

SADOHANA COVID-19 MITIGATION PLAN

Sadohana

101-3570 East Hasting Street, Vancouver BC



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General

Sadohana is a small centre that houses wellness therapy such as Yoga Therapy and Shiatsu therapy and self-protection sessions for one – on one and offer small instructional classes of approximately 4 to 8 members at a time . It is owned and operated by the husband and wife team of Michael Seamark and Diane Seamark and has been in operation with out incident since 1997. It has no employees or agents.

The following guidelines are implemented for the health and safety of the students and parents of Sadohana. These guidelines are in response to the orders in B.C.'s Plan in relation to the COVID-19 crisis and based on guidelines provided by WorkSafeBC.

This written COVID-19 mitigation plan must be kept on site and updated as per WorkSafeBC.

The Sadohana COVID-19 Mitigation Plan is intended to meet or exceed the recommended guidelines. The well-being and ongoing safety of all our dojo members is paramount to our operations as responsible business owners.

We do recognize that these measures are stringent and could potentially affect the ability of our members to participate and severely impact the manner in which our service is delivered.

In addition to the recommended guidelines, we are taking further steps to keep our members safe. We sincerely hope that these are temporary in nature, and that you will support these potential options in continuing your training, learning and growth with our school.

We are taking a measured approach to our return. This means we will be looking at a blended approach to learning. The blended approach will be a combination of in-person classes, on-line classes, private individual classes/sessions and solo drill class only sessions. I do recognize that being in the dojo is the best option, but until we are able to eliminate the social distancing restrictions, we must look at all feasible options.

1. Control Access

1.1 The only access into the dojo will be through the main designated front door at #101-3570 East Hastings Street, Vancouver, BC.

1.2 This will be utilized as the main point of contact and access for all members. This area will be utilized for the following;

- Greeting students upon arrival
- Taking attendance
- Checking of symptoms
- Disinfecting station before and after class.

1.3 Members are encouraged to arrive 10-15 minutes prior to class or session in order to leave appropriate amount of time to facilitate the access control

1.4 This door will be locked between classes while cleaning protocols are being conducted.

2. Limit Occupancy and Working alone

2.1 The number of members permitted on the training mat at any one time will be Ten (10). The training mat will have pre-determined training bubbles coned off to;

- Ensure there is sufficient space to allow members to remain two metres from one another.
- Prevent large gatherings
- Allow staff sufficient time to clean and disinfect equipment and other surfaces frequently

2.2 Members will be required to remain inside these training bubbles during class times.

2.3 All unnecessary seating will be removed in order to facilitate floor cleaning between classes. Parents, family and friends will be asked to wait outside the dojo for their children or member.

2.4 In-person classes will be no longer than 60 minutes in length. This will provide the time between classes to properly disinfect the training areas and touch points for the next class.

2.5 Students will be required to sign up for a designated class time which will match their age and skill level. This will allow for scheduling of classes in addition to tracking purposes if required. (More information in Chapter 11 on Group Classes)

2.6 Working alone: Safety for Diane and Michael as Instructors and working alone. When possible Michael will Diane will as a team. If working alone is the only option a text check in to each other will take place upon arrival, after each session and upon departure of the facility. If one feels unwell or has concerns they will be addressed at that time and on a case by case basis and 911 will be called if deemed necessary.

3. Signage

3.1 Signs will be placed at the dojo entrance to notify students/members/clients that they must not enter if they have symptoms of COVID-19.

3.2 Signs will be posted throughout the academy/dojo/clinic to make students aware of the two-metre physical distancing requirement.

3.3 Signs will be posted reminding students about the benefits of hand hygiene and washing.

3.4 The follow posters will be posted;

- Keep your work place safe – update poster Nov 12 2020 (Entry check list)
- Help stop the spread poster for visitors – Updated poster Nov 12 2020
- Physical distancing poster
- Hand hygiene poster
- Occupancy limit in facility
- Occupancy limit in changing area
- Proper application of mask
- Mask usage consideration

4. Screening Arriving Patrons/Members (Only members Allowed)

4.1 Members will be screened at the front door for COVID-19 symptoms upon arrival. Students will be asked to confirm that none of the following questions are (yes) or positive in answer;

- Do you have any of the following symptoms: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite.
- Are you, or anyone you are living with, either sick, self-isolating, or quarantined by health officials?
- If one has travelled outside the country in the past 14 days
- If they are a non-member visitor or drop ins (will not be permitted)
- If they are non-member guests (will not be permitted)
- Have not schedule an appointment, session or class, prior to attending

Anyone member who answers, “yes” to the questions, will not be permitted to enter the dojo. It will be recommended that anyone with symptoms of COVID-19 contact a caregiver and call 8-1-1 for guidance.

