

# Sanitary protocol



## Adult classes

The class (1h30) is divided into a 1st part of 15-20 minutes of physical preparation without contact and a 2nd part of 75 minutes of practice with contact, ideally with the same partner for the entire duration.

## Kids classes

The class (1h) is divided into a 1st part of 20-30 minutes of physical preparation without contact and in a 2nd part of practice with contact, ideally with the same partner for the entire duration. The accompanying parents leave the site as soon as the child has stepped on the tatami; no spectators. Parents of children should wait outside and can pick up their children in the INS lobby at the end of the class.

## For all practitioners



1. I do not have the CoVid-19 virus and I do not live in a household with someone who has CoVid-19. In case I have been infected with CoVid-19 or a member of my household, I present a recent negative test or a medical certificate authorizing the practice of contact sports. If I am tested positive or quarantined following a positive test in my immediate surroundings (family, work colleagues, etc.), I inform immediately the club management via email at "aikido@pt.lu".
2. I arrive 15 minutes before the class in a clean Keigogi / Kimono at the Dojo with my gear (Zori, weapons (Bokken, Jo, Tanto), bottle of water, hydroalcoholic solution (SHA), disposable tissues, mask) in my personal bag. A maximum simultaneous presence of 4 people is allowed in the changing rooms and showers.
3. Outside the tatami, I wear my mask at all times, respecting social distancing.
4. Compulsory registration in the attendance register, deposit of my bag and my weapons, put on the Zori, wash and disinfect hands and feet by SHA, step on the tatami. The practice is done WITHOUT Hakama for hygienic reasons.
5. Before each class, the teacher reminds athletes to remain vigilant for symptoms.
6. Common bowing by keeping a distance of 20 cm between each student.
7. For practice, I work with the same partner as much as possible.
8. Notwithstanding government recommendations concerning sport, wearing a mask is compulsory for the adult class and the 2nd children's class (above 10 years old). The teachers will adapt the techniques and the rhythm according to the members present.
9. After class, disinfection of hands and feet before putting on my Zori.
10. It is recommended that practitioners take a shower at home.
11. At home: washing the Keigogi / Kimono and disinfecting the Zori.

**In addition, the following governmental recommendations are reminded:**

In accordance with Article L. 312-1 of the Labor Code, the employer is obliged to ensure the safety and health of employees in all aspects related to work and, as part of his responsibilities, he is required to take the necessary measures to protect the health and safety of employees, including activities to prevent occupational risks, information and training, as well as the establishment of the necessary organization and resources.

In accordance with Article L. 313-1 of the Labor Code, it is the responsibility of each employee to take care, according to his possibilities, for his safety and health as well as that of other persons concerned as a result of his actions or his omissions at work, in accordance with his training and the instructions of his employer.

In the event of non-compliance with the recommendations indicated below, employees can contact the Occupational Health and Environment Division of the Department of Health under the number: 247-85587 in the event of persistent problems.

These instructions are intended for all establishments authorized to offer sports and wellness-type wellness activities.

- Apply the principles of social distancing: employers, employees, supervisory staff (coaches, etc.) and visitors are required to maintain a distance of at least two meters between them;
- Wash your hands regularly with soap and water and, if necessary, use a hydroalcoholic solution;
- Cough or sneeze into your elbow or into a tissue;
- Greet without shaking hands and without touching each other;
- Use disposable tissues and dispose of them in a non-manual trash can;
- Sharing personal effects (water bottles, etc.) should be avoided;
- Regularly use a hydroalcoholic solution.

**BARRIER ACTIONS TO BE ADOPTED BY ALL**



- Provide access to a water point, soap and disposable paper towels so that employees and visitors can wash their hands.
- Display an effective method for washing hands like the one prescribed by the World Health Organization ([https://www.who.int/gpsc/tools/Five\\_moments/en](https://www.who.int/gpsc/tools/Five_moments/en)); posters reminding the importance of hand hygiene, respiratory etiquette and social distancing should be placed in strategic locations
- Wearing a mask does not apply to people using showers provided a separation of at least two meters is applied or a physical separation has been installed. Request INS if accessible
- During the exercise of a sports activity (competition or training), neither the wearing of a mask nor the distancing measures apply to athletes, regardless of the number of people involved;
- No spectator will be allowed to attend the lessons; parents of children should wait in the INS lobby or outside the lobby.
- Sharing of personal effects (water bottles etc.) should be avoided;
- After each use of equipment, the equipment must be cleaned with a disinfectant product.

