

Covid-19 Safe Practice Policy

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1. Introduction

The purpose of this document is to set out measures which will reduce the risk of spreading COVID-19 during the reopening of physical classes.

Seitou Ryu Karate will only reopen when the UK government and health agencies have deemed it safe to do so and within recommended guidelines. This policy will be updated as new guidelines are provided.

References:

- Coronavirus (Covid-19) Guidance and Support www.gov.uk
- Martial Arts Industry Association (MAIA) Covid Safe Course and Certification
- International Brazilian Jiu-Jitsu Federation (IBJJF) Guidelines for the Reopening of Jiu-Jitsu Academies During Covid-19 Pandemic (re: grappling)

2. Safety Measures to be Undertaken Prior to the Reopening of Physical Classes

When the government, as part of phase 3 of the lockdown exit strategy, allows the reopening of gyms and sports/fitness classes, Seitou Ryu Karate will begin the process of reopening its physical classes in the Grays, South Ockendon, and Wickford areas.

To ensure our students and instructors train as safely as possible, reopening will be a gradual process during which the online class provision will continue to run.

The following actions will be undertaken prior to opening classes.

a. Class Location Safety Assessment

Seitou Ryu Karate uses third party spaces to run classes and will liaise with the owners/managers regarding the locations' own Covid-19 policies with specific regard to changes to procedures for use, cleaning schedule and changes to access points.

Risk assessments will be undertaken for each training space.

If a training space cannot be used, a suitable alternative location will be sought.

Note that dojos may not all reopen at once.

b. Student Confidence and Intention to Attend Physical Classes

Prior to physical classes reopening we will seek confirmation from students of their intention to attend (it can be assumed that a small number may not return straight away due to students shielding, isolating or other reasons). This may be done via survey, group messaging, and/or in person.

It is our hope that the production of a specific Covid-19 policy and procedures will give students and their parents all the information they need to make an informed decision about returning to physical classes. We are available to answer any further queries from students via the usual channels of communication.

In addition to reassuring students of the safety of physical classes, to conform with social distancing guidelines student numbers may have to be restricted and so this information will also enable us to get an idea of numbers and plan ahead.

c. Instructor Training

Instructors of all levels will be asked to complete any Covid-19 training that Seitou Ryu Karate deems relevant.

Ongoing training will be given as changes arise via group instructor meetings.

3. Safety Measures to be Considered Once Physical Classes Reopen

a. Covid-19 Specific Measures and Equipment

Seitou Ryu Karate will ensure the following equipment is available at every class:

- Hand sanitiser
- Cleaning spray and paper roll
- Visible markers at the designated safe distance (current guidance; 2 metres)
- Clear signage
- No-touch thermometer (under current Covid Safe guidance students who have a temperature of 38 degrees Celsius or over or are visibly ill must not join in physical classes)
- There will be a minimum of two instructors at each class; the main instructor will teach the physical class, and the secondary instructor will ensure the safe entry/exit of students, carry out temperature checks, distribute hand sanitiser, oversee the online class provision and any other elements deemed necessary for the Covid safe running of the class

b. Changes to Class Structure

If class sizes are restricted in number by the government, or restrictions are needed to effectively observe social distancing, an online pre-class booking system will be implemented to ensure students are not disappointed by the class being full when they arrive. Information on the booking system will be passed onto students in good time.

Depending upon predicted student uptake classes may be split to ensure maximum numbers are not exceeded. To facilitate this classes may be shortened, or may change time, day or location. Information on class changes will be passed onto students in good time.

Online classes (currently via Zoom) will continue in addition to, or instead of, physical classes dependent upon training location availability and student uptake.

