

# Darwin Kendo Club

## COVID-19 Management Plan

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The purpose of this document is to detail how *Darwin Kendo Club* (DKC) intends to follow the COVID-19 safety regulations and measurements. The Club has completed a *Sport and Active Recreation Organisation Checklist* and is committed to implement steps to ensure our Members' safety. Members are expected to understand and follow the government restrictions in place, including practising good hygiene habits and remaining vigilant for the health of the community and themselves.

1. Kendo is classified as a full-contact indoor team sport, typically undertaken in a dense group environment, at close distance. Therefore it is regarded as a high-risk activity, so members should follow the safety guidelines set for full-contact sports. Participants not complying with any of the guidelines set may be requested to leave.
2. DKC's COVID-19 Management Plan will be based on three resources, in order of priority for compliance:
  - a. The *Roadmap to the New Normal* as published by the Northern Territory Government (NTG). All Club Members should familiarise themselves with the guidelines and requirements depicted in the plan: <https://coronavirus.nt.gov.au/roadmap-new-normal>.
  - b. The COVID-19 management plan of the venue where the DKC training takes place (*Darwin Squash Centre*).
  - c. The *General Guidance on COVID-19 Risk Management towards the Resumption of Kendo Training* (version 1, 3 June 2020) published by the *Kendo Board of Australian Kendo Renmei* (AKR), which also referred to the *Australian Institute of Sport's Framework for Rebooting Sport in a COVID-19 Environment*.
3. Following the national and local recommendations, anyone who feels unwell, displays any symptoms, or suspected to have had contact with a sick individual should refrain from attending training. If we suspect any Participant to have an infection, health authorities may be informed.
4. Members who have arrived from outside Northern Territory, or come in contact with a person confirmed positive of COVID-19, should self-isolate for 14 days before coming in contact with any other member.
5. In-line with the restrictions set by NTG and the venue, *Darwin Squash Centre*:
  - a. Participants should maintain 1.5 metre distance whenever possible, and avoid bunching up, e.g. when entering or exiting the court.
  - b. Spectators should remain outside the court and maintain 1.5 metre distance from each other.
  - c. Hand sanitisers are available at the venue, and additional disinfectant will be made available.
  - d. While the bathrooms are open, the use of other shared facilities (such as the showers and water fountains) will not be available. Members may purchase drinks from the counter.
  - e. Members are encouraged to bring their own water bottles and equipment, and avoid sharing.
6. Training exercises will be adjusted to minimise contact. In order to encourage distancing, the maximum number of active pairs (two Participants partnered up, whether in *bōgu* or not) and any other Participants inside the courts not training (idling) is recommended to be as follows:
  - a. 1 court: 2 pairs + 4 idling.
  - b. 2 courts: 5 pairs + 7 idling.
  - c. 3 courts: 7 pairs + 10 idling.
7. For those who are not able to attend training, there is a growing number of resources online for training at home. It should be noted that AKR has recently clarified that training at home is covered by insurance, provided it is led by a certified instructor.

This plan may be amended as necessary. Any question you have, please contact us: [Contact@DarwinKendo.com](mailto:Contact@DarwinKendo.com).

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