

STUDENT RETURN TO TRAINING PROTOCOLS

All parents/guardians and students **must** follow the below protocols prior to returning to indoor or outdoor karate training.

Some of these protocols may only apply to indoor training sessions. If you are unclear as to what to do, please contact your instructor.

<p>1. Before arrival at the class, ALL students, parents/guardians to ensure that they have sanitised their hands with anti-viral gel. Students should wear a clean gi (which should be cleaned between every lesson). There must be no bare feet in the dojo, so trainers or non-slip socks must be worn. There will be no changing facilities.</p>	<p>8. Let the instructor know if you fall within the Government's definition of a vulnerable group. Whilst you can still train, you may want to take further precautions and please ensure you are aware of the latest Government advice.</p>
<p>2. Wherever possible, students to pre-pay in advance of training sessions or pay using contactless methods. The club instructor will notify you of how payments should be made. If payment can only be made by cash, then this should be the correct amount of money, preferably notes.</p>	<p>9. The karate class may be limited in size. The dojo will have clear markings where each person should stand. Each mark will cover 3x3 metres square. The student should occupy the middle of that square. This is to ensure that adequate distance is maintained at all times even during practice. It is possible for a student to occupy other parts of their allocated space, but all students in the class must occupy the same space within their allocated area. Line drills are allowed as long as students remain in their lines and maintain 2 metre social distance.</p>
<p>3. Students to enter dojo with social distancing of at least 2 metres. Students to wait in line whilst each one in-turn enters the dojo. Parents/guardians should not come into the dojo where possible (there are exceptions, see Point 5 below).</p>	<p>10. Some venues may not allow use of toilets or other facilities. Where they can be used, there must be a 'one in, one out' policy and queues outside must maintain social distancing rules.</p>
<p>4. All people that will be in the dojo must provide NHS Track and Trace details prior to the lesson. This should be done before you start a new lesson by way of email/text or similar to your club instructor. If you have not done so, upon arrival you will be asked by your instructor for these details. No karate may commence until all information is received from everyone in attendance.</p>	<p>11. With regards Coughing – Instructors, students and parents/guardians must catch coughs and sneezes in tissues. Follow: 'Catch it, Bin it, Kill it' and to avoid touching face, eyes, nose or mouth with unclean hands. Tissues will be made available throughout the venue. Where a tissue is not available they should catch in a sleeve.</p>
<p>5. Only students and instructors should be inside the dojo. Parents/guardian will not be allowed inside the dojo and must stay outside and wait for their child until the lesson has finished. Exceptions may be required for particularly vulnerable children or students who feel uncomfortable without the presence of their parent/guardian. In this instance parents/guardians will need to be seated individually at a 2 metre distance.</p>	<p>12. There must be no hugging or embracing between students at any point, but especially after a session when students are likely to have been perspiring.</p>
<p>6. All Safe-Guarding, child protections, and vulnerable adults protocols remain in place. The EWKR safe guarding policy is available for download on the England Wado-kai website under the 'info' tab.</p>	<p>13. Any congregating of people must be away from the dojo and outside, whilst maintaining social distancing protocols. Students must leave the dojo in an orderly and organised fashion. They must leave as they arrived, and change at home.</p>
<p>7. If students/parents/guardians have any of the symptoms of Covid-19, or someone in their household is symptomatic, they must not attend the club. If the instructor has symptoms; the club will be closed, all students will be notified immediately and NHS Track and Trace contacted.</p>	<p>14. Only NON CONTACT training is allowed at this time. There will be no pair work, or kumite.</p>
	<p>15. There must be no shared use of drinking bottles at any time.</p>
	<p>16. There will be no sharing of equipment of any kind e.g. pads, gloves etc.</p>

Students & parents (where applicable) must confirm in writing (email, text, WhatsApp or similar) that they have read and understood these return to training protocols and that they will follow the protocols at the dojo.