

BCCMA Covid Safe Policy

Risk assessment must be completed listing precautions below

General

All students and instructors should be made aware of social distance guidelines

All equipment to be sanitized prior to use.

Hand sanitizer to be used on the way in and on leaving the dojo

No parents will be allowed to enter or stay in the dojo

One entrance in, separate entrance out

Students to come ready for lessons, no toilets to be used for changing

If toilets are used, hands must be washed.

Students who show any signs of high temperature, cough or breathing difficulties should be sent home

Registers to be kept of each session in case any student proves positive to the virus and NHS test and trace has to be applied

Students will be pointed to their designated area and they are not to leave it until the lesson has finished.

Students will remain 2 metres apart at all times, including queuing to enter and whilst leaving.

Any student that sweats and droplets fall to floor these areas need to be cleaned with anti- bacterial floor wipes

No refreshments will be available; each student must bring their own water bottle.

Lesson structure

Classes should be formatted so to maintain social distancing example

O O O O O O

O O O O O

O O O O

Nothing to be passed between student to student or student and instructor

Non-contact only

Fitness and stretching exercises

Forms

Punching drills

Kicking drills

Shadow fighting

All instructors will remain 2 metres away from students.

Footwear must be worn at all times

First aid guidelines stay unchanged