

Kendo Bu Coronavirus Guidance

Avoid training if you suspect or know you have the coronavirus!

Stay away from training for at least 7 days if you have a high temperature, a new continuous cough, flu like symptoms, if you have been in close contact with someone else who has, or if you have recently been to a restricted country as defined by the FCO

If you think you have the virus:

- **Isolate yourself at home**
- Try to keep at least 2 metres (3 steps) from other people, particularly older people or those with long-term health conditions
- Ask friends and family or delivery services to deliver things like food shopping and medicines – but try avoid contact with them
- Sleep alone if possible
- Regularly wash your hands with soap and warm water for at least 20 seconds
- Drink plenty of water and take everyday painkillers, such as paracetamol and ibuprofen, to help with your symptoms
- **Do not** entertain visitors
- **Do not** leave the house to go to training, work, school or public places.

Do not go to a GP surgery, pharmacy or hospital.

If you feel you cannot cope with your symptoms at home, your condition gets worse or your symptoms do not get better after 7 days **Contact 111** and seek further advice or medical intervention.

Kendo Bu Suggested Training Precautions:

- **The spread of coronavirus is now impacting participation in kendo training and the staging of events in Europe and around the world and it is likely that a significant number of us will contract it over the next several weeks.**
- One of our community has already tested positive for the virus. This person and many others in close proximity at the Army Taikai in Aldershot last weekend are now self-isolating with some dojos closing for a time
- To avoid spreading the virus consider suspending training sessions for two weeks if you had members at the Army Taikai or if you know you have members who have had contact with anyone who has the symptoms of the virus.
- Consider closing your dojo to visitors from other dojos for a few weeks or a month and suspend training if one of your members attends and then gets symptoms of the virus
- When training together try to avoid fencing for extended periods at close proximity e.g. TSUBAZERIAI and TAIATTARI. Try to keep your mouth closed during these moments and if there are bodily impacts
- Limit the use of KIAI, and use less powerful and shorter KIAI when performing KIHON and KEIKO
- Don't share your equipment or touch the equipment of others
- Be sure to thoroughly clean the MEN GANE (Inside and out) after training and thoroughly wash your hands and face
- Avoid getting too close or shaking hands etc. when greeting people or saying your goodbyes
- **Final note!** It would be prudent when booking travel or accommodation for events to go for options that allow cancellation where these are available.