

CAMBRIDGE KARATE DOJO

COVID-19 SAFETY GUIDELINES AND RISK ASSESSMENT

1. No student may come to train if anyone in their household has any of the following symptoms: high temperature, a continuous dry cough or a loss of taste or smell.
2. Only students may enter the venue. No parents/guardians or spectators may enter the venue as numbers must be kept to a minimum.
3. Parents/guardians should drop off and pick up only.
4. Children will be met at the reception area by an instructor or a senior club member.
5. Instructors will record all students' names and contact details in the register.
6. There will be no access to changing rooms or showers. Toilet facilities will be available.
7. All students will sanitise their hands before and after training. (Club and the venue will provide gel).
8. All students will be kept at least 1 metre apart at all times, and we strive to keep 2 metres apart as much as possible. Younger children must be capable of adhering to this regulation.
9. No equipment will be used or shared.
10. There will be NO CONTACT training (Kumite). Sparring will be simulated at the required 2 metres distance.
11. We will not be using Kiai (shouting) in order to restrict the risk of airborne contagion.
12. Students must bring their own water bottles and towels. There will be regular breaks to take water / wipe faces etc.
13. Session will finish 5 minutes early to allow wiping of ballet bars etc.
14. Payments will be via BACS where possible.

The guidelines will be updated regularly in line with the government's guidelines.

5 August 2020