

# ENGLISH KARATE FEDERATION

THE WORLD KARATE FEDERATION NGB FOR KARATE IN ENGLAND

## EKF 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 clubs will also be obliged to follow any further regulations that are required by any facility they might use. This guidance should be followed in conjunction with any such requirements. Private dojo owners will be further bound by regulations that will have been laid down by their local authority inspection.

### Preparation/Planning

Each club must 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 should not enter the dojo until invited.
- Mandatory Health check on arrival. A simple health check questionnaire should be completed asking if the participant has experienced any illness since the previous session. Should a member report having any symptoms of COVID 19, then they must not be allowed to train and must report immediately to the NHS for a formal test. Instructors must make a clear note of such an occurrence. Every person is temperature checked on arrival (hand held devices are readily available from various sources online). For those that hire facilities, this check might be conducted by the facility management (instructor must check)
- The dojo must have clear markings where each person should stand. Each mark must 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. Instructor must constantly observe that social distancing is maintained throughout training
- On entry a member must be directed to a designated marked position and wait for the session to begin. This may be particularly challenging for our younger members who must be constantly monitored. A full explanation will help to maintain this.

- 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 should be pre-booked. For larger clubs we advise that bubble/pods are formed which would decrease the potential for contamination between members.
- Payments for sessions should be contactless where possible.
- A record of contact details of all those that attend sessions (including spectators) must be kept to assist the governments track and trace programmes. Clubs are legally obliged to ensure they have this information. Members must be advised of this record, and that they do not have a choice to 'opt-out' of this obligatory requirement.
- The dojo must 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 needs to be used before and after practice. It is the responsibility of both the instructors and the members to ensure that antibacterial gel is readily available.

#### Training/Practice

- Only **NON CONTACT** training is allowed at this time. Though some family groups could practice with contact, this should not happen in 'public' sessions as it will give the wrong impression and must not form any part of the community training programme 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 must be no entry into another person's marked space at any time.
- Appropriate shoes should 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. Members are not allowed to train in sock (or similar) as this present number of risk such as slipping, as well as being unhygienic.
- 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. In this context, Instructors need to be mindful of their own calls/commands, and should seek to increase distance between themselves and the assembled class
- 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 must refrain from guiding, or touching any members limb during practice

#### Post Session

At the end or between sessions

- Members must leave the dojo in an orderly and organised fashion. They must leave as they arrived, and change at home
- All members are advised to immediately shower on returning to home
- All members MUST 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 the overall well-being of members, but these activities must be conducted in line with government guidance.
- There must be no hugging or embracing between members at any point, but especially after a session when members are likely to have been perspiring.
- If between sessions, then all surfaces must be cleaned using an appropriate steriliser.
- If multiple classes are held over the day/evening, the instructor must 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. It is vital there is no over-crowding at any time around entrances and exits.
- As is usual in a traditional dojo, no drinking or eating is allowed in the dojo or entrance areas.
- There must be no shared use of drinking bottles at any time

### Safe Guarding

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

Clubs must ensure they have clear, explicit, written permission from parents/carers allowing their child to return to training. There must be a clear paper trail.

It is recognised that implementing the above measures will place significant pressure on time and space. Class sizes will more than likely reduce in number, and perhaps need to be shorter, which in turn places pressure on finances. However, these measures are mandatory if clubs wish to train in their dojo.