Before we leave, we'll, all help to clean and disinfect any surfaces that could harbour and transmit virus (uchikomi-dai, taiko drumsticks, changing area, shower room (if used) entrance and exit door handles; window handles and screens; and other places that may have been touched
4. Thoroughly wash/sanitise hands

Once home:

1. Thoroughly wash hands, as per government guidelines
2. Air and sanitise equipment thoroughly before your next training session
3. After every keiko it is recommended that the floor covering, kendo-gi, tenugui, and shinai are taken home, and washed/sanitised
4. Wipe out or steam clean then dry bogu in sunlight

If you either develop covid-19 symptoms within 14 days after training or are contacted by a member of the NHS Test and Trace service you should inform the person that lead the practice through our Facebook page or by phone so that appropriate actions can be taken to reduce the spread of the virus.



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DO SHIN KEN YU KAI – WEST YORKSHIRE

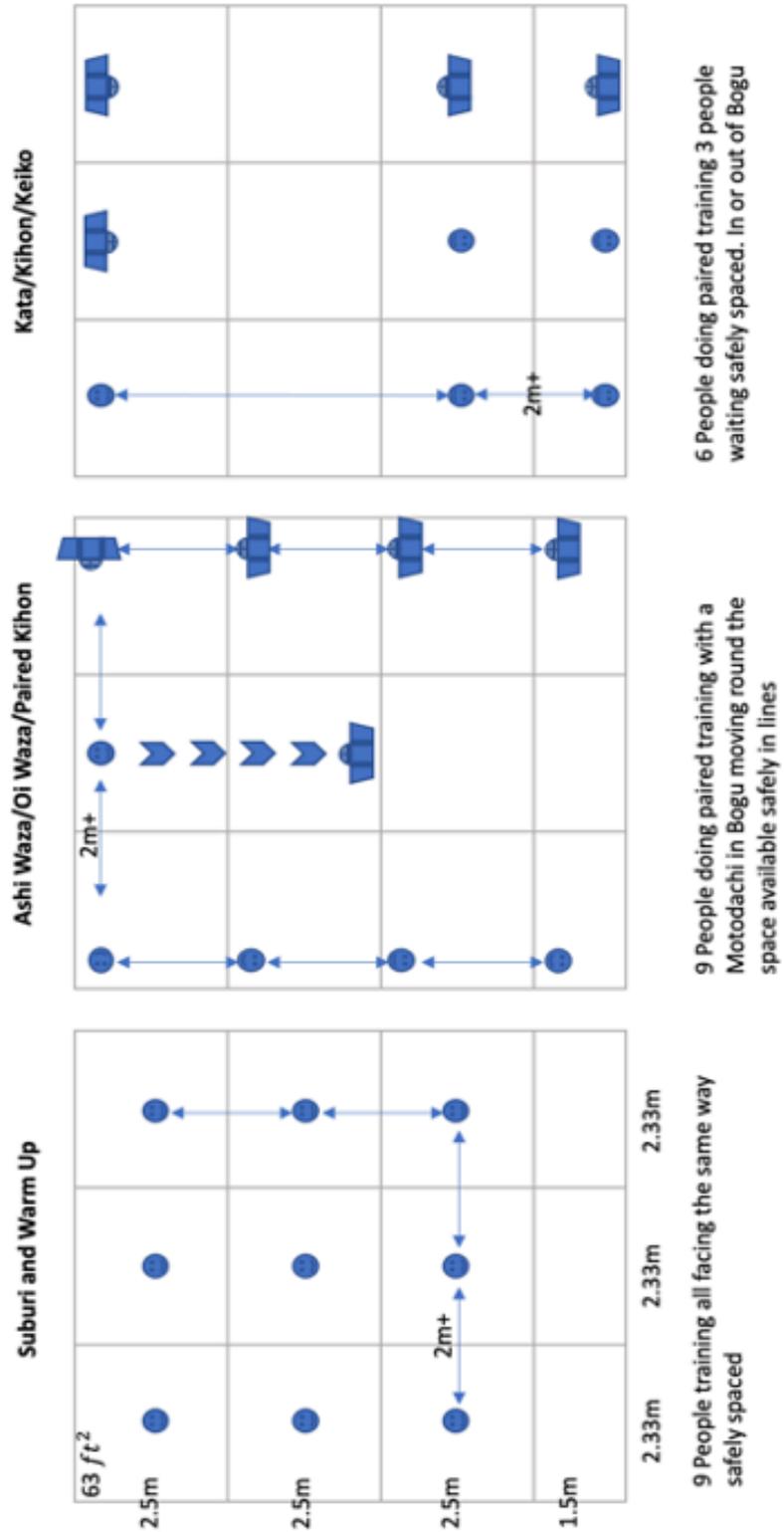
DSKYK COVID-19 Safe Training Layouts

The total size of the DSKYK dojo (including changing) is 86.3m² – This equates to 928 ft² – The Gov recommendations are to allow 100 ft² Per person within the facility. Based on this restriction a maximum of 9 people can be in the room at once.

The training space is 8m by 9m as shown in the grids below (Scale 1:100)

When training ensure good ventilation by opening all the windows, leaving the door open and using the fan/s.

Possible training layouts to minimize opportunities to infect others by maintaining a minimum 2m spacing are shown below...





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Appendix 5 – COVID 19 Rated Training Approaches

The following is a brief set of examples to illustrate how it is possible to mitigate typical standard kendo practices to align them with government guidance on reducing the spread of COVID 19 infection and Kendo Bu guidelines.

All training sessions should be lead by a BKA registered coach who is competent to manage a session that meets the standards set out in these guidelines.

