

KENSHUKAI KARATE – EAST LONDON

COVID-19 Risk Assessment and Guidance for Students

- All students and instructors/staff will be asked before coming to class:

In the previous 14 days have you:

- 1) Had any COVID-19 symptoms?**
- 2) Been in contact with any confirmed/suspected COVID-19 case?**
- 3) Travelled internationally?**

**IF THE ANSWER IS YES TO ANY QUESTION – PLEASE DO NOT
ATTEND CLASS**

- Only students who have booked to attend the class will be permitted on the premises (no spectators/parents will be allowed entry)
- All users will be expected to sanitize their hands on arrival (we will be providing hand sanitizer)
- Class sizes will be reduced where needed - the number of students determined safe will be based on government's social distancing guidelines and space available
- We will be providing an online booking service to control the number of students attending and take advanced payments to minimise social contact in class
- Where possible, a one-way system will be set up - one door for entrance and another for exit
- Students will be advised to arrive already wearing their karate uniform
- Temperature checks may be implemented as an additional precautionary measure
- Any kitchen facilities will be restricted to staff members only (no students allowed)
- Instructors will ensure that classes start and finish on time

- Minimum of 5 minutes will be allowed between classes to avoid groups gathering whilst waiting around during changeover
- Parents will be required to maintain social distance whilst waiting outside
- We will ensure that there is adequate ventilation before, during and after class (by opening windows and doors where necessary)
- We will use floor markings where possible to maintain social distance between students during the class
- Students will not share personal equipment such as pads, hand mitts etc.
- All technique corrections will be verbal and no physical touch will be allowed (no hugs, shaking hands, high fives etc.)
- Online/contactless payments would be strongly encouraged (otherwise, hands must be sanitized before & after handling cash)
- We will keep a register of anyone attending the class for potential Track and Trace situations
- We will clean all commonly-used surfaces before each class (e.g. door handles and light switches)
- After using the premises, all surfaces that have potentially been in direct contact with the users will be properly cleaned/sanitized (especially doors, handles, light switches and toilet facilities)
- Students will be encouraged to bring a sealed water bottle into class as hydration is essential while exercising
- Toilet use will be restricted to “one in, one out” (members of the same household can be classed as “one bubble”)
- Partner-work will only be allowed between members of the same household
- Everyone would be encouraged to wear a mask while travelling to and from Karate (particularly on public transport), however, as stated on the W.H.O. website, masks are not recommended during exercise: “People should NOT wear masks when exercising, as masks may reduce the ability to breathe comfortably.”