

NORTH WEST SPIRIT TAEKWONDO

COVID-19 IMPLEMENTATION PLAN

Version: 2.1 Date: 02/07/2021

*****Applicable to classes from Monday 31st May 2021*****

The following plan aims to reduce the risk of COVID-19 infection within our club. Anyone planning to attend our taekwondo sessions – including coaches, students, parents/guardians and family members – should read the following document carefully and adhere to all required control measures. Your cooperation is much appreciated.

PRIOR TO ATTENDING THE CLUB

| Control measure | What this means for you |
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| Recognising symptoms & getting tested | We encourage all attendees (including students, parents and coaches) to stay home and self-isolate if they experience any coronavirus symptoms (check your symptoms here). If you display symptoms, if you have been in contact with symptomatic individuals, or if you have been advised to self-isolate by NHS Test & Trace, please do not attend training. We also recommend regular COVID testing for all attendees to minimise the risk of transmission. |
| Limited class sizes & pre-booking system | Due to social distancing requirements and limited space, we will be limiting class sizes as follows: Junior classes: 8 students Senior classes: 8 students. You will need to pre-book and pre-pay for your class online. A link to the booking system is available on our website . Booking will be on a first come, first served basis. We will not be accepting cash payments. |
| Consistent class groups | To reduce the number of people you mix with, we ask that you try to book yourself onto consistent classes (for example, if eligible to attend both junior & senior classes, please book just one of these and stick with it). The only exceptions to this will be the Red & Black Belt classes, which may be booked in addition to the junior/senior classes. |
| Changes to class times | If there is a class following yours, we may need to end your class early to allow 5-10 minutes for cleaning. Similarly, if your class starts slightly late, it will be because we are completing the necessary cleaning. We will try to keep any disruption minimal. Thank you for your understanding. |
| Suspension of new student applications | Due to limited class sizes, we will be not be able to accept new students into the club until further notice. |
| Validity of licence & membership | Please ensure your licence is valid before you attend training. You will be able to renew and pay for expired licences online (details to be confirmed). |
| Extra measures for high risk attendees & those with underlying health conditions | If you are considered high risk for COVID-19, or a member of your household is at high risk, please contact us with your concerns and let us know how we can support you. If you wish to attend classes but remain distanced from other students (or opt out of pad work and/or sparring), please let us know in |

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| | advance and we will do what we can to accommodate your needs. |
| Limited bathroom use | Bathroom facilities will be available to use, but please try to use the bathroom before turning up to class. Arrive ready to train and avoid using the bathroom to change clothes. |
| Hand sanitiser & handwashing | Hand sanitiser will be available at the club, but please feel free to bring your own (especially if you have sensitive skin). We ask that all attendees use hand sanitiser on entry to the hall and before exiting (as well as any other time you want to). We also ask that attendees comply with handwashing guidelines (wash with soap and water for at least 20 seconds) and that parents encourage their children to wash hands thoroughly, particularly after using bathrooms. If you have sensitive skin, please feel free to bring your own hand wash or soap. |
| First aid kit | The club first aid kit will be available onsite; however, we recommend you bring your own supplies (such as plasters and antiseptic wipes) to deal with minor injuries. |
| Spectators/parents | Unfortunately, we will not be able to allow parents/guardians or spectators into the building . There will be no room in the main hall due to social distancing requirements; and the back room and kitchen areas will be locked and unavailable. You are welcome to wait outside on the church grounds, or in your car. We will ask for your contact details when booking a class, so we are able to contact you if there are any problems. |
| Drinks & water bottles | Please remember to bring a drink with you. The kitchen may be locked, so drinking water may be unavailable on the premises. Water bottles should not be shared (except with members of your household). |
| Masks & face coverings | Face masks are not required while training. Government guidance states: "All forms of face coverings may restrict breathing efficiency and should not be used during exercise except on specific advice from a physician." If you have any concerns about this, please let us know. |
| Transport | We recommend that you avoid using public transport to travel to class, if possible. Please consider walking, cycling, or travelling by car (in household groups only). If public transport is unavoidable, please wear a mask or face covering for the journey, avoid touching surfaces and maintain a safe physical distance from others. |

ENTRY/EXIT AND USE OF THE TRAINING PREMISES

| Control measure | What this means for you |
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| Entry to the dojang (training hall) | Entry to the dojang will be via the metal ramp/steps at the side of the hall. Please DO NOT ENTER the building until invited to do so; this is to allow cleaning to be completed, and to allow any previous class attendees to safely exit the building first. A QR code will be displayed at the entrance, which you can scan on your phone to record your visit with the NHS COVID-19 app . |
| Waiting to enter or dropping off | If you are dropping someone off or waiting to enter the hall, please do not congregate around the entrance. If possible, avoid touching the handrails and surfaces around the entrance. Maintain your distance from other people and consider waiting in your car. |

