

Covid-19 Risk Assessment

In line with Sport England and our governing body the English Karate Federation (EKF), the Southern England Karate Federation (SEKF) will follow the Covid -19 Risk assessment set below and will update as per government guidelines dictate.

The SEKF will adopt a four-phase return to training model which helps define the route back to full training and competition

PHASE ONE: A return to non-contact training with social distancing compliance, along with a number of safety measure as prescribed in the Return to Training Guidance.

PHASE TWO: Allowing the use of equipment such as strike pads, and limited partner work.

PHASE THREE: Return to full, regular training.

PHASE FOUR: Return to Competition

**SEKF RETURN TO INDOOR TRAINING GUIDANCE**

**PHASE ONE**

This guidance is based upon best advice provided by, and is compliant with, UK government directives.

The principle aim of this guidance is to safeguard against the potential spread of the COVID - 19 virus whilst allowing for a phased return to full karate training. It will be updated as and when new information is received

It must be noted that the SEKF will also be obliged to follow any further regulations that are required by any facility they might use. This guidance will be followed in conjunction with any such requirements.

**Preparation/Planning**

SEKF instructors will ensure the following

* Safe and orderly entry and exit to the dojo observing social distancing protocols. Participants should queue outside at appropriate social distance. They will not enter the dojo until invited.
* Mandatory Health check on arrival. A simple health check questionnaire will be completed asking if the participant has experienced any illness since the previous session. Should a member report having any symptoms of

COVID - 19, they will not be allowed to train and must report immediately to the NHS for a formal test. Instructors will make a clear note of such an occurrence.

* Every person will be temperature checked on arrival to the dojo
* The dojo will have clear markings where each person should stand using cones and, or coloured tape. Each mark will cover 3x3 metres square. The member should occupy the middle of that square. This is to ensure that adequate distance is maintained at all times even during practice. It is possible for a member to occupy other parts of their allocated space, but all members in the class must occupy the same space within their allocated area, which maintain social distancing. The karate training has been modified in line with our latest On-line training using static techniques to ensure that it is not necessary for students to step outside their training area. The Instructor will constantly observe that social distancing is maintained throughout training
* On entry the member will be directed to a designated marked position and will wait for the session to begin. This may be particularly challenging for our younger members who will be constantly monitored
* Members should arrive changed and ready. It is anticipated that changing rooms will not be open. There should be no changing in toilets, or the dojo. It is also recommended that members will bring a clean pair of gym shoes to wear during practice
* Sessions will be pre-booked. For larger clubs we will use bubble/pods which would decrease the potential for contamination between members.
* Payments for sessions will be contactless where possible.
* A record of contact details of all those that attend sessions (including spectators) will be kept to assist the government track and trace programmes. The SEKF is legally obliged to ensure they have this information. Members will be advised of this record.
* The dojo will be ventilated as best as possible with doors and windows open at all time, unless otherwise directed by the facility provider. It is recognised that some modernised facilities will have appropriate ventilation. In facilities where such ventilation is not available, it is imperative that the appropriate risk assessment is undertaken to identify how this can be mitigated.
* Cleansing gel will be provided before and after practice.

**Training/Practice**

* Only non-contact training is allowed at this time.
* Drilling in moving lines (like marching) is only allowed if participants are in a single rank and have clear ‘lanes’ to move up and down. There will be no entry into another person’s marked space at any time.
* Appropriate shoes will be worn at all times. Bare feet present significant risk of transmission to the dojo surface through perspiration. Members will bring a clean pair of gym shoes to wear during practice.
* No Ki-ai. Forcefully driving air from the body (as in shouting) increases the risk of droplets being spread and would require greater social distance needed between participants as well potentially infecting surfaces around the members.
* Face covering are not compulsory at this time, but consideration must be given to their use. Note, that some facilities will insist on their use.
* Sharing of any equipment is prohibited.
* Instructors will refrain from guiding, or touching any members limb during practice

**Post Session**

At the end or between sessions

* Members will leave the dojo in an orderly fashion. They will change at home unless the school agree and provide changing rooms
* All members are advised to immediately shower on returning to home
* All members should clean their training clothes (Gi or otherwise) between sessions.
* Any congregating of people must be away from the dojo and outside, whilst maintaining Social Distancing protocols. The social aspects of a club should not be under-estimated as it contributes to over- all well-being of members, but these activities must be conducted in line with government guidance.
* There will be no hugging or embracing between members at any time..
* If multiple classes are held over the day/evening, the instructor will allow adequate time between classes for clearing and cleaning of the dojo. This is to ensure and minimise the risk of contamination and maintaining social distancing.
* There must be no shared use of drinking bottles at any time

**Safe-Guarding**

All Safe-Guarding, child protections, and vulnerable adult protocols remain in place.

The SEKF will ensure they have clear, explicit, written permission from parents/carers allowing their child to return to training.