



本部道場

松濤館流空手協会国際

Shotokan Ryu Karate Kyokai Kokusai

Honbu Dojo

Covid -19 - Returning to Training Guidance for Parents and Students

Introduction

This guidance is intended to assist SKKK Dojo students safeguards against the spreading of the COVID 19 virus whilst during a phased return to full martial arts training. It will be updated as and when new information is received.

SKKK Dojo Sensei will be following the control measures and requirements of a specific Covid-19 risk assessments that has been carried out and tailored to their specific training environments.

For the purpose of this guidance, “social distancing means” is defined as staying alert and safe. In terms of actual distance this means staying apart for at least 2 metres unless 1 meter plus can be mitigated.

Specific Requirements for training

Arrival and entry into training

1. You will see signage around the Dojo to point out directions, the importance of regular handwashing and social distancing.
2. Parents, guardians and non-training family members are not allowed into the Dojo and should wait outside in the car park or reception area.
3. Safe and orderly entry and exit to the Dojo observing social distancing protocols of 1-2 metres will be in force.
4. A face covering should be worn when entering and exiting the Dojo, in the common parts of the facility.
5. Members, queuing in the hallway and reception must observe and maintain social distance. They should not enter the Dojo until invited.
6. There will be a mandatory health check on arrival. A simple health check questionnaire will be completed asking if the member has experienced any illness since the previous session. Every person will be temperature checked on arrival. Anyone with a raised temperature will not be allowed to train.

Note: Should a member report having any symptoms of COVID 19, then they must not be allowed to train and must report immediately to the NHS for a formal test. Instructors will make a clear note of such an occurrence.

7. The Dojo will have clear markings where each person should stand. If these are not visible the Dojo Sensei will instruct the student where to stand. On entry, a member must be directed to a designated marked position and wait for the session to begin. This may be particularly challenging

for our younger members who must be constantly monitored. A full explanation will help to maintain this.

8. The Dojo will be ventilated as best as possible with doors and windows open.
9. **Members must arrive changed and ready.** It is anticipated that changing rooms will not be open at the current time. There should be no changing in toilets, or the Dojo.
10. A pre-booking system will be implemented within the Dojo to control class numbers and all payments for sessions will be contactless via either PayPal or contactless card reader.
11. Soap and water hand washing will be available within the toilet areas and hand cleansing gel will be readily available.

During training/practice

1. Only **NON-CONTACT** training will take place.
2. Drilling in moving lines (like marching) will only be undertaken if members are in a single rank and have clear 'lanes' to move up and down. There must be no entry into another person's marked space at any time.
3. There will be no Kiai, shouting or screaming of any kind during training. For Kata the saying of the word "Kiai" will be allowed to ensure the student is aware of the specified points.
4. No face coverings are to be worn **DURING** training and these may restrict breathing efficiency
5. Sharing of any equipment is prohibited and will not take place during training.
6. Instructors will refrain from guiding or touching any members limb during practice.
7. If toilets are used, they will be cleaned immediately following use by one of the instructor team. The hands must be washed thoroughly, and paper towels disposed of properly.

After training

At the end or between sessions

1. Members will be asked to leave the Dojo in an orderly and organised fashion. They must leave as they arrived and change at home.
2. All members are advised to immediately shower on returning home.
3. All members **MUST** clean their training clothes (Gi or otherwise) between sessions.
4. Any parents or family members congregating outside the Dojo must move away from the building and maintaining social distancing protocols.

Note: The social aspects of a Dojo should not be under-estimated as it contributes to the overall well-being of members, but these activities must be conducted in line with government guidance.

5. There must be no hugging or embracing between members at any point, but especially after a session when members are likely to have been perspiring.
6. Where multiple classes are held over the day/evening, the instructor will allow adequate time between classes for clearing and cleaning of the Dojo. This is to ensure and minimise the risk of contamination and maintaining social distancing. There must be no over-crowding at any time around entrances and exits.

8. There must be no shared use of drinking bottles at any time.

IN SUMMARY

- The Dojo and facilities will be thoroughly cleaned before returning to training.
- Temperatures will be taken, and anybody found to have a high temperature will not be allowed to train. Anyone who displays COVID symptoms should leave and arrange for testing.
- Class timetables will be adapted to allow for social distancing.
- When waiting to enter or leaving the dojo, social distancing of 1-2 metres should be maintained.
- Changing rooms should not be used except for people with disabilities and those with special needs.
- When training each individual will have access to adequate training space and adequate ventilation.
- Classes will not include any contact training whatsoever including those from the same social or family 'bubble'.
- If any equipment is used, this will be sanitised after use.
- Following training, all areas which have been used will be cleaned.
- Touching any part of the face should be discouraged while regular handwashing and/or hand sanitisation should be strongly encouraged.



Dr Kevin J Thurlow-Criss 7th Dan, Kyoshi
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