



ITC RETURN TO MARTIAL ARTS PLAN FOR 25 JULY 2020

Adaptations for all outdoor Martial Arts activity, applicable to players, spectators, volunteers, clubs, coaches & officials in Step 4 of the **ITC** Return to Martial Arts Road map.

This plan provides measures that should be taken by players, clubs, officials, volunteers, coaches and spectators before, during and after all outdoor Martial Arts activity as well as specific advice relating to clubs, coaches, match-play, and children's activity.

It should be read in conjunction with the latest UK Government guidance and the **ITC's** guidance on getting your venue ready for return in the document Covid safer return to Martial arts activities.

For all activity, the relevant UK Government social distancing guidance should be adhered to at all times (including throughout warm-ups) except in the following limited circumstances during competitive play in England only where social distancing of 1m+ is permitted:

- 1) Venue Providers, Coaches / Instructors
- 2) Participants Subject to ages in the Best Current advice element found within the Covid Safer return to martial art activities document.

This document refers to the **ITC** recommended practice for Scotland, England, Wales and Northern Ireland.

Prior to all Martial Arts activity

- All participants (players, coaches, officials, volunteers and spectators) should check for symptoms of COVID-19. In line with current UK Government Guidance, if an individual is symptomatic and/or living in a household with a possible COVID-19 infection they should remain at home and follow UK Government guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace because they are a contact of a known COVID-19 case, must not exercise outside their home or garden and must not exercise with others.
- Participants should follow UK Government guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19 ([found here](#)) if it applies to them.
- Participants should comply with all public health restrictions and avoid high risk behaviour outside the sports setting to reduce the risk to their fellow participants when they do attend a Martial Arts club or venue.
- Personal hygiene measures should be carried out at home before and after Martial Arts activity.
- Participants should utilise the venue provided hand sanitizer maintain strict and frequent hand hygiene measures at all times.
- Participants should follow UK Government guidance on best practice for travel, including minimising the use of public transport and limiting car sharing ([found here](#)).





- Use of the venue, changing rooms and toilets should adhere to the latest **ITC UK** Government guidance.
- For advice on reducing the risk of infection when outside your home [see here](#).
- Club owners / instructors should ensure that the facility is compliant with current UK Government legislation including legislation and guidance related to COVID-19. A risk assessment should have been completed and risk mitigation measures put in place and monitored in accordance with the **ITC's** guidance on getting your venue ready.
- Club representatives should make all participants aware of expected social distancing and hygiene measures during activities and whilst on site.
- Clubs should strictly limit the time spent congregating at a venue before activity begins. Meet-up times should reflect this. Participants should arrive changed and ready to start.
- Club representatives should make all participants aware of the increase in transmission risk associated with partaking in even socially distanced group activity and should ensure that all participants are clear that they are opting to participate in Martial Arts activity.
- Martial Arts activity can take place indoors and outdoors subject to the completion of risk assessment and following the guidance identified in the Covid and safer return to Martial arts activities document.
- Martial Arts can return as long as groups are limited to a maximum of 30 participants, including coaches and officials but subject to social distancing allowance as per age ranges described in the **ITC** Document Covid and a Safer return to Martial Arts Activities
- Participants should enter the site and prepare their personal equipment whilst maintaining social distancing.
- Where possible players should limit sharing of equipment. If they do, they must practise strict hand hygiene before and after use and the equipment must be cleaned before use before returning and supervised by instructor or appointed person. More information is available in the Covid safer return to martial arts activities.
- All participants should sanitise their hands prior to the start of the activity.
- Hand sanitizer should be used at all breaks in activity and prior to consuming any food or drinks.
- Players should refrain from spitting or rinsing out their mouths.
- In line with current UK Government guidance, clubs should not prepare food for participants. Individuals should bring their own food and drink for 'teas' or practice. Water bottles or other refreshment containers should not be shared. After all Martial Arts activity
- All participants should sanitise their hands after the completion of activity.
- Participants should exit whilst maintaining social distancing and following the current building recommended one-way system.





- Social gathering after the activity will be allowed in line with current UK Government guidelines on hospitality and social distancing must be maintained.

ITC guidance is to follow the guidance found [here](#)

- One club representative/volunteer should be responsible for collecting and disinfecting any shared equipment.
- Regular cleaning of equipment and the facility should take place, particularly between one group finishing, and the next group starting.
- Clubs should encourage all participants to report any infection of their household to the NHS Test and Trace system following use of the facility to limit the spread of the virus (section 3): <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works.Additional Advice for Clubs & Club Representatives Preparation of the Martial Arts venue>
- Prior to reaching return to Martial art activities of the **ITC** Road map and subsequently re-opening, club representatives should ensure that their facility is compliant with current UK Government legislation including legislation and guidance related to COVID-19, and in accordance to the **ITC's** guidance on Getting your venue ready contained within the Covid Safer return to Martial arts activities.

