



**SHOTOKAN
KARATE**

COVID-19 PROTOCOLS

Introduction

Coronavirus (COVID-19) has had a huge affect on martial arts dojos since its arrival in early 2020, causing dojos to close and instructors to look at alternative methods of instruction. As lockdown restrictions in the UK are relaxing, Total Shotokan Karate has produced this guidance for restarting face to face classes both outdoors & a return to dojo training.

All students and parents/guardians will be required to read this document and sign to confirm that they understand and will adhere to the protocols laid out below. This guidance has been produced in accordance with the advice set out by the UK Government, Sport England & the British Combat Karate Association and the training undertaken by Total Shotokan Karate Senior Instructors to prepare to return to training. It is also worth noting that this is not a static document and is current as of July 2020. It will continue to evolve over time as guidance changes and updates will be published on the website, via social media and email.

This guidance is intended to mitigate the risks to your health & wellbeing as well as the health & wellbeing of your dojo mates and their families, therefore any individuals who are found to be deliberately breaking any of these protocols may be asked to leave a particular training session or asked not to return.

General

- Individuals should not train if they, or anybody in their household, feel unwell or exhibit any symptoms of Covid-19 (a new, dry cough or fever)
- Should any individuals, anyone in their household group or anyone that they have had contact with, be diagnosed as having Covid-19, they should inform the Club Sensei immediately and avoid training in person for 14 days. Zoom training can continue
- At this stage it may be necessary to temporarily close the dojo for in person training
- Payment for sessions to be done via bank transfer only and not in cash, to speed up the process at the start and end of lessons, to aid social distancing and to limit the potential transfer of Covid-19
- Training records will be kept to assist in any track and trace requirements
- All individuals to sign below that they agree to the protocols outlined in this document
- All individuals to declare that they or someone who is within their household are not deemed as being at “increased risk” or “extremely vulnerable” (definitions are included at the end of this document)
- Please discuss with the Club Sensei if you are unable to declare the above



Transport

- Individuals are encouraged to follow UK government advice over travel to and from the dojo and are encouraged, where possible to travel to the dojo by foot, by bike or to drive to the dojo either alone or within your family group
- If you are unable to travel via one of these methods and have to rely on public transport, please follow current government advice which includes, wearing a face mask, seeking to maintain 2m social distancing and use hand sanitiser regularly

Equipment

- Each Individual will need to purchase or provide their own set of gloves & focus pads which only that individual is permitted to wear.
- There will be no sharing of equipment for future lessons, any club owned equipment (i.e. kick shields) are only to be used by one person for any one lesson.
- Equipment (both personal and club owned) should be cleaned before and after each session with antibacterial spray
- Karate Gi's should be washed after each session normally, to ensure good personal hygiene and out of respect to your fellow club mates. However, this is even more important due to Covid-19, therefore it is recommended that you remove all clothing (Karate Gi or training clothes) once you have arrived home after finishing your session and immediately wash it to reduce the risk of virus transfer.

Outdoor Group Lessons

- Outdoor training is allowed as of 29th March 2021
- Maximum group size of 30 per session (plus one instructor)
- 2m social distancing to be maintained at all times and is the responsibility of both the students and the instructor to maintain
- Partnerwork allowed for Under 18's or those within a family bubble
- Padwork is allowed for all and it is recommended that the pad holder wear a mask
- Individuals are requested to thoroughly wash their hands for a minimum of 20 seconds in accordance with NHS guidelines and/or use antibacterial gel wash (60% alcohol) before and after sessions



