



CORONAVIRUS COVID-19

UPDATE 10-07-2020

Covid and Safer return to Martial art Activities

This document and contents within are compiled utilising the government documents for advice and includes procedures added to help ensure a safer return to active Martial arts teaching and participation.

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Symptoms and Advice

The advice for everyone is to follow this guidance.

1. The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough or a high temperature or a loss of, or change in, normal sense of taste or smell (anosmia).
2. If you develop these symptoms, however mild, or you have received a positive coronavirus (COVID-19) test result, then you should immediately self-isolate stay at home for at least 7 days from when your symptoms started. If you live with others, all other household members who remain well must stay at home and not leave the house for 14 days. See the [stay at home guidance](#) and this [explanatory diagram](#) for further information.
3. You do not need to call NHS 111 to go into self-isolation. If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the [NHS 111](#) online service. If you do not have internet access, you should call NHS 111. For a medical emergency dial 999
4. If you have any symptoms of coronavirus (COVID-19), you should arrange a test by visiting [NHS.UK](#), or contact 119 via telephone if you do not have internet access.
5. Wash your hands more often than usual, for 20 seconds using soap and water or hand sanitiser, particularly after coughing, sneezing and blowing your nose, before you eat or handle food, or when you get to work or arrive home
6. Cover your mouth and nose with disposable tissues when you cough or sneeze. If you do not have a tissue, sneeze into the crook of your elbow, not into your hand. Dispose of tissues into a disposable rubbish bag and immediately wash your hands with soap and water for 20 seconds or use hand sanitiser.
7. If you can, wear a face covering in enclosed public spaces where social distancing isn't possible and where you will come into contact with people you do not normally meet. Social distancing, hand washing and covering coughs and sneezes, remain the most important measures to prevent the spread of coronavirus (COVID-19). Face coverings do not replace these. See the [staying safe outside your home guidance](#), and you can find guidance on [how to wear and make a cloth face covering](#).
8. Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.



Guidance for personal trainers and coaches on the phased return of sport and recreation in England

If you are a personal trainer/coach you can now work with clients outdoors, providing you are meeting no more than 5 other people from outside of your household, outdoors, and you follow social distancing guidelines.

You can meet with different clients in a single day as long as it is in gatherings of no more than 6 and you are maintaining social distancing.

You should also enforce strong hygiene measures. This might be cleaning any equipment rigorously in line with [wider guidance on hygiene](#), for example by using antiviral spray and washing hands thoroughly before and after use.

However as long as the activity is following the ITC NGB Guidelines and is following Social distancing measures then the number can be upto 30 in an outdoor setting.

Providers of grassroots sport and gym/leisure facilities

Guidance for people who work in grassroots sport and gym/leisure facilities.

Thankfully it is proposed that from 25 July 2020, subject to assessment of the evidence at the time regarding the rates of transmission, it is proposed that sports facilities and venues, such as indoor gyms, fitness and dance studios, indoor swimming pools and indoor water parks will be permitted to open.

****This translates that it is yet to be confirmed that the above can actually open. ****

With the above in mind the below advice is:

Ensure you complete the Risk assessment of your venue, below is the link to the HSE guidance in creating your risk assessment, once completed ensure your staff and volunteers understand and follow its guidance.

This is Valid for Wales, England and Scotland.

<https://www.hse.gov.uk/coronavirus/assets/docs/risk-assessment.pdf>

Once completed then please ensure you share this fact with all clients and personnel please use the below link to download the compliance poster.

<https://assets.publishing.service.gov.uk/media/5f073d1de90e0712c838de73/staying-covid-19-secure-accessible.pdf>

Explain procedures to enter and participate in exercise activities clearly to visitor via Posters or induction talks

For fuller information we advise you to follow the guidance at this link <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>

and at the end of this document identified under the heading **Best Current Advice 10-07-2020**



First Aid

Initial basic advice is as per your usual first aid with the extra considerations of having a hand towel to hand.

Also, we advise you utilise the below links to best advise yourself as to procedures and alteration for consideration of COVID first aid practice

<https://www.resus.org.uk/covid-19-resources/covid-19-resources-general-public/resuscitation-council-uk-statement-covid-19>

<https://www.hse.gov.uk/coronavirus/first-aid-and-medicals/first-aid-certificate-coronavirus.htm>

Best Current Advice 10-07-2020

Martial arts training best practice for return of participants / Clients and staff

We hope will help you.

To help ensure we all do our part to protect each other from today's issues and possible future issues we are providing some basic steps to take for Dojang etiquette.

All instructors and participants should be informed of and follow the guidance created by completion of the Risk assessment to minimise risks.

Ensure the Building as a whole is well ventilated, open doors, open windows and extractor fans are operational.

Ask existing student Parents and carers to not enter the training venue / Hall.

Parents drop off and collect juniors etc from outside the building in an approved area and at least 1+ metres apart from each other and away from the entrance and or exit.

If the above is not possible then create a one-way system to enter and leave the venue to minimise the contact with others students and their parents etc.

At the chosen point of entrance provide an automated non touch hand sanitisation solution provision points with a poster explaining how to correctly sanitise hands.

Alongside said poster above and at entrance display a self-test questionnaire poster to help students and parents' self asses.

This display and should ask if the persons feel unwell, have a fever, Cough, Has Shortness of breath or Feel unwell or have been in contact with a Covid confirmed infected person within the last 14 days or travelled abroad and returned within the last 14 days, IF YOU CAN ANSWER YES TO ANY OF THESE QUESTIONS THEN LEASE REFRAIN FROM ENTERING UNTIL YOU CAN FULLY ANSWER NO TO THE ABOVE.

