

International Seminar of Budo Culture 2023

COVID-19 Infection Prevention Guidelines

The Nippon Budokan Foundation will conduct the Seminar under the following policies...

1 During the Seminar :

- (1) insisting that all instructors, participants, and staff wear face masks.
- (2) providing alcohol-based hand sanitizer dispensers at the venue.
- (3) conducting the lectures and practical sessions while ensuring a minimum physical distance of 1 to 2 meters between participants.
- (4) requesting that all present refrain from shouting or speaking loudly.

2 Requesting instructors, participants and staff members refrain from attending if :

- (1) an individual does not feel well (i.e. coughing, sore throat, or fever etc.).
- (2) an individual is aware they have had close contact with a suspected COVID-19 case.
- (3) within 14 days leading up to the first day of the Seminar, an individual has travelled to or from a country or region that the Ministry of Foreign Affairs of Japan is currently enforcing coronavirus-related entry restrictions or quarantine measures for, or an individual who has had close contact with somebody matching these conditions.

3 Body temperature monitoring :

Requesting everyone monitor their own body temperature and submit a report form to organizers if an individual's body temperature is 35.5°C or lower, or 37°C or higher. Body temperatures naturally vary between individuals and factors such as age, fitness, time of day, environmental temperature, meals, sleep, mood, and hormonal considerations should be taken into account. Everyone is requested to take their own temperature 4 times each day; after waking up, mid-morning, mid-afternoon, and at night. Before or during a meal is convenient, however avoid taking body temperature immediately after eating.

4 After the Seminar :

Requesting any instructor, participant or staff member who tests positive for COVID-19 within a 2-week period after the Seminar to promptly notify the organizers and report the identities of those at the Seminar who they may have come into close contact with.

5 Other directions :

Requesting that everyone follow the instructions of and comply with all on-site requests from the organizers or Training Center staff in helping to avoid COVID-19 infections.

- * These guidelines are subject to change due to the dynamic nature of this health crisis.
- * Further infection prevention documents will be sent to everybody at a later date.