



**BRITISH KYOKUSHINKAI KARATE
METHOD STATEMENT FOR KARATE TRAINING UNDER COVID
RESTRICTIONS**

Safety considerations

1. Floor free of trip hazard
2. Mats to be used if appropriate (If available/must be appropriate for use and cleaned after every session)
3. Adequate space for students to practise without close proximity (**Social distancing rules apply**)
4. If hanging bags are used, sufficient space given for social distancing
5. If hanging bags are used, cleaned between each use and at end of session
6. All students to have own personal equipment (Mitts/pads) to be cleaned and cared for by student, **no club wide personal equipment to be shared**
7. Sufficient warm up undertaken
8. Water breaks given (**students must have own water bottle with name on**)
9. Gi's to be washed and ironed between each session
10. Ensure training venue is well ventilated, if air-conditioning is of the recycling type (Internal re-circulation of air) this is not to be used, free standing fans are also not to be used.
11. Up to date training attendance records to be kept in case any track and trace is needed

Objective

To enable students to learn and train in the dojo in a safe manner under Covid 19 restrictions

N.B THIS METHOD STATEMENT COVERS KIHON, KATA, BAGWORK AND GENERAL FITNESS TRAINING. UNTIL HM GOVERNMENT RESTRICTIONS ARE MODIFIED, PADWORK, SPARRING, GRAPPLING AND OTHER CLOSE CONTACT DRILLS SUCH AS BUNKAI APPLICATIONS ARE NOT ALLOWED.

PLEASE ADVISE THE STUDENTS THAT THEY SHOULD HAVE THEIR OWN:

- **Water bottle with name on**
- **Personal training equipment (Gloves and shin pads if hanging bags can be used)**
- **Gi and belt- advise students to wash Gi after each session, do not leave in training bag. Training bag to be disinfected between sessions.**
- **Personal towel if needed - not to be shared- washed on hot wash/ironed or tumble dried between each session**

STUDENTS/PARENTS/GUARDIANS MUST BE BRIEFED ON THE FOLLOWING: -

- **If students have any symptoms of Covid 19 themselves or in their household/bubble then they must not attend sessions for 14 days after the symptoms have subsided or they have had a negative test.**

- If a student has been attending classes and becomes symptomatic or has a positive test result, they must inform their instructor immediately so that they can inform all of the other students present at training (Info to be taken from register) dependent upon the class set up , classes may have to be suspended for a minimum of 2 weeks
- Students should take responsibility for their own care, make sure that their equipment is cleaned regularly and Gi/training clothing washed and ironed between each session N.B please advise students that they may have to keep their Gi separate from other household washing prior to placing in the wash so as not to cross contaminate the “Street Clothing” in the general household wash
- Ask the students to arrive at training already in their Gi and go home in it to prevent any close local contact in changing rooms as these may be a pinch point
- Ask parents to drop off children outside the door and pick them up from the same point wherever possible to prevent lack of social distancing at the end of classes
- Ask students to keep toilet breaks to a minimum if they can, and go to the toilet prior to coming to training if possible, if toilet breaks must be taken, only one student should use the facilities at a time
- Students in a shielding category or with a family/ bubble member in a shielding category should adhere to their GP’s advice as to if they can attend sessions or not

Procedure

1. Ensure that licences of all students taking part are up to date.
2. Issue Risk assessment/Method statement and obtain signature. (If student is a junior, this MUST be countersigned by parent or guardian) **NB, due to the changes for Covid 19, classes should be briefed prior to returning of the new guidelines if possible, explanation to be reiterated prior to each class**
3. Issue Covid 19 disclaimer and ensure all students or parent/guardian have signed prior to training
4. Ensure that the area to be used is free from trip hazard. Level and matted (if available/must be appropriate for use).
5. Ensure that there is adequate space between the students to enable training to be carried out and comply with venue risk assessments for Covid 19 **(Class sizes may have to be reduced to ensure spacing guidelines can be followed)**
6. Ensure that a sufficient warm up & stretch has been undertaken
7. Ensure water breaks are given (dependent upon work rate/weather conditions) N.B all students must have their own water bottle with their name on it and they should not be stored together, ask students to keep them in their training bag, no water bottles to be shared unless by members of the same family or covid19 bubble
8. All training session records must be accurate and up to date in case of any track and trace needs.
9. If a club has separate junior and senior sessions, any equipment (e.g. Bags) should be cleaned between classes, if possible the classes should be run with a space in between so that the first class has left the venue prior to the second class arriving.

Instructor advice notes: -

If you are transporting bags and other equipment from your home, please be sure to clean them once you have hung them up/placed them in the dojo, between each use and at the end of the session, make sure you clean them prior to putting them back in your vehicle.

Please be extra vigilant of spacing in the dojo and ensure that students are reminded of the rules if they start to “drift together” this is a natural instinct as we have always trained for close contact but classes must be very strictly controlled during the pandemic

Please keep some hand sanitiser, cleaning wipes and soap in your usual dojo items in case the venue has run out

Its good practise at the end of the “night” to make sure that the floors of the dojo/venue do not have sweat spots on them, clean with sanitising wipes if possible. Venue risk assessments may require you to mop/clean floors and door handles before leaving.

Please reiterate the message that we are not just protecting ourselves, but each other and all our families. It is a positive message and will help with the measures.

The following list of questions should be addressed to all students before entering the dojo/building, if any of these symptoms are present, they should NOT attend the session and should seek advice from 111.nhs.uk

- Fever
- Fatigue
- Persistent cough
- Over production of sputum (chestiness)
- Shortness of breath
- Muscle pain (not from injury)
- Headache
- Sore throat
- Vomiting
- Diarrhoea

As guidelines change this information will be updated and issued to you, please be sure you are up to date.

Hand sanitiser used should be a minimum of 60% alcohol content to be effective against Covid 19 when used correctly

Sanitising wipes must be used according to the directions, some take 30 seconds to kill a virus, some take up to 2 minutes, please check when buying and use accordingly

TO BE REVIEWED IF CIRCUMSTANCES OF COVID ADVICE CHANGE /EVERY 2 WEEKS (WHICHEVER IS THE EARLIEST)

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Reviewed by :-