All persons should be supervised at entry and exit to ensure the sanitisation point is used and in a correct manner for 20 seconds minimum.

Ensure the hands are checked for cracking and or soreness and if there is any issue then we would advise to stop use for said person -and ask them to not enter until able to use the sanitiser safely.

Also use an infrared non-contact thermal scanner to check each individual upon entry (have new spare batteries available suitable for use within the scanner)

Don't be afraid to ask any unwell persons to go home for their wellbeing and that of fellow persons. Ensure any returning persons that have recovered from infection are permitted by their doctor to undertake activities again, if this



is not possible then ensure they are closely monitored and their participation restricted to suitable amount of participation and any adverse signs of tiredness of exertion should cause immediate cease of participation.

Returning to training can be a risk in itself as the body may not have been working as hard as it was prior to lockdown and we must advise everybody to start of gradually and be aware of what their own body tells them as they proceed.

Create (barriers / screens etc) a safe distance to train away from any one-way system in place of at least 2 Metre's.

Ensure all persons taking part are reminded of protocols of participation prior to taking part in the activity.

Ensure suitable non marking footwear is used at all times within the building.

No Grappling, Sparring or physical contact should yet be allowed for adults and those above school leaving age.

Above school leaving age then a social distancing of 2 metre's should stay in effect and ensure your maintaining numbers suitable for the venue.

Sparring NOT YET ALLOWED , Contact NOT YET ALLOWED

To best protect each other as per Indoor Settings a bubble should be created and adhered to for each group and age rages.

A) 4-13 1st age range upto 15 in a group

B) 13-16 2nd age range upto 15 in a group

C) 17 and above 3rd age range group subject to distancing guidelines of 2 metre and venue space availability to meet the minimum spacing requirements

A + B Has a maximum number of 15 in a group but it should be ensured that it is safe and adequate to do so.

C We would advise 15 as a maximum and again subject to the social distancing rules allowed but ultimately controlled by the allowance for this distancing measure within your building / venue

Any group forming a bubble may not be mixed with another bubble group, so if Participant **K** misses their bubble session then **K** will have to wait until this bubble is due in next, he may **NOT** be a participant in another groups bubble.

Sanitize the floors via steam or suitable Misting / antibacterial fine mist spray cleaning sanitising methods for all surfaces between groups.

Use of equipment limited to juniors and NOT USED BY ADULTS only handled by Instructor to and from junior students (Focus pads, Kick shields, Targets, Free standing bags or hanging and the like) should be restricted to said bubble student or students, ensure the item is fully sanitised before and after use.

All above equipment mentioned should be fully checked, ensure cleaned and sanitised Prior to the Next bubble group intending or not to utilise this said equipment.

No liquids or food to be consumed or taken into the venue.

All personal items must be kept in a kit bag and not lay about.

Go to the toilet at home and not at the venue unless there is no choice, ensure you clean what you touch and oneself.

Ensure the class within the training hall / room / venue is vacated and the room is fully cleaned prior to allowing entry of another bubble class etc



Playing Sport link & NGB Guidance

Playing sport

The Government has published guidance on how [team sports can restart safely](#).

Sport's governing bodies are developing tailored guidance outlining how their sport can be conducted safely, which will be reviewed by Public Health England. People should follow the approved guidance when playing team sports.

From 25th July, you will be able to play team sport in any number if this is formally organised by a sports club or similar organisation and sports-governing body guidance has been issued. Where there is clear guidance in place, sports can be played in groups larger than 2 households. If you are playing one of these sports informally, such as in the park or a private garden, there should be no more than 30 people involved (including participants, coaches, umpires, spectators).

Team sports that do not have approved guidance should not be played. Instead, people should train together and take part in activities, such as conditioning or fitness sessions in groups of no more than 6 people (outdoors) or 2 households (in any setting). You should socially distance from people you do not live with. While groups could practise ball skills like passing and kicking, equipment sharing should be kept to a minimum and strong hygiene practices should be in place before and after.

You can also play non-team sports, such as tennis, with people from outside of your household (or support bubble) but you should socially distance wherever possible. Any equipment that is used should be cleaned frequently. Cleaning should be particularly thorough if equipment is to be used by someone else.

Transmission Risks

Included in your Risk assessment please do include the below considerations.

A) Droplet Transmission

The risk associated with each action in an activity based on duration and proximity of participants. By using the framework, sports can determine the risk of actions in their match play environment – anything, for example, from tackling, to bowling, to re-start – which will then determine the overall level of risk of taking part in that sport.

B) Fomite Transmission

The risk associated with the handling and transfer of equipment in the sport

C) Population

The number of participants likely to take part in the proposed activity plus known risk factors of participants with underlying health conditions or high-risk groups, who wish to participate

Please also follow the Document titled:

ITC RETURN TO MARTIAL ARTS PLAN FOR 25 JULY 2020



Closing Notes

Whilst we do our best to help and give advice, this document is only relative to the current situation and guidance may change as per the governments recommended procedures adapt to the pandemic and its effects.

The advice contained is based on both the expertise of practitioners of Martial arts and the guidance from the government that is current.

We can only advise you on the best practices and of course you may improve on any aspect you feel may be of benefit, however please ensure that any changes you make are passed by the ITC, to not only ensure this improvement is not actually a negative practice but also to assist each other in improving on good practice.

The knowledge of Covid is constantly improving and also the best way to combat it will do the same if we collectively do our best to contain and reduce risks.