In the table below an **Experienced Motodachi or senior coach** refers to an experienced leading kendo player with coaching status, who is of sufficient coaching ability and experience and who has a good understanding of safe COVID 19 training principles to be able to manage and mitigate low or medium intensity group and one to one training effectively. The active nature of the mitigation then involves the experienced lead player ensuring that a safe distance is managed (greater than 1m) and maintained at all times during the training activity.

Training Approach	COVID 19 Mitigations	Mitigated Risk	Status
Warm Up	Medium intensity	Low	OK
Suburi	Medium intensity, 2m spacing, Facing the same way, face Masks or shields used, No shouting (Kiai).	Low	OK
Kata (set forms)	Distancing exceeds 1m at all times, Face Masks or shields used, No shouting.	Low	OK
Kihon Keiko Ho (set forms)	Do not do No 4 (sword guard contact), Distancing exceeds 1m at all times, Face Masks or shields used, No shouting.	Low	OK
Paired training (Kihon) – attacks and counters	Distancing exceeds 1m at all times, Face Masks or shields used, No shouting.	Low	OK

Bogu Training Approach	COVID 19 Mitigations	Mitigated Risk	Status
Controlled Kiri Kaeshi and variations	Low to Medium Intensity, Distancing exceeds 1m at all times, No body crash (Taiattari) or Sword guard contact(Tsubazeriai), Face Masks and shields used, No shouting.	Low	Ok
Paired Technical training	Low to medium intensity, Distancing exceeds 1m at all times No body crash	Low	Ok



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	or Sword guard contact, Face Masks and shields used, No shouting.		
Guided practice (Hikitate Geiko)	With Active mitigation by an Experienced Motodachi or senior coach , Short duration (2 or 3 mins), Medium Intensity only, Distancing exceeds 1m other than fleetingly, No body crash or Sword guard contact, Face Masks and shields used, No shouting.	Low	Ok with Experienced Motodachi
Striking practice (Uchikomi geiko)	With Active mitigation by an Experienced Motodachi or senior coach , Short duration (20 or 30 secs), Medium Intensity only, Distancing exceeds 1m other than fleetingly, No body crash or Sword guard contact, Face Masks and shields used, No shouting.	Low	Ok with Experienced Motodachi
Attacking practice (Kakari Geiko)	High Intensity training	High	Not Allowed
Technical matches (Gokaku Geiko)	Medium Intensity but combative training	High	Not Allowed
Competitive matches (Shiai Geiko)	High Intensity combative training	High	Not Allowed
Total Matches – (Shido Geiko)	High Intensity combative training	High	Not Allowed