Indoor Lessons

- Indoor training will be allowed from 12th April 2021 for Under 18's & 17th May (final date TBC)
- Maximum group size of 15 per session (number may be lower if dictated by social distancing rules)
- Prior to leaving to come to training at the dojo, all individuals must wash their hands for a minimum of 20 seconds in accordance with NHS guidelines
- It is suggested that all individuals present take a forehead temperature check. Individual will not be permitted to enter the dojo with a temperature of more than 37.8 degrees
- Before entering (or re-entering) the dojo, individuals must use the sanitising station to clean hands and bare feet with antibacterial alcohol gel (60% alcohol)
- Where possible individuals should arrive at the dojo, clothed ready to train and should avoid using the changing rooms.
- Lesson times to be altered to ensure that cross over between classes is minimised with a 15 min gap between one session ending and a new session starting. This also allows for cleaning between sessions.
- 2m social distancing to be maintained at all times, marked on the dojo floor with cones/belts/markers and is the responsibility of both the students and the instructor to maintain
- Partnerwork allowed for Under 18's or those within a family bubble
- Padwork is allowed for all and it is recommended that the pad holder wear a mask
- Spectator numbers will be limited and designated chairs/spaces will be provided which will be required to maintain 2m social distancing
- Please minimise the amount of belongings brought to the dojo to ensure that the dojo floor is kept clear of obstructions
- Do not share any food or drink items with people outside of your household
- Zoom lessons and/or outdoor lessons will continue for those individuals and families who do not feel comfortable with indoor training

Indoor Training with Contact

- Indoor training with contact will be allowed when the UK Covid-19 threat reduced to Level 1, or remains at Level 2 and advised by the UK government that this is allowed. This is due to be 21st June (date TBC)
- Before entering (or re-entering) the dojo, individuals must use the sanitising station to clean hands and bare feet with antibacterial alcohol gel
- Where possible individuals should arrive at the dojo, clothed ready to train and should avoid using the changing rooms.
- Students to line up in a socially distanced manner (2m gap where possible) for any basic training
- Individuals will be given the option to maintain socially distanced, non-contact training if requested
- Where possible individuals will have one partner per session and will not swap partners
- Do not share any food or drink items with people outside of your household
- Zoom lessons and/or outdoor lessons will continue for as long as is possible those individuals and families who do not feel comfortable with indoor training



Declaration

I (PRINT NAME) confirm that I have read, understood and agree to follow these polices and procedures as well as UK Government’s advice.

I will follow the rules set out in these documents and any subsequent versions of them, at all times while at any LTK club.

In addition, I confirm that (delete as appropriate):

- I AM / AM NOT a person deemed at increased risk (see list below)
- I AM / AM NOT an extremely vulnerable person (see list below)
- I DO / DO NOT live with a person who is deemed to be at increased risk
- I DO / DO NOT live with a person who is deemed to be an extremely person
- I agree to follow any new policies and procedures implemented by Total Shotokan Karate as published on their website, via social media and email

Student Name.....

Sign (parent/guardian if under 18).....

Date

Print Name



Definitions

Persons at Increased Risk - <https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-forvulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-andvulnerable-adults> on 21.05.2020

Those that are:

- Aged 70 or over (regardless of medical conditions)
- Under 70 with an underlying health condition listed below (i.e. anyone instructed to get a flu jab as an adult each year on medical grounds):
 - Chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
 - Chronic heart disease, such as heart failure
 - Chronic kidney disease
 - Chronic liver disease, such as hepatitis
 - Chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy
 - Diabetes
 - Problems with your spleen – for example, sickle cell disease or have had your spleen removed
 - A weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
 - Being seriously overweight (a body mass index (BMI) of 40 or above)
- Those who are pregnant.

Extremely Vulnerable Pearson's - <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremelyvulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid19> on 21.05.2020

Those who are

- Solid organ transplant recipients.
- People with specific cancers:
 - People with cancer who are undergoing active chemotherapy
 - People with lung cancer who are undergoing radical radiotherapy
 - People with cancer of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment
 - People having immunotherapy or other continuing antibody treatment for cancer
 - People having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors
 - People who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs
- People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe chronic obstructive pulmonary (COPD).
- People with rare diseases and inborn errors of metabolism that significantly increase the risk of infections (such as severe combined immunodeficiency (SCID), homozygous sickle cell).
- People on immunosuppression therapies sufficient to significantly increase risk of infection
- Woman who are pregnant with significant heart disease, congenital or acquired.