



English Shotokan Academy

www.englishshotokan.net

COVID-19 Return to Training Guidelines

The following guidelines should be read in conjunction with the ESA generic return to training risk assessment. Together they form a reasonably practicable approach to the safe return to karate training which should be adhered to but may be augmented by any local guidance from venue management, local or national government:

1. Ensure that entry and exit from the dojo is managed to prevent bottlenecks where people are unable to maintain social distancing
2. Ensure the dojo layout is managed to permit social distancing of 2 metres minimum for all students to train.
 - a) Where appropriate reduce class sizes to fit the space available.
 - b) Allocated, and possibly marked, individual training spaces.
 - c) Students to be aware and take appropriate action if they encroach on each other's space.
3. Carry out a verbal health check on all persons entering the dojo as part of the registration process.
 - a) Anyone who has a confirmed case in their work place is to exclude themselves from training for 14 days from the last potential days of contact
 - b) Anyone who contracts the disease to exclude themselves for the period of their illness plus 10 days
 - c) Anyone with potential contact or illness must inform the club secretary or instructor ASAP so a review of policy & procedures can be undertaken.
4. Karateka with underlying medical condition(s) which may be more affected by COVID-19
 - a) Advise these Karateka not to attend or to attend at their own risk
 - b) Ask before each training session
 - c) Refuse entry to anyone with underlying medical conditions that put them in the NHS High Risk category i.e. have been advised to isolate and shield
5. Keep a register of those attending with clear and current contact details for track and trace purposes.
6. Contact less payments to be made where possible
7. Avoid the use of changing rooms. Karateka to arrive changed ready to train in a clean Gi. No changing at venue.
8. Participants to bring their own hand sanitiser and sanitise their hands on entering or leaving the dojo
9. After training no use of showers at venue.
10. Avoid ground contact with skin:
 - a) Instructors to be aware of the venue's protocol for floor cleaning
 - b) Training may take place in bare feet only where suitable precautions are taken to ensure floors are cleaned and sanitised
 - c) Karateka may elect to wear sorts footwear
 - d) No kneeling bows
 - e) No floor base exercises like stretching, sit-ups etc.
 - f) Karateka to be cognisant of the potential of virus contamination on the feet and ensure they wash or sanitise their hands after touching their feet. e.g. when putting on socks
 - g) No exercises requiring hand contact or face proximity the ground e.g. sit-ups, press-ups, splits etc.
 - h) No kneeling bow at the start and finish of the class

11. No sharing of equipment:
 - a) Avoid the use of this type of equipment as far as is reasonably practicable
 - b) Pads that require one person to hold and another to strike should not be used because it is impossible to maintain social distancing
 - c) Makiwara and kick bag should be used only by one person at a time and sanitised between users
12. Cleaning of any areas between classes.
13. Airborne transmission of Infection
 - a) Anyone with coughs, colds, hay fever etc. must NOT train or enter the Dojo
 - b) Manage any change over between other classes using the Dojo
 - c) Allocate adequate time between Classes.
 - d) No KIAs as these increase the distance of travel on water droplets which potentially carry the virus
 - e) Work with Venue Management / Sports Centre
14. Ensure adequate ventilation... open windows and doors where possible and as appropriate.
15. All form of physical contact e.g. sparring, kata applications & demonstrations requiring contact to be prohibited until further notice
16. No social gatherings inside the dojo before or after training
 - a) Student to be notified in advance of when and where their classes are to take place and should arrive just in time to train
 - b) No social chit chat inside the building
 - c) Exit the building as quickly as possible via the designated exit route after the class finishes
 - d) Post training dialogue should be carried out by phone, text, email or other online methods
17. First Aid. The requirement for first aid should be minimised
 - a) Avoid any form of contact training e.g. Kumite or kata bunkai to reduce the risk of injury and the need for 1st Aid
 - b) Ensure you have a qualified First Aider or appropriate medical practitioner present.
 - c) Ensure First Aid Procedures are in line with the COVID-19 restrictions and precautions. Appropriate PPE to be worn by 1st Aider
 - d) Seek assistance from the Sports Centre / Venue (if available / appropriate)
18. Water bottle/nutritional products
 - a) Member to bring their own drinks etc.
 - b) No sharing of these items with other Karateka
 - c) All empty containers to be removed and taken home for disposal (remember if you leave them behind you put someone else at risk clearing up after you)
19. All Safe Guarding protocols to remain in place