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| Arriving into the hall | Please keep your distance from others as you enter the dojang. Use the hand sanitiser provided on your way in. Where students are required to be distanced from one another, each student or group will have a designated training area marked out. Please stay in your training area for the duration of the class. Do not enter the area assigned to another student or group. |
| Personal belongings | Please ensure that your personal belongings, such as coats & bags, are kept away from other people and their belongings. Please take all personal belongings with you when you leave. |
| Bathroom facilities | All attendees are advised to use the bathroom before leaving home, if possible. Arrive ready to train and avoid using the bathroom as a changing room. If you need to use the bathroom at the dojang, please ask the instructor's permission first, to ensure that people are not queuing in corridors. Please wash your hands thoroughly with soap and water for at least 20 seconds after using the facilities. |
| Kitchen facilities | The kitchen may be locked and unavailable, so please bring a drink to class with you. |
| Exiting the dojang | Attendees should exit the dojang via the double doors leading onto Springwood Avenue. Please collect your belongings and leave the dojang as quickly as possible so that the hall can be cleaned. Use the hand sanitiser provided before exiting. Keep your distance from others as you leave and when you are outside the building. |
| Waiting to be picked up | If you are waiting outside to be picked up, please make sure you wait at a safe distance from others and do not block the exit. If you are picking up a student, please try not to be late. Instructors will supervise any young children who are waiting to be picked up and will wait with them, keeping them on the grounds until their responsible adult is visible. |

PREMISES / DOJANG SAFETY MEASURES

| Control measure | What this means for you |
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| Distancing | The hall will have separate entry and exit points to avoid congestion at doorways. Where social distancing is required between individuals or groups, designated training areas will be marked out, with 2 metres distance between them. Students/groups should remain in their own area during the class. |
| Handwashing and sanitising | Liquid hand wash will be provided in the bathroom. Hand sanitiser will also be provided for use on entry and exit. |
| First aid | At least one first aid trained coach will be available at every class. A first aid kit will be available onsite, although we recommend you bring your own supplies (such as plasters and antiseptic wipes) to deal with minor injuries. If coaches are required to perform first aid, we have masks and gloves available in the first aid kit. |
| Cleaning | In addition to the cleaning measures implemented by the premises' management, we will be carrying out regular cleaning before and after each class (including floors, mats, door handles and surfaces). Gloves will be worn while cleaning. We will also be reducing the number of potential cross-contamination areas |

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| | by propping doors open and restricting people to individual training areas. |
| Ventilation | The hall will be well ventilated, with doors and windows open for the duration of classes. |
| NHS Test & Trace | The club is required to keep a record of class attendees and their contact details, so that each person may be contacted if there is a case of COVID-19 connected to the club. We will ask for your contact details during the online booking process. |
| Online payment and paperwork | Payment for classes, etc, should be made online; we will not be accepting cash payments. Grading and theory sheets are available to download via our website . Licence and membership forms are also available online. |

TAEKWONDO TRAINING SAFETY MEASURES

| Control measure | What this means for you |
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| No shouting/raised voices | Unusually, we will not be encouraging students to shout or raise voices, as this enhances the risk of airborne infection. Coaches will only raise their voices as much as is necessary to be heard. |
| Designated training areas | Where social distancing is required between individuals or groups, designated training areas will be marked out, with 2 metres distance between them. Students/groups should remain in their own area during the class. |
| Permitted activities for students aged under 18 years (from 31 st May 2021) | All activities, including pad work and sparring, are now permitted for under 18s; although students must be grouped into 'training bubbles' of no more than 15 people (these bubbles will be coordinated by instructors). All under 18s activities should take place with at least 2m distance from adult coaches and adult students (unless from same household). - Pad work: under 18s are permitted to hold pads for one another (in designated training bubbles). Instructors to remain distanced. Pads to be cleaned before and after use. - Sparring: under 18s are permitted to spar with each other (in designated training bubbles). Students are permitted to use their own sparring equipment, and we request that it is cleaned before & after use. We will be unable to offer use of club equipment until further notice. |
| Permitted activities for students aged 18 years & over (from 31 st May 2021) | Up to 6 people from 2 households are now permitted in a training bubble for the purpose of hand-held equipment training (pad work). Activities that can take place safely in each designated training area/bubble include: - warming up & cooling down - fitness drills - patterns & line/drill work (students may need to adjust their movements slightly to stay within their designated areas) - set sparring (students may perform attack & defence parts on their own, without a partner) - simulated, no-contact sparring (2m distance from opponent). - Pad work: adult students are permitted to hold pads for one another (in designated training bubbles of no more than 6 people from 2 households). Instructors to remain distanced. Pads to be cleaned before and after use. |