

COVID-19 I

Grouping	Title	What
Re-Opening Venue	Establish Date	Establish the exact date you are able to re-open your venue
	Gain Authorisation	Obtain definitive authorisation from the appropriate person/organisation to enable your venue re-opening
	Communicate with Students	Make your students aware as soon as possible of the re-opening date
	Interval between classes	15 minute intervals between classes

	No contact training	No Contact activity permitted e.g. sparring/pad work/grappling
	Stationary training	No exercises or warm ups that would bring students into close contact
	Defined personal training areas	Marked training areas to ensure distance is maintained between students at all times

Social Distancing

No sharing of equipment

No use of shared equipment

Waiting protocol before class

Procedure for entering the gym, arrive immediately before class, wait outside in a pre waiting area at appropriate distance until called in by instructors

No use of changing/shower facilities

No use of showers or changing facilities. Make students aware of this policy in advance to class return

Controlled use of toilets

Controls on use of toilets or other necessary facilities

	No spectators at classes	Only class students allowed in gym
	Limited group size	Set and Limit class sizes based on government guidelines to maintain social distancing. Estimated 50% reduction in class sizes during phased return.
	Limit on age of students (to protect the most vulnerable)	Based on government guidance, introduction of student re-entry based on age i.e. youngest students re-enter first with the oldest and most vulnerable students entering last.
	Limits on age of students (to enforce social distancing)	Limitation on ages and levels of students as appropriate for the martial art. Postpone the return of youngest students who may not be able to adhere to the social distancing requirements

	Instructors/Coaches hygiene and testing	Maintain highest standards of personal hygiene as outlined in government guidelines.
	Wash Hands	Every member of the organisation washes their hands on a regular basis particularly before and after class
	Coughing	Catch it, Bin it, Kill it
	First Aid	If the need arises for first aid, the following safety protocols. Mask worn, gloves worn, eye protection worn

Hygiene

Wearing of footwear

If trainers are not permitted or are not appropriate, Instructors and students to wear non slip socks:

EXAMPLE

https://www.amazon.co.uk/Active-Grip-Socks-Pilates-Ballet/dp/B01JFUCI46?ref_=fsclp_pl_dp_1

Sanitation Protocols

Put in place sanitation protocols for between classes as well as daily measures for thorough cleaning

No cash policy

No cash transactions/exchanges permitted during phased re-opening.

Respiration

No shouting or singing

Ventilation

Ensure that a steady stream of outside air is brought into the room/building whilst stale air is exhausted. Ventilation system should provide 100% fresh air and not recirculate air from one space to another.

	Wearing of PPE (based on advice)	The wearing of face masks and/or gloves as stipulated by the government phased return plan and medical advice.
Class Records	Pre-Booking only	All students must pre-register to attend class, no unregistered arrivals will be permitted
	Keeping of Attendance Records	Track attendance of every class. Monitor who is not attending and offer them option of online training

Return to Class Protocols Athena Karate Ap

Why	How	When
Allows you to operate in a legal manner compliant with government guidelines	Monitor government guidelines, advice and phased lockdown return plan	As advised by government
Ensure that your re-opening date coincides with the venue decision making authority and that facilities are made available on your return	Obtain written confirmation from decision maker of your return date	As soon as you are made aware of your projected re-opening date
Help them to plan their own schedule for the re-opening and understand the measures put in place on their return	Email/SMS/SMS+/Facebook/Online classes	As soon as you are made aware of your projected re-opening date
Enables separation on transition	Classes set at one hour intervals	Every class

<p>To maintain social distance between students</p>	<p>Class plans based on traditional side of martial art, strength training, flexibility work and shadow fighting. Markers on the matts ensuring 2m distance</p>	<p>Every class</p>
<p>To maintain social distance between students</p>	<p>Warm ups & exercises based on the students staying in a designated area</p>	<p>Every Class/Prior to the class</p>
<p>To maintain social distance between students</p>	<p>Either using floor matting or floor tape to mark out areas with A minimum of 2 metres between each person</p>	<p>Every Class/Prior to the class</p>

<p>Risk of cross infection</p>	<p>Restrict use of any club equipment. Advise students can bring their own but sharing of their own equipment is not permitted. Classes to be based on traditional martial arts, flexibility and strength work to avoid the need for shared equipment.</p>	<p>Before and during class</p>
<p>To maintain social distance between students</p>	<p>Define a space that can be utilised as a waiting area outside of the matted area. Send clear instructions to students/parents before re-entry date advising exactly where they need to go on arrival. Ensure someone is present on student arrival to manage this waiting area protocol</p>	<p>Before class</p>
<p>To avoid students coming in to close contact before & after classes</p>	<p>students come to class prepared to train and leave afterwards to change and shower at home</p>	<p>During opening hours</p>
<p>To maintain social distance between Instructors/Students/Parents</p>	<p>Set 2m markers on floor outside toilet and operate a "one in one out" policy to be managed by facility users</p>	<p>During opening hours</p>

<p>To keep group sizes small, to avoid unnecessary social contact</p>	<p>Parents advised on the importance of social distancing, asked not to enter the training facility. Where parents must attend - seats are laid out individually at least 2 metres apart</p>	<p>Before, during and after class</p>
<p>To maintain social distance between students</p>	<p>Amend timetable if possible to allow for more lessons throughout the day/week enabling students to spread out. Request pre-registration of students to enable the management of students numbers by class</p>	<p>Every class</p>
<p>To protect both Instructors, students and most vulnerable individuals</p>	<p>Restrict and manage re-entry of students by age and medical conditions. Identify students by age and invite them to return at the appropriate time based on government guidelines</p>	<p>On release of government advice</p>
<p>Ensure Instructor's ability to enforce social distancing requirements</p>	<p>Instructors may enforce minimum age for kids classes, or may choose not to run beginners' classes</p>	<p>Every class</p>

