

**All Japan Kendo Federation**

**Iaido Committee**

**June 10, 2020**

## **Guidelines for Preventing the Spread of Infections with the Resumption of Iaido Interpersonal Keiko (Taijin-teki-keiko)**

### **Introduction**

The All Japan Kendo Federation (AJKF) has drawn up the “Guidelines for Preventing the Spread of Infections with the Resumption of Interpersonal Keiko (Taijin-teki-keiko)” (hereafter AJKF Guidelines) to go along with the lifting on June 10 of the request for self-restraint for interpersonal training in Japan. The guidelines were created as kendo *keiko* falls under the “three Cs” (closed spaces, crowded places, close-contact settings) and that droplets sprayed from practitioners’ mouths can be the source of COVID-19 infection.

Using the AJKF Guidelines as a base, the “Guidelines for Preventing the Spread of Infections with the Resumption of Iaido Interpersonal Keiko (Taijin-teki-keiko)” (hereafter, AJKF Iaido Guidelines) has been created.

Each organization and group should do *keiko* following the AJKF Guidelines and the AJKF Iaido Guidelines while taking into account the circumstances in the region, member structure (age, gender, proficiency), and practice location.

Taking into account that the physical condition of practitioners may have declined due to the period of self-restraint, as well as concerns about a second wave of COVID-19 infections, it is recommended to create a *keiko* plan based on a careful, thought-out policy.

The guidelines have been prepared with the cooperation of experts. However, there is not necessarily sufficient scientific knowledge to create measures to prevent infections of COVID-19. Therefore, please understand that these guidelines have been created based on findings obtained thus far. It is important that updates are made occasionally in consideration of the changing conditions.

Also understand that the guidelines may be reviewed from time to time, based on the gathering of data in the future and the status of infections in each region.

## AJKF Iaido Guidelines

### 1. Conducting *keiko*

- Comply with prefectural policies when resuming *keiko* within the prefecture, and, when necessary, notify the prefectural sports bureau and the department of health and welfare.
- The person in charge will follow the AJKF Guidelines and the AJKF Iaido Guidelines when making the decision to resume *keiko* with a firm understanding of the region. Consider posting the guidelines in dojos and sports centres.

### 2. Creating a *keiko* plan

- Because the state of infections in the region, membership structure (age, gender, proficiency), training venue (dojo, gymnasium), etc., is different for each organization and group, they will create their own plan according to its particular situation while following the AJKF Guidelines and the AJKF Iaido Guidelines. These guidelines shall be posted in training venues such as dojo and distributed to members to ensure that they are thoroughly implemented. Pay attention to the following items when developing a plan:
  - ✓ In addition to concerns about COVID-19 infections, it is possible that the physical condition of practitioners may have declined due to facilities being closed and the period of self-restraint. Therefore, please resume *keiko* carefully. In other words, draw up a basic plan that focuses on warming-up exercises and *kihon-geiko*, and then gradually increase the training load.  
In accordance with the membership structure, create a reasonable plan with final judgement given by the instructor.
  - ✓ If there are children and students enrolled in school among your members, respect the “New School Lifestyle” directive that was implemented by the Ministry of Education, Culture, Sports, Science and Technology on May 22, 2020. (Please see the AJKF Guidelines.)
  - ✓ If the policy of the prefectural or municipal board of education where the organization or group is located is not known, contact the board or authorities to confirm.

### 3. Participating in *keiko*

- People with underlying conditions should not participate in *keiko*.

- ✓ Underlying conditions refers to people with diabetes, heart disease, chronic obstructive pulmonary disease (COPD), undergoing dialysis, or taking immunosuppressive agents, anti-cancer agents, etc.
- ✓ If people with these conditions intend to participate in *keiko*, consent from a doctor should be obtained beforehand.
- People who meet the following conditions cannot participate in *keiko*:
  - ✓ People whose condition is different from normal.
    - If you have symptoms such as a fever, cough, sore throat.
    - Even though you might not be showing severe symptoms you could still be infected. Therefore, when your condition is different from normal, please consider whether you should take part in *keiko*.
  - ✓ If a family member living with you or a close acquaintance (including primary and secondary close contacts) is suspected of being infected.
  - ✓ People who within the last 14 days have travelled to or had close contact with a person from a country or region that is restricted by the government, or after entry have had to undergo a period of observation.
  - ✓ Non-members of your organization, for the time being.
- People who participate in *keiko* must wear a mask to prevent infections.

