

Satori-Do Shotokan Karate Club COVID-19 Risk Mitigation

(Although there are no current training restrictions in place and full contact is permitted across all age groups, we still require this to be read and understood in the event we need to bring back any of the training restrictions below)

Parents, please relay this information on to your children so they are aware of all expectations before, during and after training.

All students and Instructors will be asked to hand sanitize their hands a minimum of twice each session depending on the session content (We will have 4 hand sanitizing stations)

Please do not come to training if you show symptoms of the following:

- A high temperature
- A new, continuous cough
- A loss of, or change to, your sense of smell or taste

Temporary changes to sessions (will revert to normal once all restrictions are lifted):

Session 1 - Age 10 and below (red belt and below) 6.10-7.00pm - £4.00

Session 2 - Age 11 upwards (any grade) 7.15-8.30pm - £6.00

Upon entry

- Registration will be in the lobby area of the building (not in the hall) All students/parents are to form a socially distant line outside awaiting registration. **Classes must be pre-booked on the new booking system; you must not just turn up as you may be turned away.** (This will allow us to manage numbers safely and aid with track and trace)
- Students are to arrive 10 minutes before the session starts. No earlier, this will ensure there are no cross overs between classes and ensures we have enough time to clean all surfaces/equipment down.
- Current rules allow no set numbers of students to train, as long as the area to train in allows each student a 2x2m area.
- Students are to enter the hall on their own where an instructor will guide them to their own training area. Students must use the area provided to store their personal belongings.
- The kitchen and seating areas are out of bounds for use and storage.
- There will be a hand sanitizing station immediately upon entry into the hall that everyone will be required to use.
- No parents are permitted to stay and watch unless required to for medical reasons for their child/ren. (No waiting area)
- There will be a one-way system in and out of the hall, marked out with cones for a clear pathway.

End of session/collection

- All parents/carers will be required to wait outside to collect their child/ren where an instructor will safely see them off.
- The one-way exit system must be adhered to for safety reasons and students must wait to be released from the building to their parents. Over 16's can safely exit on their own accord.
- Hands are to be hand sanitized upon leaving.
- Parents are not to be late picking their child/ren up. Must arrive 5 minutes before the end of the session.

Personal equipment

- No shared water bottles or food
- No shared clothing
- Clean clothing to be worn. All Gi's, training attire and mitts must be appropriately washed and cleaned before each session
- You must have your own mitts (club mitts will not be given out)
- All students must arrive in Gi's as there will be no changing facilities.
- No unnecessary items to be brought into class.

During class

- ALL windows will be open for maximum ventilation and air flow
- No face masks are required
- There will be no KIAI's when performing katas. Shouting is not allowed.
- Students can talk and interact with one another before training starts and during the intervals but at the required social 2m distance rules.
- If partner work is part of the session, it will be restricted to pad work only and that partner will be your only partner for the class duration.
- Partner work will be limited to short scenarios and not for substantial lengths of time.
- Each student will be allocated 1 set of hand pads each for that session. They must not be shared. Hand sanitizing must be used before and after use.
- No sparring, grappling or takedowns permitted at this point. (NO PHYSICAL CONTACT)
- Only the disabled toilet will be open to use. Students must hand sanitize after going.
- Please refrain from using door handles where possible or touching anything that is not required to be touched.
- All areas of the dojo will be monitored for cleanliness and will be cleaned again if required. (I.e, surfaces touched/areas used for seating by students)
- **Any equipment used during the class will be subject to regular cleaning and a full clean down and air dried after the session.**

Between classes

- There will be no cross over between the 2 classes we hold (Tigers and main session). Altered training times will occur to ensure there are limited numbers congregating outside.
- A clean down between the classes will be appropriate to the equipment/areas used.

Cleaning

- Before, during and after the sessions, any relevant surface areas and equipment will be cleaned with disinfectant as per government guidelines.
- There will be no cross use of equipment between classes allowing for sufficient cleaning.

Under 18's training – April 2021 update (currently not applicable as there are no training restrictions)

As of the 12th of April, under 18's enters, step 2 of the phased introduction of contact combat sport. At phase 2, contact combat sports may resume contact training which includes direct physical contact between participants.

Training which involves contact should take place within training bubbles. The training bubble can be up to 15 participants. Participants in a training bubble should not mix with others in different training bubbles, before, during or after the training activity.

Our plan

We will phase in the contact over the coming weeks. We will start with pad work and build up to contact activities, i.e, takedowns and grappling. Any shared equipment will involve hand sanitising before and after use. The equipment will also be subject to a thorough clean down after use as per the cleaning guidelines above.

The training bubble allowed for contact sport is a maximum of 15 students. We will create multiple bubbles within that bubble of 15 of around 3-4 students, allowing the same students to train together regularly week in week out. It is important that you/your child are training regularly to take advantage of this next step.

Instructors cannot be within 2 meters of the students, so we will continue to use the pool noodles to correct and help with any arm or leg positioning.

This next step is only permitted if the relevant national governing body has submitted their action plan to the Department for Digital, Culture, Media and Sport (DCMS) for approval. We have this approval and can move forward safely within the guidelines given. (Link below)

Government references

<https://www.hse.gov.uk/coronavirus/working-safely/cleaning.htm>

<https://hse.gov.uk/coronavirus/cleaning/index.htm>

<https://www.gov.uk/guidance/coronavirus-covid-19-grassroots-sports-guidance-for-safe-provision-including-team-sport-contact-combat-sport-and-organised-sport-events>