

# **COVID-19 POLICY**

Updated: 09/04/2021

## **CONTACT TRACING**

- By Training at Kicks Eastbourne, you are in agreement that if we are contacted by NHS in regard to track and trace your details can be given to participate in contact tracing.

## **ARRIVALS & DEPARTURES**

- Current Access into Kicks is by appointment only.
- Do not turn up at Kicks if you are not scheduled onto a class.
- Access to the Dojo will be given no earlier than 5/10 Minutes before the time of your class. Please do not arrive at Kicks earlier than this.
- Please use hand sanitiser as soon as you enter the building, and again as you leave.
- we have one Entry / Exit Point at Kicks. To ensure social distancing - on entry you need to stay to the left, and as you leave you also stay to the left.
- All those aged eleven and over need to wear a mask entering/exiting Kicks. Except when training please wear your mask.
- Please come in clean training gear so that use of the Changing Rooms is avoided.
- Please bring your own Gloves/ Mitts / Protective Equipment.
- Please bring your own water bottle.
- All Training Cards to be currently left at Kicks to reduce contact.
- Please do not bring other belongings with you into Kicks.
- When you have finished your class please leave Kicks as quickly as possible. The next class will need to enter once you have left.

## **STUDENTS & PARENTS**

- Please maintain social distancing at all times. This is two metres wherever possible, at least one metre plus where not.
- Parents you will need to wait outside whilst your child trains. You will need to be both on time to drop them off and on time to collect them.
- Please do not come to the gym if you have been contacted through track or trace as having contact with a confirmed COVID-19 Case.

- Please do not come into the gym if you or anyone in your household is unwell or shows COVID-19 Symptoms. These could be a cough and/or a temperature. It could also be loss of taste or smell. It could be a new rash or chilblain like symptoms on fingers and/or toes.
- Please do not come in the gym if you have travelled from overseas and are required to quarantine.
- “Catch it, Bin it”. Please follow good respiratory hygiene. This means covering your mouth with your bent elbow or tissue when you cough or sneeze.

## **ACTIVITY**

- At this point lessons and one to one sessions are 45 minutes for Juniors and 60 Minutes for Adults.
- Pad Holding (Phase 1 – Adults ) and/or Sparring ( Phase 2 - Juniors ) will be with one person only in a session.
- Pads to be sanitised upon point of change over between partners
- Guidelines encourage pad holders to wear visors or masks to reduce risk through droplet or aerosol transmission. Please respect the choice of your partner in this matter.
- 

## **HYGIENE & CLEANING**

- Enhanced cleaning procedures schedules are in place.
- All high contact touch points will be cleaned and disinfected between sessions.
- Cleaning of Mats and Floor will take place at the end of each day and spot cleaned during sessions if necessary.
- Anti – Bacterial Spray and Paper Towels will be available in each class to wipe down your area. Please Bin these after use
- Windows will be kept open during classes to allow ventilation. When possible, we will also keep the door open.
- Reception will be closed.
- Always wash your hands for at least 20 seconds if you use the toilet.
- We have hand sanitiser at our point of entry / exit, and also in the dojo.
- Please wash your training gear after each session. This includes wraps and your towel. Please wipe your gloves/ mitts with anti - bacterial spray.

- We are keeping 15 Minutes between classes to allow for cleaning, and to minimise queues.
- We have put tape and placement dots on our mats so that all students can keep required distance apart.
- Instructors will remind students to remain distance in classes, and on leaving the Dojo.
- Please do not move around the Dojo unnecessarily, and respect distance with others in their spaces.
- All Instructions will be vocal or visual.

## **OUTSIDE TRAINING**

- This will be an organised activity and as such you are allowed to congregate in a group of larger than six.
- Outside of the session itself please keep to the rule of six or two households.
- We will mark out training squares for students in order to keep social distancing.
- Please bring your own hand sanitiser and wipes.
- Please sanitise your hands before and after training.
- Please sanitise equipment before and after training.
- If you have your own training pads please do bring these.
- When we use pads distancing will be reduced for the duration of the activity. Once this finishes please return to social distancing.
- Guidelines encourage pad holders to wear visors or masks to reduce risk through droplet or aerosol transmission. Please respect the choice of your partner in this matter
- Keep your equipment and water with you close to your training area but placed safely so as not to cause an obstacle or obstruction.
- Be aware of your surroundings when moving, and that the ground will not be smooth and flat like gym mats. Please do check your area.
- If students do need to share transport to get to training, please use government guidelines in order to do this.
- Please wash your clothing after training including your wraps.
- Do not train if you are feeling unwell or have been in contact with someone who has tested positive for COVID-19 in the last 14 days.