5. Managing Student Entry Points

5.1 Members and clients will enter dojo one member at a time for screening.

5.2 Once inside the dojo members will remove their footwear and proceeded to a designated training bubble on the mat (it is recommended that student wear slip on shoe ware).

6. Owners/Instructors Self-Monitor for Symptoms of COVID-19

6.1 Owners and instructor, who have symptoms of COVID-19 (see 4.1) must not attend the dojo/academy/clinic but rather self-isolate and contact their personal care provider.

Revised: To ensure a greater control only Michael Seamark and Diane Seamark (Co-Owners) will be permitted to open the school, run a class, private, one on one. No other assistants, in or instructors or contractors will be permitted to hold teachings at this time.

7. Payment Methods

7.1 Online and e-payments are preferred at this time. These include;

- Pre-Authorized Bank Withdrawals
- Website purchase
- Credit Card
- PayPal
- E-transfers

7.2 Payments will be required with in a reasonable and agreeable time.

8. Provide Hand Sanitizer Stations and Personal Equipment

8.1 A designated sanitation station will be located at the front door, front desk, and with training area. Each member will sanitize upon entry and exit from our facility.

8.2 Members are also encouraged to bring their own hand sanitizer and sanitize prior to arrival.

8.3 Members will be encouraged to bring and use their own work out gear.

9. Disinfectants and Cleaning

9.1 Training mat and floor will be cleaned before and after each class.

9.2 Touch points such as shoe area, front counter, light switches, door handles will be clean before and after each class. We will also clean all other areas such as restrooms, change rooms and lobbies each day.

9.3 Continued Cleaning Protocol:

We continue to take steps to mitigate risk factors of COVID. As such instructors and senior students are required to spray down the mats and equipment immediately after each class with our disinfectant solution. With the high reduction of class times and visitors Sadohana will have a master cleaning on days we are closed.

9.4 DIN 02277522 is cleaning product Fantastik™ Used for cleaning surfaces.

10. Physical Distancing

10.1 The following is the process to be followed for members attending classes;

- Attendance, screening and sanitize before at front door prior to entering one at a time.
- Remove shoes at front entrance (preferable slip on shoes)
- Go to a designated training bubble on the mat
- Class done move to doorway 1 at a time put shoes on, sanitize hands & depart the dojo

11. Class info: Solo Drill Class vs Group Class vs One on One

11.1 Classes will be 45-50 minutes in duration, which will allow time between classes to sanitize the dojo and training areas. Solo exercise, solo drills that are light in activity will be the focus until we are approved to increase activity. Small group classes will resume once we have been authorized to do so at which time members will be assigned to small 4 person pods or cohorts to allow for partner drills.

Class Reservation:

All members ask that you contact us with your preferred class (s) so we can reserve spots and maintain the correct level of students in each class. This is done by emailing or Hanshi Seamark directly

Please send us your wish list by emailing us and letting us know.

If you already attend a class or evening we will keep it as it is. You're all good unless we hear from you with a request.

Arrival time & Visitors:

Only pre-scheduled members or clients may attend our school. Please arrive on time for class or appointment. 10-15 minutes prior to your assigned class or appointment is appropriate.

Only active members, students and clients are permitted at this time. Outside visitors and family members are asked to wait outside. We are not accepting drop INS of any kind.

Virtual Classes:

We are encouraging all active members to keep practicing at home. You can train at your own pace on your own time. Our online virtual class collection will continue to stay active and grow. Stick work will continue as well as new formal waza and drills videos. This is a great opportunity to pick partner at home to help you out. Introduce them to what we do and gently show them what its all about.

More jujutsu online:

Our dojo members can get access to the full Sadohana library for only 25\$ per month. It has hundreds and hundreds of videos to select from. Its regularly 40\$ for non-dojos members so if your interested let us know with an email! We are currently re-vamping our on-line academy to be more user friendly.

ONE ON ONE : Shiatsu Therapy, Yoga Therapy and Jujutsu Private are available to members. It might be the right choice for you. Book by letting us know via an email or text. Refer to section 14 for more details

Uniform & Equipment

For all personal gear please still bring them. Come to class in uniforms ready to practice. If anyone needs to use the change then we ask that only one student use it at a time.

