

Guidelines for Preventing the Spread of Infections with the Resumption of Jodo Keiko

Introduction

The All Japan Kendo Federation lifted the “Request for Self-Restraint for Interpersonal Keiko (Taijin-teki-keiko)” on June 10, 2020, together with creating the “Guidelines for Preventing the Spread of Infections with the Resumption of Interpersonal Keiko (Taijin-teki-keiko)”, which were published on the AJKF homepage on June 4, 2020.

Please resume jodo *keiko* in accordance with these guidelines, while taking into account the fact that jodo training falls under the “three Cs” (closed spaces, crowded places, close-contact settings) and that spray from practitioners’ mouths can be the source of COVID-19 infection.

Please understand that these guidelines have been created based on findings obtained thus far. Also understand that the guidelines may be reviewed one by one, based on the gathering of data in the future and the status of infections in each region.

Participating in *keiko*

- People with underlying conditions should not participate in *keiko*.
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*:
 - ☆ If you are not feeling well.
If you have symptoms such as a fever, cough, sore throat, taste disorders, strong feeling of fatigue.
You may be infected but asymptomatic, so if you feel your condition is different than normal, consider carefully whether to participate in *keiko*.
 - ☆ If a family member living with you or a close acquaintance 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.
- If you travel to *keiko* on public transport, take all appropriate measures to not become infected.

Before *keiko* starts

- Take your temperature before training and do not participate if you have a fever.
If you do not have a fever but have a cough and/or sore throat, do not participate.
- Before *keiko* wash the hands, gargle 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 if possible or use the changing room in shifts to avoid it becoming crowded.
- Clean and disinfect the floor.

At keiko

- When doing warming-up exercises, *tandoku-dosa*, etc., wear a mask and do not face each other.
If practitioners must face each other, take care to maintain an appropriate distance from each other.
- When doing *sotai-dosa* and *kata-geiko* with a partner, to prevent getting infected via close contact and droplets spraying from the mouths, please wear a mask. Use minimal force and time when doing movements in which both bodies, or body and equipment, come into contact.
- ☆ Be aware that there is a danger of heatstroke when wearing a mask when doing *keiko*. Please take breaks and drink water. Also, during breaks wear a mask maintain an appropriate distance from others.
- In order to not handle other people's equipment, refrain from performing the Shi and Uchi change, and keep hold of your own weapons.
- Try not to vocalize (*hassei*) during *keiko*. Try doing *kiai* with no voice.
- To reduce the risk of infection, aim to make *keiko* about one hour. Adjust the number of practitioners to the size of the venue. For about five minutes every 30 minutes, open and close the windows or use a fan to sufficiently ventilate the dojo.
- When instructing, please do verbally without touching bodies or equipment.

After keiko

- When *keiko* has finished, keep an appropriate distance from your sensei, *senpai*, etc. when doing *rei*.
- After every *keiko* it is recommended that the *kendo-gi*, *hakama*, and equipment are taken home, washed and disinfected.
- After *keiko* wash your hands, gargle, and use alcohol to disinfect fingers.
- After *keiko*, clean and disinfect the floor, as well as disinfect entrance door handles, window locks, and any other places that practitioners have touched.
- If going out to eat and drink after *keiko*, the AJKF would like practitioners to follow the "New Lifestyle" guidance from the Ministry of Health, Labour, and Welfare.

If an infection is confirmed

If a *keiko* participant develops a COVID-19 infection, or a PCR test or antibody test is positive, they must immediately inform the person in charge of the organization or group.

Reference

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All Japan Kendo Federation

- ※ This document is intended for jodo practitioners and is a summary of the above document with some additions.