- It goes without saying that in the event of force majeure when a person is in vital distress (rescue, first aid) the rules of individual protection and distancing no longer apply; instead of mouth-to-mouth practice, it is recommended to use a BAVU (Self-filling balloon with unidirectional valve), respectively a manual resuscitator.

### CLEANING OF SURFACES



- Masks: note that masks or any other device used to cover the nose and mouth do not protect the wearer effectively but do protect other people from the droplets emitted by the wearer of the mask (cough, sneezing). If an interpersonal distance of at least two meters cannot be observed, the wearing of a mask or any other device that covers the nose and mouth of a natural person is recommended. The port does not apply to persons playing sports during the exercise of the sports activity, nor to persons using showers, provided that for the latter the separation of at least two meters is applied. For the staff of sports establishments (reception, funds, lifeguards etc.), respectively coaches and other supervising staff, wearing is compulsory;

- Disinfect sports equipment after sports activities;



- Proceed to the cleaning and disinfection of floors and surfaces as well as sanitary installations and equipment as provided for in the usual cleaning plan;

- Clean workspaces, toilets, shared spaces at least once a day with a usual cleaning product

- The employer invites vulnerable people to contact their doctor to jointly define a solution that best protects the health of the athletes concerned.

### ARE CONSIDERED AS VULNERABLE PEOPLE:

People over 65 or those who already suffer from any of the conditions listed below are at increased risk of developing severe complications. The diseases concerned are:

- Diabetes: insulin-dependent diabetics who are unbalanced or have complications secondary to their pathology;
- Cardiovascular disease: cardiovascular history, complicated high blood pressure, history of stroke or coronary artery disease, cardiac surgery, NYHA stage III or IV heart failure;
- Chronic respiratory diseases: people with a chronic respiratory pathology liable to decompensate during a viral infection;
- Cancer: cancer patients undergoing treatment;
- People with congenital or acquired immunosuppression: o medicinal products: anticancer chemotherapy, immunosuppressant, biotherapy and / or corticosteroid therapy at an immunosuppressive dose, o uncontrolled HIV infection or with CD4 40 kg / m2).

### IN THE PRESENCE OF ATHLETES WITH SYMPTOMS OF INFECTION

- The athlete must stay at his home. If symptoms persist, he must consult a doctor by teleconsultation or, in an emergency, go to the emergency department of a hospital; o The employer must follow the isolation protocol recommended by the Health Department before reinstating an employee at risk of contagion at his workstation; o If an athlete begins to feel symptoms during practice, the employer must have a procedure to isolate him in a room or make him wear a surgical mask until he leaves the place to go for a consultation doctor ;

- People who have been in close contact (more than 15 minutes and less than 2 meters and without a mask) with a person who has tested positive for COVID-19 will be contacted by the Department of Health to be quarantined for the duration of the the incubation period of the disease;

- People who have been in contact with a person who has tested positive for COVID-19 are treated as follows:

- o High-risk exposure (= face-to-face contact for more than 15 minutes and within two meters without proper mask wearing OR direct physical contact OR contact in a closed environment with a COVID-19 case for more than 15 minutes, without wearing a mask correctly and without respecting a minimum distance of two meters): people will be contacted by the Health Department to be quarantined for 7 days with a screening test carried out from the 5th day. If the test is negative, the quarantine will be lifted at the end of the 7th day and the person will continue to self-monitor for an additional 7 days and wear a mask during this period when in contact with other people. If necessary, a work stoppage certificate will be issued by the Health Inspectorate for the first week of quarantine. A resumption of activities will be possible from the 8th day. In case of refusal to submit to a test on the 5th day, the total period of quarantine will be 14 days. If the person has symptoms suggestive of a COVID-19 infection at any time, they will need to go into isolation and a test for the virus will be done immediately.

- o Low risk exposure (= face-to-face contact within two meters for less than 15 minutes (with or without mask) or for more than 15 minutes with correct mask wearing OR contact in a closed environment for less than 15 minutes (with or without mask) or more than 15 minutes with correct mask wearing): self-monitoring for 14 days with temperature measurement twice a day and consideration of any symptoms. In the event of symptoms compatible with a COVID-19 infection, a test for the virus will be performed immediately.

- Reinstatement of athletes who have tested positive for COVID-19: the athlete can participate in courses 14 days after having been tested positively, provided that he has not had symptoms for 48 hours. If he continues to have symptoms, he should see his doctor or another doctor via teleconsultation, as he may have complications from his infection.