



本部道場

松濤館流空手協会国際

Shotokan Ryu Karate Kyokai Kokusai

Honbu Dojo

Covid -19 - New HONBU Dojo

Classes opening: Wednesday 7th October 2020

This guidance is intended to provide a summary of arrangements in place at the new Honbu Dojo at the:
North Cray Neighbourhood Centre

1, David Way
Sidcup
Foods Cray
Kent.
DA14 5JR

This note, together with the more detailed guidelines and Covid 19/general Risk Assessments for instructors and parents, will ensure that all possible safeguards against the spreading of the COVID 19 virus are in place whilst allowing for a phased return to full Karate training. All guidance will be updated as and when new information is received. For the benefit of this summary and other guidance, social distancing is defined as staying alert and safe. In terms of actual distance this means staying apart for at least 2 metres unless you can mitigate for 1 meter plus. In the dojo social distancing means giving everyone training and adequate ventilation, which will be managed by the instructors.

Pre-session

Booking Class: To ensure maximum occupancy numbers within the Dojo are not exceeded, attendance at class will need to be pre-booked.

A booking system accessible via the club website and Facebook page is currently being looked into. If this is not up and running before classes resume, then we will ask students to simply email/text their intention to train.

Payment: Where possible classes should be paid for once booked and this system is being looked into along side the booking system. Again, if this is not possible for whatever reason, a contactless card payment machine will be available on attendance at the Dojo.

As always, monthly payment by bank transfer is also possible.

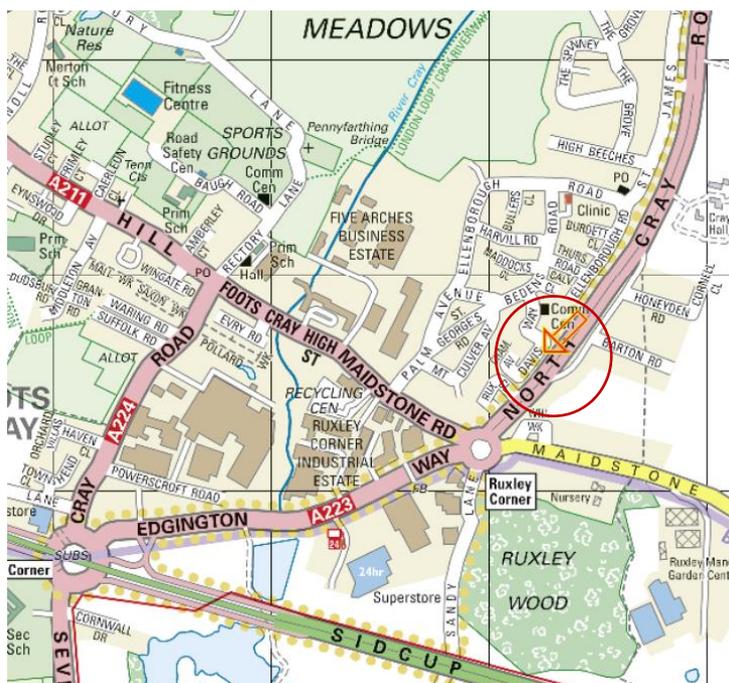
All class fees will be £7

Note: This will be applicable to all grades/ranks with exception of those who are physically teaching the class at that time.

Licences: During the lock-down, many licences have expired, therefore all expired licences will need to be renewed prior to commencing physical classes at the new Dojo. The Association Finance/Licencing Officer, JJ Thurlow-Criss, will deal with this with each student individually.

Arrival at the Dojo

Location: The location of the Dojo is as per the map below.



Access via Palm Avenue then follow signs to North Cray Community Centre.

Parking: There is ample parking at the venue and there is no need to park on the road at all. The car park is accessed at the rear of the centre as below. Park as close as you can to the entrance/reception area (marked) as this will be the way into the Dojo for each class.

Reception/Dojo Entrance



Car Park Entrance

Access: Please ensure you arrive at least 10-15 minutes before training commences.

As with all common areas, access to the building will require a face mask to be worn, unless you are exempt.

The building is already set up for social distancing and there is a spacious reception area that can be used if needed.

There will be a club reception desk at which health/temperature checks and payment (if not already taken) will be carried out. Once these are complete, students will be shown the way to the Dojo and signage and the instructors will point them to where they need to go.

Students will be asked to remove their shoes on entry to the Dojo and place them on a shoe rack by the Dojo exit (a one-way system will be in place)

Parents: As you will understand parents and non-training family members are not allowed in the actual Dojo itself. The large kitchen adjacent to the Dojo can be used as a waiting area if it is not possible to wait in your car or come back and collect your child(ren) after class.

Training

Lining up: The Shomen (front) of the Dojo will be indicated by the club Mon (flag) and students will be asked to line up around the Dojo and will then be directed to a space that will be marked on the floor, whilst maintaining social distancing but still allowing the Karate grade ranking etiquette to be upheld.

Activity: Training will be for 1 hour and will (as per the Covid guidelines) be non-contact.

Exiting the Dojo

End of class: Once the class has finished, students will be asked to leave the Dojo in a socially distanced way, collecting their shoes at the Dojo exit.

Once all students have exited the Dojo, all contact points will be sanitised before any follow-on classes.

We are excited to get back into physical training and will ensure that all Covid-19 safeguarding measures are in place to ensure everyone is safe.

We thank you for your support and co-operation.



Dr Kevin J Thurlow-Criss 7th Dan, Kyoshi
Chief Instructor, SKKK



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