A risk assessment should have been completed and risk mitigation measures put in place and monitored.

- On any day of the activity, club representatives and volunteers should ensure that all COVID-19 measures are in place according to the club operating and safety plans, whilst maintaining social distancing –developing your own ‘opening up checklist’ is helpful for this. This should include:

Set-up of public health operating procedures and access signage.

Set-up of Martial Arts venue safety requirements.

- The duty of care which the club already owed remains and therefore other matters such as First Aid must continue to be provided. First Aid equipment (including AEDs where available) and suitable PPE for First Aid must be made available. Advice on First Aid during the COVID pandemic is available on the below links.
- <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>





- Clubs should make hand washing facilities and/or hand sanitizer available for all site users.
- Clubs must have entry and exit, and parking arrangements to venues that ensures social distancing can be maintained and implement traffic flow systems where possible and appropriate.
- Clubs must outline socially distanced areas for teams, officials, and spectators.
- Clubs must ensure that all accessible provision within the site and the facility are available.
- Clubs and instructor, volunteers should mark areas out for social distancing subject to Bubble requirements

Clubs should support NHS Test and Trace efforts by keeping a temporary record of all participants in any Martial Arts activity for 21 days and support NHS requests for data if needed.

For the latest information in relation to NHS Test and Trace and what your club needs to do in relation to this, please click [here](#).

Many clubs already have systems for recording their participants, however, if you do not already do this; please ensure that you do so in line with data protection legislation.

Additional advice for socially distanced participation.

- Players should adhere to UK Government social distancing guidance at all time's (including throughout warm-ups) except in the following limited circumstances during competitive play in England only, where 1m+ is permitted:

Umpire and referee.

- A 'hygiene break' should take place every switch of activity or every 30 minutes, whichever is sooner, in which the equipment is cleaned with an anti-microbial wipe and all participants' hands are cleaned using a suitable sanitizer.

This routine should also be followed at the start of any drinks break or the close of an activity.

The responsibility for sanitising the equipment during the activities will lie with the instructor, not the umpire.

- Participants to sanitise their hands when leaving the venue
- Participants should not hand any personal items to the each other.
- Participants should place these items at the boundary themselves.





- Minimise sharing of the equipment in a match by limiting contact to bubble participants and person named responsible for cleaning and sanitising supervision.
- In outside settings Spectators should remain socially distanced at all times and refrain from all contact with participants and equipment.
- Spectator groups must be restricted to discrete six person gathering limits and spread out, in line with wider UK Government guidance.
- Umpires should refrain from any contact with the equipment
- Use of the clubhouse, changing rooms and toilets should adhere to the latest Government advice and be prepared in accordance with the **ITC's** guidance on getting your venue ready.
- Detailed guidance relating to officials will be released in due course by the **ITC** Officials, including appropriate sanctions for participants not adhering to COVID-19 guidance, including but not limited to, player ejection and venue and or membership cancellation.

Advice for Special Occurrences e.g.

Rain.

- In the event of rain, participants should return to their own vehicle to maintain social distancing if there is insufficient outdoor cover from the rain to maintain social distancing.
- Application of covers in the event of wet weather should be done whilst maintaining social distancing.

Additional Advice for Children's Activity.

- For children, maximum group's sizes of 30 should include at least one qualified coach.
All groups are to be self-sufficient e.g. a coach cannot oversee two separate groups.
- Parents should drop off and collect participants via a protocol that maintains social distancing.
- Parents should remain socially distanced on the side-line.
- For younger age groups, plastic equipment should be used and should be disinfected at the end of each session.
- It is recommended that participants take part in solo activity, before moving to pair's activity that maintains social distancing and allows participants to operate in the same pair for the length of the session. Additional advice for training & other activity
- Where participants cannot provide their own individual equipment, we recommend numbering Martial Arts equipment such as pads and hand held equipment, so that each participant has a specific numbered item and/or cone and uses that for the entirety of the session to minimise sharing of equipment where possible.





Additional Advice for Coaches

These measures cannot cover every eventuality and coaches must conduct a risk assessment, ensuring appropriate measures are put in place to keep participants and coaches safe.

Playing and coaching Martial Arts in itself carries some degree of risk and whilst being mindful of the guidelines regarding COVID-19, coaches should not lose sight of the normal safety rules or safeguarding standards relating to playing and coaching Martial Arts which continue to apply and must be complied with (DBS, safeguarding, First Aid etc).

- Coaches should make themselves aware of and abide by, all guidelines set out by the UK Government, the venue and **ITC** regarding use of facilities.
- It is the coach's responsibility to ensure that they coach players in a safe environment and follow relevant guidelines.
- Coach should explain the safety guidelines of what is expected pre, during and post session including what the player is expected to do to maintain compliance with social distancing guidelines and all other health and safety guidelines.

