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Brussels, June 7th 2020

To: All BKR & VKIJF Dojo.

Ref: COVID 19 – Restart of regular training in dojo – Exams 1st to 5th dan K & I, August 2020.

Dear Friends,

Last March, we all witnessed the closing of our dojo with a deep sadness. Recently the general guidelines for the restart of these facilities were communicated by the Federal Government, Regional and Local Administration Authorities. We have to follow these rules carefully. In addition to these, we would recommend the following points for a safe return to regular training:

- Follow the 6 basic guidelines set up by the Government.
- Check if there are no special rules for your training facilities, imposed by the local administration.
- Pay attention to the maximum number of allowed participants by the government (20 persons max from 08/06/2020 and 50 persons max from 01/07/2020). Clearly indicate the person in charge of the practice (teacher/coach).
- Pay attention to the maximum capacity of the hall used and reduce if necessary the number of attendees.
- Keep an up-to-date list of presences before the start of each training (tracing).
- Check if possible the body temperature of each participant by electronic thermometer at the entrance of the dojo and refuse anyone with body temperature higher than 37,5°C.
- Avoiding the presence of any visitor/public/spectator (other dojo member, parents or relatives) during training in the dojo as long as there is a limitation of the number of participants. Any person interested in taking part in a try-out session must conclude an appointment prior to the start. This person must be clearly informed about the specific rules to follow.
- Use only personal equipment and proceed to disinfection before and after training.
- Privilege as much as possible individual training. If this is not possible or/and if wearing full bogu, refrain any close distance such as taiatari (kendo). Use of masks are recommended in

case of non-observation of the social distance. We are aware that several equipment resellers are at this moment proposing different protection systems on sale. As long as there is no medical guarantee they will be considered as not safe. The federation follows in this matter the guidelines set up by the All Japan Kendo Federation (ZNKR).

- Do not hurry to restart your hard training, pay attention to any possible injury due to lack of exercise of your members. In case of kendo, avoid the use of full armor (bogu) before 01/07/2020.
- Keep contact with the administration involved of your training facilities to be certain that they keep your usual reservations as they were before the lockdown. If anything changes, do not forget to inform us to adapt the information on the website(s).
- The federation **will not cover** any problem related to COVID 19, so please inform clearly about this and add, if necessary, a sentence to any document related to insurance (BKR/VKIIF) signed by your members.
- All above guidelines are subject to change without notice in case of new governmental decisions.

Secondly, we would like to give the opportunity to all those who were ready for any exam in Kendo & Iaido 1st up to 5th dan to have an examination possibility on the last weekend of August.

- Saturday August 29th in Auderghem ADEPS for kendo
- Sunday August 30th in Louvain-La-Neuve ADEPS for Iaido.

Both exams are preceded by an open training led by our senior and technical committee members. Exact schedule is on the website. Requirements are the same as usual.

Strict subscription deadline is August 15th (name + birth date + level + payment to ABKF account). No subscriptions (including payment of inscription fees) after the deadline will be accepted. Subscriptions without payment of the fees will be removed.

In case of cancellation due to governmental restrictions, the inscription fees will be returned. The registration fees in case of success only must be paid on the spot by no-touch electronic technology (Payconiq) or by bank transfer within 3 working days.

Truly Yours,

S. Hendrickx, President ABKF

www.abkfevents.be - president@abkf.be