Maintain hygiene standards and protect all individuals	Wash hands (and face if possible) before and after every class. Boil wash clothes after every teaching day. See government guidance for full details	Every day, before and after every class
Maintain hygiene standards and protect all individuals	Schedule into timetable allocated times for Instructors and students to wash their hands before and after class. Make sure facilities and appropriate hand wash are always available	Before and after every class
Protect both Instructor and Students	Instructors, Staff, Students and Parents to be reminded on a regular basis to catch coughs and sneezes in tissues – Follow Catch it, Bin it, Kill it and to avoid touching face, eyes, nose or mouth with unclean hands. Tissues will be made available throughout the venue.	Before, during and after class
Protect both Instructor and Students	Equipment available in the event of injury/accident	Every class

Maintain hygiene standards and protect all individuals	Advise all students prior to return that they must bring their own non slip socks and wear them before, during and after class. Socks are not to be changed at the venue	Every Class
To ensure the cleanest possible training area	Disinfect all surfaces within the venue including registration desk, door handles, bannisters, bathrooms, equipment (when use is permitted) etc on a regular basis. Matted area to be cleaned after every lesson	Before class, between classes, in the evening after classes finish
To avoid cross contamination	All sales payments to be done by card (preferably contactless), myMA Events, myMA ProShop, School's own online payment portal	Always
To avoid droplets being released over a wide area and risking cross contamination	No Ki-ai's or shouting. There must be silence while Instructor speaks to avoid the need to raise voice.	Always
Reduce airborne exposure concentration of infectious material and depostion of infectious particles	https://www.cibse.org/coronavirus-covid-19/emerging-from-lockdown	During class

<p>To protect all individuals and operate within the confines of government and medical stipulations</p>	<p>Once protocol is established, let students know prior to return. Visible signage of policy and usage instructions to be put up. Provide a supply of masks and gloves but also ask students to bring their own</p>	<p>Before, during and after class</p>
<p>To ensure class size is limited and that students are briefed in advance on protocols</p>	<p>Use of NEST "My Martial Arts" student booking system</p>	<p>Before class</p>
<p>To report on class/individual attendance should it be required. To retain non attending students</p>	<p>myMA Attend</p>	<p>Before class</p>

April 2021

Who	Church Hall/School
Instructors/School Owners	From 20/04/21
Instructors/School Owners	From bookings manager
Instructors/School Owners	Provide details of provisions and measures you have put in place as well as any protocols stipulated by the School
Students need to be informed	Social distancing consideration entering and leaving class. Stagger students entering, leaving - advise students to observe signage and protocol set by hall

Instructors & Students	Structure timetable to ensure limited numbers of students per class. Ensure Instructor/Coach is mindful of distancing and manages students appropriately. Check whether School have provided provisions to mark floor. If not, use flat round marker discs for younger students.
Instructors, coaches & students	Structure timetable to ensure limited numbers of students per class. Ensure Instructor/Coach is mindful of distancing and manages students appropriately.
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Instructor & Students	Instructor to only take their own equipment to venue.
Instructors/Venue Managers	Students to wait in cars or socially distanced outside (rule of six). Siblings may wait in the dojo between classes when necessary.
Students/Parents	n/a
students to be informed before they attend class	Exceptions will be required for young children who need to be escorted by their parent/guardian

All non students or part of teaching team	Exceptions may be required for very young children or students who feel uncomfortable without the presence of their parent/guardian. Liase with school/hall to decide on designated area where non students will be permitted to wait.
Students/Parents	Spacing of 1/100 sq ft in place until restrictions are lifted
Students	Prepare attendance records by age so you are aware of who is due to attend and when based on their age. Maintain dedicated online classes for those not yet ready to return.
Students below an age defined by government guidelines and based on Instructor judgement	n/a

<p>Instructors, Staff, Venue Managers</p>	<p>Ensure that the School/Hall has all the facilities available to uphold your personal hygiene policy. Staff will take 2 tests per week as well as maintaining distance from students.</p>
<p>Instructors/Staff/Students</p>	<p>Make your hand washing policy (forms part of your personal hygiene policy) clear and visible in the school. Ensure that the School has all the facilities available to uphold your hand washing policy. See NHS guidance: https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/</p>
<p>Instructors/Staff/Students/Parents</p>	<p>Make sure boxes of tissues are readily to hand before during and after class in various places around the hall.</p>
<p>Instructors, Staff, Venue Managers</p>	<p>Establish whether the school have a stock of the equipment needed and whether it will be made available to you. If not, purchase equipment and take it to every class</p>

Instructors/Students	This is now optional as per the EKF update April 2021. Handwashing and sanitising protocols will remain to ensure skin to floor contact risk is minimised.
Instructors, Students, Staff, Management of venues	Provide disinfectant wipes which each student can access at the end of every class and wipe down their own area. This will allow for faster interval switchover between classes. Have six sanitising stations so students can sanitise hands easily without crowding.
Instructors, Students, Payers, Staff, Management of venues	Bank payments only for kit and memberships
Instructors and Students	Remind all members at the beginning of every class that they must not ki-ai, shout or sing and that they must remain silent when receiving instructions
Instructors	At least two if not more points of ventilation at all times to ensure movement of air through the room.

Instructors/Staff/Students/Parents/Venue Management	Parents attending for younger children must wear masks. Staff will maintain distance but will mask if required to stay close to students for incidents such as first aid.
Students	Use of Spond booking system to ensure daily opt in to classes for recording attendance and confirming symptom-free households.
Instructors	Both Spond and Nest attendance systems will be updated daily to ensure accurate attendance records.