#### Notes for Elderly Practitioners

In information provided by the Ministry of Health, Labour and Welfare, it states that there is a higher risk of becoming seriously ill, especially for the elderly and those with underlying conditions. Therefore, more so than younger people, it is necessary for the elderly (for example, those over 60) to be cautious about resuming *keiko*. Please consider resuming from July but make your own decision and take care of your health.

#### 4. Before *keiko* starts

- Before *keiko* wash the hands and use alcohol to disinfect the fingers.
- Take a register of participants names, contact numbers, etc. at each *keiko*.
- Change into training wear at home or use the changing room in shifts to avoid it becoming crowded.
- Clean and disinfect the floor.

#### 5. At *keiko*

- In order to avoid crowded places (one of the “three Cs”), comply with the

following matters.

- ✓ Do *keiko* with an appropriate number of people and avoid crowding.
- ✓ The number of people that can do *keiko* at the same time is the maximum number of people who can do *keiko* in a dojo or gymnasium.
- ✓ Consider holding *keiko* in two groups to avoid becoming crowded.
- ✓ Avoid excessive contact with other people together with wearing a mask when taking a break.
- ✓ Leave the windows and entrance and exit open or for about five minutes every 30 minutes, open and close the windows or use a fan to ventilate the dojo.
- ✓ As a rule, do not let people in the dojo or gymnasium to watch *keiko*.
- ✓ Parents should wait outside if there is not enough space in the dojo or gymnasium.
- As a rule, when doing warming-up exercises, *suburi*, etc., do so in one line with everyone facing the same way, not facing each other. Also, keep a distance of over 2m from others.  
If practitioners must face each other, or make more than two rows, they should be at a distance of over 2m.
- Instructors must wear a mask, take care not to be too close, and teach for a short time.
- To stop droplets spraying from practitioners' mouths during *keiko*, please wear a mask or a Men-mask.
- ✓ For *ryuha* that vocalize (*hassei*) *kiai*, pay special attention to wearing a mask (keeping in mind that the nose and mouth must be completely covered), and consider refraining from vocalizing.
- ✓ So that the Men-mask does not restrict breathing, it is preferable that the material is breathable and that it is not tied around the chin so that air can escape sideways and downwards. Please avoid wearing tight-fitting medical masks. The Men-mask is explained in the AJKF Guidelines.
- ✓ It is possible to attach a strap to a *tenugui* which is then tied around the back of the head while covering the nose. (In this case, it is not tied around the chin to ensure that air can pass on the lower part and the sides.)
- ✓ When doing *keiko* while wearing a Men-mask, in order to prevent heatstroke, shorten the *keiko* time, drink water frequently, and pay attention to the temperature in the dojo or gymnasium.
- ✓ Using a Men-mask is an interim measure until COVID-19 infections have

completely finished. The AJKF would also like practitioners to take other steps, such as shortening *keiko* time as described above, in combination with using Men-mask.

- ✓ The AJKF will continue to conduct surveys to ascertain safety practices. Iaido will also take in account the results of the survey and respond as needed.

#### 6. After *keiko*

- When *keiko* has finished, keep a distance of at least 2m from your sensei, *senpai*, etc. when doing *rei*.
- When *keiko* has finished, put the Men-mask in a plastic bag to take home. Wash and disinfect.
- After every *keiko* it is recommended that the *kendo-gi*, *hakama*, *tenugui*, supporter, etc. are taken home, washed and disinfected.
- After *keiko* wash your hands and use alcohol to disinfect fingers.

#### 7. If an infection is confirmed

- If a *keiko* participant develops a COVID-19 infection, they must immediately inform the person in charge of the organization or group as well as the venue used.

#### 8. Other

- Do not share *bokuto*, *tenugui*, towel, supporters and other iaido equipment.
- Before and after *keiko* disinfect with alcohol dojo, gymnasium, changing room, shower room entrance and exit door handles; window locks and screens; and other places that people touch.
- Exchanges between different groups and *de-geiko* are prohibited for the time being.
- It is recommended to disperse quickly after *keiko*.
- In your daily life, follow the “New Lifestyle” guidance from the Ministry of Health, Labour, and Welfare.
- To stop your immune system from weakening:
  - Do not strain the digestive system by eating and drinking too much and eating and drinking too many cold things.
  - Get enough sleep.
  - Do not buildup stress by changing your way of thinking and respond to the situation flexibly.