Suspended Until Nov 23 2020 or further notice***Class Structure - Partner Work & Training Pods:***

Your Training community will break into cohorts or pods of 4 people. Pods can be self-identified as well as designated. Partners will remain the same pod each week. If you are unable to attend please notify the dojo and your pod.

Partner Training Pods will be formed based on who responds to the class schedule RSVP, level or rank and suitability

Now affective the following schedule will be in place (Until further Noticed).

Monday Night Yoga Therapy	630-745pm
Tuesday Solo Drill class	800-900pm
Thursday Solo Drill class	800-900pm

11.2 Dedicated training areas have been identified on the training mats. Members must stay within the designated training area.

11.3 All training will be solo training until social distance guidelines have changed to accommodate partner which is expected Nov 23 2020.

11.4 Considerations of wearing Masks are not mandatory at this time. We respect your right under the Canadian Charter of Rights to choose. Members may choose to wear a mask and consider it an additional control to supplement other measures to assist in the mitigation of risk as members move around a dynamic and changing place.

12. Locker / Change Rooms / Washrooms

12.1 Members are encouraged to arrive in their workout uniforms, as the change rooms will be closed off to only one member per time.

12.2 It is strongly encouraged that members go to the washrooms before coming to the dojo. Every class that a member uses the washroom, it will need to be sanitized, which will take extra time and may impact class times.

13. Drinking & Food

13.1 Students are strongly encouraged to bring their own water and containers. There will be no access to water.

13.2 Members are strongly encouraged to eat before they enter our facility, as we will not be have an area designated for food consumption. Members will have no access to food at Sadohana.

14. In Person 1 on 1 Yoga & Acupressure

14.1 Where possible, provide virtual services for clients and offer in-person services only if necessary.

14.2 Only one Client will be permitted within our premises at one time.

14.3 We have adjusting cancellation policy to allow for clients to cancel or reschedule in-person appointments without penalty if they develop symptoms.

14.4 We will required an informed consent for in-person services during COVID-19 and this will be communicated to clients prior to in-person services.

14.5 We will ask clients when booking whether they have symptoms of COVID-19. Ask them to cancel or reschedule their appointment if they develop symptoms or have a family member who has confirmed or suspected COVID-19. We will Remind clients of this policy when they arrive for their appointment.

14.6 All in-person appointments will be scheduled and staggered to allow time to sanitize surfaces between appointments.

- 14.7 If required we will be asking clients to wait in their vehicles, or outside the dojo if possible, until just before their appointment or when they are called or texted to come in.
- 14.8 We will provide clients with a direct and accessible route to the therapy session to limit physical contact to the seating area(s).
- 14.9 We will Try to limit the use of cash and limit the handling of credit cards whenever possible, by allowing clients to use website payment, PayPal, E-transfers and handle the card readers themselves.
- 14.10 We will limit the use of communal pens and refrain from exchanging items before and after the appointment (e.g., send receipts, documents, and reports electronically).

15. RESOURCES AND INFO

Keeping it safe - Know when not to come to Sadohana!!!!!!!!!!!!!!!

The provincial health officer and the BC Centre for Disease Control have issued the following guidance around self-isolation. The following members should not come into the Sadohana:

- Anyone who has had symptoms of COVID-19
- Anyone who has travelled outside of Canada within the last 14 days
- Anyone who has been identified by Public Health as a close contact of someone with COVID-19
- Anyone who has been told to isolate by Public Health

If you have concerns, the online [BC COVID-19 Symptom Self-Assessment Tool](#) can help determine whether you may need further assessment or testing for COVID-19.

For more information

The information on this page is based on current recommendations and may change. For the latest guidance, please see the health information from the [British Columbia Centre for Disease Control](#), the latest news from the [government of British Columbia](#), and the latest orders from the [Office of the provincial health officer](#).

If you have a question or concern

Workers and employers with questions or concerns about workplace exposure to COVID-19 can call WorkSafeBC's Prevention Information Line at 604.276.3100 in the

Lower Mainland (toll-free within B.C. at 1.888.621.SAFE). You'll be able to speak to a prevention officer to get answers to your questions, and if required, a prevention officer will be assigned to assess the health and safety risk at your workplace.

16. CHECKING STANDARDS, ORDERS, GUIDLINES AND PROTOCOL

We are routinely checking government websites and announcements so we can stay up to date with all guidelines and orders. Each day we will check to see if any new information has been released however you can help if you feel we missed anything. Please reach out and let us know. Contact Hanshi Michael Seamark directly for any and all concerns by way of email or text.