



Aikido Victoria (Aiki-Kai) Inc.

Official Representative Organisation of the Aiki-Kai Foundation
and Aikido World Headquarters, Tokyo, Japan
Established 1968

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COVID19 Update for Aikido Victoria

Note: Updates as of January 2021 are highlighted in bolded blue.

Dear Aikido Student,

We in Victoria are starting to emerge from lockdowns and will be able to resume training **both indoors and outdoors. Wearing of face masks indoors, and outdoors where social distancing cannot be maintained**, is still mandatory for anyone over the age of 12. We need to remain ever vigilant in our training practice to ensure we remain virus free in our practice.

Every dojo has a COVID Safety plan in place that is tailored to that dojo's specific needs.

Here are the general rules in place for all dojos:

- **Your temperature will be checked before class, ideally before entering the dojo.**
- **You must also check in before class using the QR codes at the dojo, or ask your instructor to check you in.**
- **Fitted face masks must be worn during training, as well before and after class - exactly the same conditions where you normally would be required to wear a fitted face mask.**
- **Hand sanitiser must be used whenever you change training partner – including instructors and ukes who are demonstrating techniques.**
- **Mats must be cleaned before and after each class.**
- **Weapons must be wiped down before and after each class with disinfectant wipes, or equivalent.**

Your instructor will let you know what other rules are specific to where you train.

Class schedules are on our website: <https://aikidomelbourne.org.au/documents/2021-01%20Aikido%20Victoria%20Training%20Schedule.pdf>

Some Covid19 Safety Definitions Explained

Contact Sports

'Contact sports' as defined by DHHS refers to sporting activities where it is highly likely there will be physical contact. Sports that fall typically into this category would be football, netball, hockey, rugby, etc. It does NOT mean an activity such as aikido where, in the normal course of our practice, we would undoubtedly have full physical contact, breaching the 1.5 metre social distance rule.

Aikido Victoria is working on the necessary requirements so we can resume children's classes. More updates will be shared when these are ready.

Masks

All students over the age of 12 years old are required to wear face masks in line with the requirements in Victoria.

Given how hot and sweaty masks can become, and as their effectiveness decreases markedly if they become damp, we recommend that students have spare masks available for themselves.

Used masks must be placed in a sealed plastic bag and removed from the training location.

4 Square Metre Rule

There is some confusion as to what the "4 square metre rule" means. It does not mean that one is required to maintain 4 square metres distance from anyone else. It refers to the maximum capacity of a building space. For us, this would be a dojo if we were doing indoor training. The rule currently applies where students may use a change room or toilet facility before/after outdoor training. Note this use is the exception rather than the rule.

Every building that has public usage is required by law to display the capacity of the room in compliance with the 4 square metre rule. You would have seen these signs in many places all over Victoria. An example of our signs is shown here.

Maximum capacity is calculated by the area of the space (wall to wall) divided by the required 4 square metres per person. Victorian DHHS guidelines currently require 4 square metres per person. You might have noticed that some other states have progressed to 2 square metres. Unfortunately, in Victoria, this is unlikely to change in the immediate future.



1.5 Metre Social Distance Rule

When students are not able to maintain 1.5 metres social distance (for example, during training), they must wear a mask. This rule applies at all times, including outdoor training.

Risks of Prolonged Exposure

In general, infection risks increase after spending 15 minutes in close proximity to another person. Risks also increase with prolonged exposure. For us in aikido, this means that all outdoor classes should be completed in less than 2 hours total, including student preparation and administration.

Regards

Linda Godfrey, Area Representative Vic