



## BKA COVID – 19 Guidelines (Kendo BuEC).

### 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 keiko by BKA Kendo dojo/groups in the UK.

Please refer to and follow these guidelines and take into account the fact that keiko in Bogu is most likely to take place in enclosed spaces with close contact possible.

The key hazard in kendo is that heavy breathing and shouting out can cause spray from the mouth/nose of infected practitioners' (Who may be Asymptomatic) that can be a source of COVID- 19 infection.

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

Scientific/medical knowledge about the infection is not yet advanced enough to develop a cure or totally prevent infections of COVID-19 and the disease still poses significant risk to ALL. "In April 2020 in England, 37.0% of all deaths occurring were a result of COVID-19".

The guidelines have been created using the best advice we were able to source at the moment and current UK Government guidance and will be reviewed and updated as and when more/better information and advice is available on improved approaches and in order to stay in line with changing guidance/directives from government.

In addition, we will all need to be personally and collectively vigilant and once again suspend training if conditions worsen and this becomes necessary.

In this document the term 'KEIKO' should be taken to mean any kendo practice activity

**Note! At the moment Government Guidelines for Coaching remain unchanged...**

*"If you are a personal trainer/coach you can now work with clients outdoors, providing you are meeting no more than 5 other people from outside of your household, outdoors, and you are staying a minimum of 2 metres apart.*

*You can meet with different clients in a single day as long as it is in gatherings of no more than 6 and you are maintaining social distancing. You should not spend time with anyone not from your household indoors.*



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*You should also enforce strong hygiene measures. This might be cleaning any equipment rigorously in line with wider guidance on hygiene, for example by using antiviral spray and washing hands thoroughly before and after use.*

### **1. Leading keiko – (Sensei/Coach/Dojo leader etc.)**

The person/s in charge of the dojo/group should follow these Guidelines when making the decision to resume keiko and when formulating a local training plan. A clear understanding of the particular conditions in each region 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 dojo members and venues.

### **2. Formulating specific guidelines and keiko plans**

Referring to the BKA Guidelines, each dojo/group should create its own local plan 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. There is concern about a second wave of COVID-19 infections, so it is essential to limit opportunities for spreading the virus
2. The physical condition of practitioners may have declined so resume keiko carefully and build up the intensity of the training over a number of weeks (12 to 15)
3. Whilst we are restricted from training indoors, we should plan to focus on warming-up exercises, fitness, suburi, Kata/kihon keiko Ho etc. maintaining a minimum distance of 2m between participants at all times and gradually increasing the training load in line with the performance of the group
4. Once we are able to move indoors and distancing regulations have been reduced the final 20 minutes could be for Kihon/Keiko in Bogu, but 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
5. Once practitioners have regained their fitness/conditioning, half of the session could be conducted in Bogu (if a 60-minute session, then 30 minutes). Keiko could be warming-up exercises, Kata/Kihon Keiko Ho, fitness, and suburi. Then for the final 30 minutes, put on bogu to do more dynamic kihon practices and keiko
6. After approximately 12 to 15 practices (earlier at the dojo leader's discretion) it should be possible to return to the dojo's standard practice routines but still taking account of limitations imposed by the use of masks and shielding, other restrictions identified in local plans, prevalent BKA guidelines and the requirement to meet UK Government guidelines
7. Exemplars of local plans at inside venues are provided at the end of this document (See appendix 3 and 4)



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### 3. 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 keiko 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.

### 4. People with elevated personal risk factors. Think very carefully 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 is about ten times greater than at ages 60–64.

The youngest age group to record a death in the UK was 20 to 24 years, with one male death. This group can often be Asymptomatic. Because of the small numbers involved, rates could only be calculated from age group 35 to 39 (0.2%), with a discernible increase detectable in the mid to late 40s and rising to over 6% for people over 60. Mortality rates are significantly higher for males than females.

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



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### 5. Before Keiko

1. Take your temperature and do not attend/participate if you have a fever. (You may wish to manage this at the venue using non-contact IR thermometers).
2. Take and retain a register of participants names, contact numbers, etc. at each keiko.
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 your clothes etc. in a sealable plastic bag to prevent contamination
5. Clean and disinfect any surfaces that could concentrate and transmit virus (Handles, screens, equipment etc.).
6. Before keiko thoroughly wash your hands or apply sanitiser to disinfect them.

### 6. During keiko

1. To reduce the risk of infection by limiting contact time, aim to make the practice about one hour
2. Wear protective masks whilst in the dojo to stop droplets 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 the windows and/or use a fan 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 people's equipment
5. As the floor may be a source of infection GOREI should be performed standing for the foreseeable future. Place a cloth (Furoshiki) or Tenugui/s on the floor near your bag to place your equipment on and change into BOGU on the cloth at this location (2m spacing to be observed)
6. When doing Kihon/Keiko, the distance between Motodachi should be 2m or more irrespective of government social distancing guidelines. The number of people that can do keiko at the same time in a space should be set with this minimum distancing and any other restrictions imposed by the venue in mind
7. Mark the Motodachi's positions with tape on the floor at minimum 2m intervals
8. In Dojos/Groups where there are larger numbers consider setting up smaller training groups to limit the number of others who practitioners come into close contact with or consider holding keiko in two or more groups to avoid overcrowding (You may wish to manage these groups on a lesson by lesson basis to limit contact between participants)
9. As a rule, when doing warming-up exercises, suburi, etc., do so in one safely spaced line with everyone facing the same way
10. 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
11. Refrain from vocalizing kiai (Hassei) as much as possible during all aspects of keiko.



