



CMAA Martial Arts Schools Covid19 Secure Policy

Updated 9th July 2020

This policy is for the use of all CMAA registered Martial Arts Schools and their members while keeping safe and remaining 'COVID-Secure'. Additional risk assessments should also be carried out on a club per club basis as and when required.

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- **Mapping to the government guidelines**

This policy will be updated periodically in line with government and local authority guidelines.

- **Social Distancing**

The current distance requirement for people from different households to keep apart is 2 metre.

- **Students displaying any signs of illness**

Any student who displays signs of a high temperature or has a new persistent cough should be asked to stay away from the club for at least 14 days OR they should be asked to be tested for Covid19 and should only be allowed to return upon production of evidence of a negative result.

Students designated as high risk should also be asked not to attend until cleared to do so by a medical professional.

- **Social 'Greetings'**

Social greetings such as handshakes, fist bumps, high fives etc. are to be avoided.

- **Out-door Training**

Should you offer out-door training this can be done at a ratio of 1 Instructor to 5 students.

There must be no contact (unless between members of the same household) and students must have access to their own equipment and bring this with them.

If possible, you can provide a free-standing bag but may not hold pads as this will take you inside the 1 metre.

- **Indoor Training**

Should you offer in-door training this should be done according to current government guidelines regarding social distancing and reduced contact between members who do not live together.

- **Changing Rooms**

All changing rooms must not be used at this time.

- **Travelling to and from the martial arts school**

Students should only travel with members of the same household, 'car sharing' or parents bringing children other than their own is to be avoided. Public transport should be avoided as per government advice.

- **Covid19 Officer**

Each club will nominate a Covid19 Officer who will then be responsible for ensuring risk assessments are undertaken, that this safety policy is the up to date version and is adhered to in addition to implementing any changes as per Government guidance at club level.

The Covid19 Officer will also then familiarise themselves with the symptoms and take action accordingly should a student or Instructor develop them.

The Covid19 Officer will keep in contact with any members who go into self-isolation, safely manage their return to the club when the time comes and amend risk assessments as and when required.

- **Washing hands before/after the lessons & hygiene**

Students and parents **must not be allowed** to enter the training area without first either washing their hands OR using their own hand sanitiser. The same applies to leaving the venue after the lesson. If your club is able to provide a wall mounted hand sanitiser pump then it should be placed near to the entrance/exit.

Any door handles or surfaces which cannot avoid being touched must be wiped down before and after every lesson.

If your venue provides shower facilities these must be declared out of order/not for use for the time being.

- **Face Coverings (Masks)**

Wearing a face covering doesn't replace existing social distancing measures but should students wish to wear them they should be permitted to. Students must take personal responsibility to provide their own face covering and ensure they clean/replace them as appropriate.

- **Stairs and stairways**

Any stairs or stairways should have a strict 'keep left' policy introduced.

Up on the left-hand side and down on the left-hand side. This will help avoid any unnecessary close contact.

- **Lifts**

Any lifts should be declared not for use unless absolutely necessary, in these cases the maximum occupancy must be reduced.

- **Limiting class numbers in order to maintain social distancing**

This section is in 2 parts, 1 for children and 1 for adults.

Part 1 - Children

In order to comply with social distancing, it is vital to limit the numbers you have in your lessons.

In order to do this, measure out the metre squared area of floor space within your training area. This will then allow you to mark the floor thus ensuring current social distancing guidelines are adhered to.

Online class content can also be linked into face to face classes. For example, the warm up can be done at home using the online club allowing classes to begin with a low level warm up to save time.

Part 2 - Adults

The same applies to adult students but a reduction in numbers should be seriously considered so as to allow for more individual training space.

- **Class Bookings & Payments**

Students should pre-book into specific lessons and must not be allowed to turn up at random without booking in first. How this booking system works is for you to decide on a club per club basis.

This will allow you ensure only the designated numbers are present at any given time subject to the size of your floor space. You may want to consider the 'less is more approach' and offer more lessons but shorter in time, for example 45 minutes rather than 60 minutes. Class change over time slots will also have to be considered.

Students leaving after the lesson should be staggered so as to avoid any congestion at the exit. If it's not possible to have different entry and exit points then students arriving for the next lesson should be given a 'do not arrive before time' and must not be allowed into the training area

until this time. This will then allow for all students from the previous lesson to clear the building.

Payments should be made online or contactless as much as possible.

- **Gym Equipment**

If your venue has any gym equipment this should not be used and signage should be used to indicate this.

- **Limiting non student access to the training area, parents etc.**

Only the child should be in the training area.

Adult students should not bring anyone with them who is not training.

- **Guidance for the use of gloves etc.**

As already mentioned, the use of face masks is useful and students should be encouraged to wear them.

Disposable gloves should ideally be worn if using club equipment such as focus mits, pads or weapons to keep 'direct contact' to a minimum.

If disposable gloves are used, they should be discarded safely after every lesson and **not** re-used.

- **The use of club issue equipment, mats etc.**

As per the previous point students should ideally wear disposable gloves if using your equipment.

This equipment should then only be used by that specific student and not shared during that lesson. Equipment must be cleaned down at the end of every lesson, mats should also be cleaned frequently. (R)

Club owned boxing gloves, bag mits etc. should not be offered for use and must be removed and securely stored after being sanitised.

- **The use of student owned equipment**

Students must use their own boxing gloves, bag mits and weapons.

If possible, they should also bring their own strike shields and focus mits.

- **Student interaction within the lessons**

No physical interaction will be permitted within the Karate lesson

- **Accidents and First Aid**

Should an accident occur which requires the administering of first aid then gloves and facemasks should be worn by both parties as this will involve direct contact.

If available family members waiting outside, should be guided through administering the first aid while overseen by the club first aider.

