

IMPORTANT SUGGESTION

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Matters that require attention When playing Sport Wellness Fukiya under COVID-19 Outbreak

When people contract COVID-19, they may infect others even if they do not feel any symptoms of COVID-19. In case you have some symptoms of cold, such as sore throat, headache, cough, and a fever, you shall avoid joining in practice session.

Usually, practice session is done in a venue with three to ten targets. Such venue shall have large space, thus it must be quite safe normally, considering the number of participants and space. However, when we practice Sport Wellness Fukiya, we use strong exhaling to blow darts. Therefore, we must recognize that the space of practice session shall be rather risky space to stay. This means we must take steps to avoid infection because blowing darts may cause same phenomena as the splash infection made by sneeze and cough.

I suggest matters that require attention as follows:

1. Try to open the venue:

When you enter into the venue, at first, please leave door and windows open for 5 minutes to change of air. It must be absolutely necessary, if someone else used that venue before you. During the practice session, you have better change of air every 20 to 30 minutes. As the infection has spread from live music clubs, the risk of infection becomes higher when the venue closes for long time.

2. Wipe (disinfect) the surface of target:

You have better devise the way of practice. At the start of practice, please wipe the surfaces of targets by using Ethanol and/or Hypochlorous acid water etc.

In case one person can use one target during the practice session, it may not be necessary to wipe the surface of target in the middle of the practice. However, in case two or three person use one target, it must be necessary to disinfect the target when changing the turn. It is better for one person to blow 3 to 6 rounds instead of 1 round before changing, because we can decrease the time of disinfects.

Persons who wait for their turn in same venue, they should wear mask. At the last of practices session, all the surface of targets must be wiped out (disinfected).

3. “Target Etiquette” towards Fukiya companion (as a new habit):

Please wipe surface of target after pulling out the darts by Ethanol and/or Hypochlorous acid water, which shall be placed near the target, as a new habit.

4. Wipe (disinfect) door knob (handle), chairs, tables and target stands:

You should wipe the places where a large number of general public touch by a disinfectant. We should consider using Ethanol-type disinfectant, but Sodium hypochlorite (kitchen bleaching agent and/or Milton -Japanese brand name- disinfects baby’s goods) can be used. Diluted sodium hypochlorite solution by approximately 0.02 – 0.05 percent shall be used and afterwards you should wipe out by water using clean cloth or paper. Please do not forget to use gloves to protect your hands. Please note that there may be a possibility of discoloration or corroding metal parts.

When practice session ends, it shall be a good manner to wipe out tables and chairs for next users. But let us do it for ourselves before starting practice.

5. Disinfectants:

Ethanol, Hypochlorous acid water and Sodium hypochlorite can be considered as disinfectant.

- ① **Ethanol:** This can be used for surface of target, blow pipe and darts, and also for hands and fingers. This is effective against COVID-19, but less effective against Norovirus.
- ② **Sodium hypochlorite:** Hypochlorite ion is main ingredient and have some smell of chlorine with more than pH12 (strong alkalinity). Kitchen bleaching agent and/or Milton can be considered. They are good for door knobs, chairs, tables and target stands. They are effective for COVID-19 and Norovirus.

Please do not use solution of kitchen bleaching agent and/or Milton for hands, fingers and mouthpieces. It is very dangerous for you. Please also do not use these solutions with spray container. There may be a possibility to inhale foggy solution, which causes a fit of coughing and damage on the respiratory organs when you spray these solutions.

- ③ **Hypochlorous acid water:** Hypochlorous acid is main ingredient and has almost no smell with pH5.0 – 6.5s (weak acidity). Noro-killer (Japanese brand name) is one of them. We can use for surface of targets, blow pipes and darts. This is good for hand and fingers and effective for both of COVID-19 and Norovirus.

6. Pipe Cleaner:

After playing one round (or some more rounds), we should clean the inside of pipe by something like tissues, instead of pipe cleaning cloth, then, should dump it. Keeping the pipe cleaning cloth at the pipe stand may diffuse COVID-19.

7. Opening trial lessons:

If possible, it is advisable to prepare one set of blow pipe and darts for one participant. We must pay the closest attention for opening trial lesson intended for a large number of general public by reusing blow pipe and darts. Please refer to “Way of disinfect at the trial lesson” of “Sport Wellness Fukiya Operating Manual” page 31.

New habit “Target Etiquette” must be done at trial lessons.

8. Disinfect floor and indoor shoes:

After practice session, it is necessary to disinfect venue’s floor and indoor shoes (or outdoor shoes), because scattering splash may be left on the floor.

However, we should be careful when we disinfect the floor, because disinfectant may cause damages on the floor. Ethanol and/or Hypochlorous acid water may be usable, but we should consult with the operator of the venue.

When you mop the floor of gymnasium, it is better to pull a mop so that you can disinfect your footprint. When you are leaving the venue, you must try to disinfect your indoor or outdoor shoes in order not to bring back virus to your home. Do not forget to wash hands and fingers afterwards.