

Covid-19 Risk Assessment

**Starting phase 3 and 4 from Monday 6th September 2021**

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

* A lateral Flow Test will continue to be taken by instructors on twice weekly
* 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
* Students will observe current social distancing regulations and wear masks whilst engaging in contact training.
* Members should arrive changed and ready where possible
* Sessions will be pre-booked
* 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**

* 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.
* All equipment used will be sanitised after usage
* 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..
* 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.