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12. Do not intentionally do Tsubazeriai. If you unavoidably end up in Tsubazeriai, quickly separate or do hiki-waza, but do not vocalize your Kiai
13. When taking a break continue wearing your mask and avoid close contact with other people (As per government guidelines)
14. As a rule, do not let additional people in the dojo or gymnasium to watch keiko.

### Note!

The **AJKF** has conducted tests related to spray emanating from the mouth and nose during keiko. 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 about 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 test, droplet spray was transmitted 1 to 2m, but smaller particles remained in the air for some time. For this reason, **good ventilation throughout the dojo 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.

**Based on the results above the BKA kendo Bu recommends that using a mask and Men shield/s in a well-ventilated room during kihon or keiko in Bogu will offer the best protection against spreading COVID-19.**

1. Shielding should be big enough to cover the eyes, nose, and mouth and be made from a material such as polycarbonate laminate. It should be held firmly inside the men-gane.
2. 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.
3. To prevent Hyperthermia when training with the mask and shield/s shorten keiko time, hydrate frequently, and keep in mind the ambient conditions; temperature, Humidity as well as the condition of the practitioners

The BKA Kendo Bu will continue to carry out research and seek guidance to ascertain the safest approaches to keiko and pass these on in a timely fashion. We are also working to secure access to the necessary personal protective equipment

### 7. After keiko

1. When keiko 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 keiko disinfect shared surfaces and equipment e.g. Uchikomi-Dai, Nyngyo or Bo, taiko drumsticks, changing rooms, shower rooms entrance and exit door handles;



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window locks and screens; and other places that people may have touched or where virus may concentrate.

4. After keiko 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 keiko it is recommended that the kendo-gi, hakama, tenugui, and shinai are taken home, and washed/sanitised

### **8. Tracking and Tracing**

The BKA kendo Bu advises that members download track and trace app software as and when it is available and reliable in their area and take personal responsibility to keep up to date with government advice on prevention of the spread of the COVID-19 virus.

### **9. 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 to reduce the spread of the virus.



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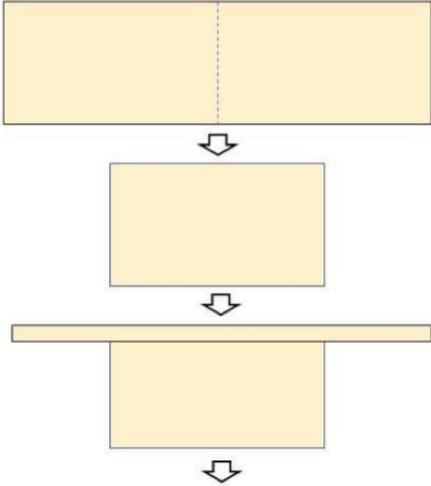
## Appendix 1

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”



Air escapes downwards and sideways



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.

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.

## 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 *tenugi*.
- 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 *tenugi* 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.



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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:

- Hand wash gel or spray
- A disposable or washable face mask (Not medical)
- A pair of men shields - face and eyes
- Cleaning wipes for hands and feet
- Plastic bags to store outdoor clothes and used kendo clothing and equipment in
- A large cloth or towel to place on the floor before placing your equipment
- Downloaded and installed the NHS track and trace app (WHEN AVAILABLE)

#### 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. To reduce the risk of infection, we will reduce our practices to about one hour
2. As a rule, we won't let additional people in the dojo to watch keiko.
3. Wear a protective mask whilst in the dojo to stop droplets spraying from practitioners' mouths towards/onto others **but avoid wearing tight-fitting medical masks during training.**
4. Open the windows to ventilate the dojo
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 cloth (Furoshiki/Tenugui) on the floor near your bag to place your equipment on. Change into BOGU by sitting on the cloth 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 recommends that keiko in a well-ventilated room using a Men mask and shield/s offers the best protection against spreading COVID-19 during kihon or keiko in Bogu.

1. As a rule, when doing warming-up exercises, suburi etc. we will do so in one safely spaced line with everyone facing the same way

2. If there is insufficient room for one safely spaced line we'll make two or more rows but maintain a distance of a minimum of 2m between the rows to avoid close contact or clashes
3. When training; Kihon/Keiko, the distance between Motodachi should be 2m or more irrespective of government social distancing guidelines. The number of people that can do keiko at the same time should be set with this distancing in mind
4. There will be tape markings for the Motodachi's positions on the floor at 2m intervals
5. We must refrain from vocalizing kiai (Hasei) as much as possible during all aspects of kihon/keiko.
6. We won't intentionally do Tsubazeriai. If you unavoidably end up in Tsubazeriai, quickly separate or do hiki-waza, but do not vocalize your Kiai when at this close distance
7. When taking a break, we'll remove our Mens but continue wearing our masks and avoid close contact with other people (As per government guidelines)

#### After practice

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

#### Once home

1. Thoroughly wash your hands, as per government guidelines
2. Air and sanitise your equipment thoroughly before your next training session
3. After every keiko it is recommended that the floor cloth, kendo-gi, hakama, tenugui, and shinai are taken home, and washed/sanitised
4. Wipe out or steam clean and dry your 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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### Appendix 5

#### Men Shield Templates...

1. Men Eye Shield (<1mm PTFG or Polycarbonate). Could be cut from a medical Visor?
2. Men Mouth Shield (<1mm PTFG or Polypropylene). Could be cut from a Ringbinder

Manufacture is at your own risk. It must be done with great care to avoid injury when cutting through the thick plastic material. Men Gane vary so some degree of fitting will be needed to get a perfect fit inside your Men.