Physical classes will have secure online availability to students who cannot attend in person.

c. Changes to Training

Seitou Ryu Karate will implement the following training methods to reduce physical contact:

- Non-physical correction of students; verbal and visual/demonstration only
- Single student drills only; shadow sparring etc.
- Socially distanced pad work (providing students are wearing their own gloves)
- Students to bring their own grappling dummy (brown and black belt class only)
- Students and instructors will wear footwear at all times. Shoes should be soft soled and worn only for classes (for suggested footwear see Section 3f: Student Guidelines for Safe Training)

In the event that partner training is allowed but limited to a 'bubble', Seitou Ryu Karate will arrange training partner bubbles; this will be optional, if a student does not feel comfortable working with a partner then they can train without

- Partners will be selected for the students based on suitable age, grade, ability and body type. Student preference will be taken into account, but students cannot choose their own training partner without agreement from the instructor that it will be an effective training partnership
- Students must sanitise or wash their hands immediately prior to (and after) partner training
- Cuts to the skin must be covered
- During partner work students must take the utmost care to avoid any fluid transfer, including, but not limited to, sweat and saliva
- If a student's training partner is not at a training session, or any of the above guidelines cannot be met, that student must train without a partner for that session

d. Changes to Use of Equipment

To reduce cross contamination the following changes will be observed;

- Training will not be held on mats
- Students and instructors will wear footwear at all times
- Focus pads etc. will be cleaned before (and after) use and students must wear sparring gloves and training shoes to use them
- Grappling dummies (brown and black belts only) must be constructed of freshly washed gis and clothing

e. Changes to Spectators

Students must be dropped off to class at the door. Parents, guardians, siblings and friends will not be able to sit and watch classes.

Exceptions to this rule are:

- Students 6 years of age and below who may need support additional to that which the instructor can provide (visiting the toilet, opening a drink, emotional support)
- Students of any age with special needs who require a carer or the support of a family member
- Beginner students of children 12 years of age and below, for the first week only

It is expected that physical classes will also have an online provision and parents/guardians will be encouraged to use this to watch their child train.

f. Student Guidelines for Safe Training

Note: these guidelines are based on current government recommendations and will change as and when restrictions change. Contact your instructor for updates.

To access physical classes students must agree to having their temperature taken at the door, to regularly sanitise their hands before and after class, and to follow all instructions regarding hygiene and social distancing.

If you, anyone in your family, or the person who is bringing you to class are feeling unwell in any way or have a temperature of 38 degrees Celsius or above, stay at home. Do not attend class. Zoom links will be provided to facilitate home training for those who are shielding or in quarantine.

i. Hygiene

- Arrive at class clean with long hair already tied back
- Any cuts to the skin should have a fresh dressing
- Hand sanitiser will be supplied at class. Please note that bringing your own will further reduce chances of cross contamination

ii. Equipment and Attire

- A freshly washed gi must be worn for every class
- Arrive to class already wearing your gi and belt as changing facilities will not be made available
- Your belt can be hand washed lightly between classes or wiped down with a cloth using soap and water but no bleaching agents/whitening agents or high strength cleaning products or machine washing/drying as this prematurely ages the belt. Where a student owns more than one belt, these can be alternated to give 72 hours between wears
- Training shoes must be worn at class, and should be carried in a bag when you are outside of the dojo and cleaned at home

Training shoe specifics:

A pair of soft sole, flexible shoes worn specifically for karate classes

Example; plimsoles, kung fu slippers, feiyue wushu training shoes

- Bring a single bag with you that is large enough to hold all your belongings including coats, shoes, drink etc.
- Facemasks can be worn, but wearing them is not currently mandated by the government and so will be by personal preference

- Personal equipment (gi, sparring kit, training shoes, towel, water bottle etc.) should be cleaned before and after use
- Do not share personal equipment

iii. Social Distancing

- Ensure you follow any instructions/signage in the dojo regarding minimum distances between students, footwear, equipment storage, one-way systems (if they apply), marked training areas etc.
- Greet instructors, training partners and friends in the dojo with a bow; do not hug, high five, shake hands, fist bump etc.
- If you have a partner training bubble, you must not partner with anyone else

g. Monitoring

The policy will be reviewed one year after development and then every three years, or in the following circumstances:

- Changes in legislation and/or government guidance
- As required by the UK Sport and/or Sports Councils
- As a result of any other significant change or event

Policy Written	Policy Author	Policy approved by	First review	Second review
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