

Kanzenki Karate COVID safeguarding plan

Kanzenki Karate Club, East Grinstead
Venue: Imberhorne School, Windmill, Lane, East Grinstead

Garen Ewing, September 2021

Instructor's agreement:

- all students attending a session will have their details recorded (name, contact)
- hand sanitiser is provided and should be used at the start and end of session
- there will be no payment on site, bank transfers only please
- numbers will be limited according to space and current guidelines
- spectators should remain COVID aware, use hand sanitiser and keep adequate social distancing
- students will train within their own space and 'corridor'
- the main focus will be solo training (*kihon* and *kata*)
- partner work will remain distanced or with minimal contact if guidelines allow - no close-up work
- (there will be no partner work for beginners)
- *kiai* (shouts) should be avoided for now
- there will be no equipment training (kick pads, mats, etc.)
- ventilation - windows & doors will be opened during training
- will keep informed of COVID-related developments from government and sporting bodies
- will regularly review safeguarding plan

Students' agreement & guidance (including instructor):

- students must not attend training if they have any symptoms or are feeling unwell and will inform the instructor
- symptoms include: a high temperature, a new, continuous cough, a loss of, or change to, their sense of smell or taste, a runny nose, sore throat and/or sneezing - if in doubt, play it safe
- students will inform the instructor if they develop symptoms any time after training or if they have been in close contact with anyone who has developed symptoms
- *do-gi* to be clean before training, and washed after training
- students should keep entrance/exit areas clear and keep adequate distancing within them
- do not stay around in the communal areas - wait outside or in the hall
- if toilet is required, only one student will use at a time and will wash their hands thoroughly before returning to training
- please come already changed if possible
- students should have their own hand-gel and towel if possible
- students will train within their own designated area only
- students will keep an adequate distance away from fellow students
- if a student feels ill during training, they will inform the instructor and go home straight away
- students should shower/wash at home directly after training, and wash their *do-gi*
- a student has a right to wear a mask before, during and/or after training if they wish
- students will be expected to take up the offer of vaccination when it becomes available for them (unless medically exempt) in order to keep themselves, and their fellow students and community, safe