

Shorinji Kempo: Return to Training

Updated 2021-04-10

This document lays out recommended protocols for a safe return to training. Please note that this guidance is in addition to – not a replacement for – protocols that may be implemented by training venues.

Appointment of Covid-19 officer

Branches should appoint a single point of contact for members for queries regarding adaptations for training. This member should also be responsible for implementing the track-and-trace protocols set out below, ensuring venue compliance, etc.

Attendance

- Government re-opening guidance refers to “Organised sport”
- A sport is only considered “organised” where the activity is arranged by “*a national governing body, club, public body, qualified instructor, company or charity, and ... follows the sport’s national governing body’s guidance*”
- Contact combat sports must additionally have their guidance approved by DCMS before they can be considered “organised”
- Non-“organised” contact combat sports are restricted to Phase 0 (socially distanced, non-contact) training, and do not benefit from any of the exemptions for “organised” sport – these are effectively treated as “social contact” and follow those rules

At present, the UKSKF has not received approval from DCMS for recognition as “Organised sport”. Training is therefore restricted to Phase 0 (non-contact) training until further notice, and attendance numbers at sessions are based on those for normal social contact (see the table below).

| Date | Social | Outdoor | Indoor |
|------------------------------------|--|--|---|
| 8 th March | One household/support bubble OR One other person | Non-contact Socially distanced Numbers as social | Not permitted |
| 29 th March | Groups of six OR Groups from two households | Non-contact Socially distanced Numbers as social | Not permitted |
| 12 th April | No change | No change | No change |
| 17 th May ¹ | Up to 30 people | Non-contact Socially distanced Numbers as social | Non-contact Socially distanced Up to 6 people |
| 21 st June ² | Unlimited | Non-contact Socially distanced | Non-contact Socially distanced |

¹ Dependent on clarification. The roadmap does not state “formally organised” for this date

² Dependent on clarification. The roadmap here is for “social” contact, and exact training restrictions may differ

| | | | |
|--|--|-------------------|-------------------|
| | | Numbers as social | Numbers as social |
|--|--|-------------------|-------------------|

All dates may be subject to change.

Where the number of members is likely to exceed this limit, consider assigning members to alternate groups that attend on alternate sessions. Members should not switch between groups where this is practical.

For all other occupancy issues, consider implementing a booking system for each session.

Arrival/Departure

Attendees should be encouraged to arrive on time to prevent crowds waiting around the entrance. Where possible, there should be designated entrances and exits, with a one-way system between the two to prevent crowding at doorways. Where this is not possible, priority should be given to the group exiting the venue. Members waiting for access to the venue should ensure they observe social distancing while waiting, and that adequate space is left for other parties to exit the premises.

Changing

Where practical, kenshi should be encouraged to arrive ready for training to avoid the use of shared changing facilities. Where this is not possible, (for instance, where disabled changing facilities are required), kenshi should spend as little time as possible in shared areas, and should apply hand sanitizer on entering the shared area and before entering the dojo. Members should wear a face-mask in shared areas.

Where a distance of 2m is not possible, consider making changing and toilet facilities single-occupancy.

Training

All training should be performed under appropriate social distancing guidelines. Exceptions may be made only for groups of kenshi who are already within a “social bubble” – e.g. those sharing a household, or in an extended support bubble. Restrictions on specific activities include:

Taiso

- No paired exercises

Kihon

- No pad-work (see “Equipment”, below)
- Use only fukumi kiai (“silent” shouts)
- Sotai kihon hokei (paired forms) only at an extended distance
- Ukemi is permitted only where there is space for members waiting to ukemi to do so with appropriate social distancing, but members should sanitize hands before (due to floor contact)

Waza – Goho

- Sotai hokei (paired techniques) only at extended distance
- Consider using weapons (e.g. shakujo) to provide range (see “Equipment”, below)

Waza – Juho

- No juho is permitted

Seiho

- No seiho is permitted

Chinkon-gyo

- Recitation of the Dokun should be performed quietly
- Members should not have their posture physically corrected by the instructor
- If a bo or shakujo is used to signal the end of zazen, this should be sanitized before use

Kenshi should be encouraged to wear face-masks during training where possible. Exceptions to this include, but are not limited to, members with an age, health or disability reason. Members cannot be required to explain or prove their exemption. Instructors should also be mindful of members who may have difficulty understanding English and/or Japanese when the instructor's mouth is covered.

Equipment

Kenshi should, as always, ensure that their dogi is clean for each session.

Training involving the use of shared equipment in close proximity, such as pad work, should not be undertaken.

For other equipment, such as weapons, kenshi should be encouraged to use their own personal equipment. Where communal equipment is required, kenshi should be allocated a piece of equipment for each session, which should be sanitized before and after use. Where there is insufficient equipment for the whole class, consider splitting the session such that one group uses the equipment one session and another group another session.

Track and Trace

It is a legal requirement to maintain a register of attendees for track and trace purposes. For existing members, the normal dojo register and membership information is considered sufficient. New members should be registered in the usual fashion and included in the branch register. Where this is not possible for some reason, branches must collect:

- Full name
- Contact information (telephone or email)

This information should be held for three weeks. After three weeks, this information must be deleted (unless it is held for another permitted purpose, such as the branch attendance register or membership registration). Consider a format that permits removing data in time-grouped batches, such as Google forms or individual slips of paper. (Please note that collecting this information on a single shared piece of paper is not GDPR-compliant!)

This information should only be disclosed when contacted by "NHS Test and Trace".

Infection

Any kenshi displaying symptoms of coronavirus (including, but not limited to: a new, persistent cough; fever; change to sense of smell or taste) should not attend training, should self-isolate following current government guidance, and should apply for testing via the usual route.

Where a kenshi has a confirmed diagnosis of coronavirus they must inform the branch Covid-19 officer who must:

- Preserve the last 3 weeks of attendance records/track and trace information for "NHS Test and Trace"

- Inform all members who overlapped with the infected kenshi
 - These members should also self-isolate as per government guidance
 - Note that it is not necessary to disclose who the affected member is