

Covid 19 Safety Procedures & Risk Assessment Redkite Thaiboxing 15th July 2020

Actions to be taken by the Head Coach & Coaches to ensure Government Guidelines regarding good hygiene practices & Covid 19 outbreak risk reduction is maintained.

- The mats, ring, bags and surfaces will be cleaned prior to opening using solutions recommended as being effective against viruses.
- A non-contact thermometer will be made available for testing prior to entry to the gym.
- All the soft, shared equipment which is more difficult to disinfect properly such as focus mitts, gloves, pads and shin guards will be removed from the room until there are changes within the guidelines which would allow their return. Skipping ropes will also be removed as a precaution as **it is preferred that individuals will now purchase their own ropes** that must not be shared. All other items not necessary to training will also be removed from surfaces in order to make the cleaning process easier to manage.
- Hand sanitizer will be situated at the door and other areas of the gym for use throughout the sessions.
- All windows in the studio, the ones on the top landing and the studio door will remain open during sessions. The windows will remain open all the time.
- Where students volunteer to help with the cleaning of their own personal training area, disposable gloves will be offered. They will also be gloves provided for the coaches.
- The head coach will ensure that there are enough suitable cleaning products available for use. Coaches will inform the head coach when supplies are running low.
- A detailed grouping system will be researched and initiated using the Government Guidelines to establish smaller safer sessions. People will be allocated a 'training bubble/team' that will remain their training team until sanctions are lifted or until we are advised by the Government that it is safe to do so. If a person hasn't trained at the gym for 2 weeks they can change their bubble. This can only happen in the event that there is space in another bubble.
- Four Training zones will be marked out clearly and numbered 1 – 4 so students may walk directly to their training zone on entering the studio.
- Where two classes run back to back, procedure will be followed to ensure that the accidental grouping of people will be avoided where possible. For example, passing someone on the stair well or on entry/exit of the gym.
- Where two classes run back to back, the matted area, bags and ring ropes and corner pads will be cleaned down using products deemed to be effective against viruses.
- Where two classes run back to back the coach will clean the bannisters between the studio and the outside entry in between one class leaving and the other entering the building.
- At the end of the final session of the day, the mats, ring ropes, corner pads, bags and all horizontal surfaces will be cleaned down. This will not include vertical surfaces such as walls at Stage 1 unless Government guidelines are altered to say this is specifically required as the likelihood of physical contact on the gym walls is unlikely whilst training individually. If there is

physical contact made with a specific wall or vertical area, that area will be cleaned.

- The Head Coach will continue to follow updates from the Government and will review and alter the procedure, should this be required or should any further risks be identified.
- The coach will be the last person to exit the premises. On leaving they will clean the studio door handle and light switches and shoe wrack. They will clean the bannisters down either side of the stairwell and the area of the shutter touched by hands. They will clean the door handle on the exterior door. The toilet and waiting area will be out of bounds. In the instance that the toilet must be used in an absolute emergency, the coach will at the very least, clean the flush handle and the door handle, sink and taps and the door handles on the doors that lead into the waiting area.
- We will encourage people to follow Government Guidelines and we will inform the relevant authorities should two or more of our student base test positive for Covid 19.
- Procedures will be altered in advance and prior to sessions taking place in the large dojo. Procedures will be altered and updated if advised by the Government or further Risks are identified. Procedures will be altered to incorporate joint use of the building before the other Martial Arts groups return to the large dojo.

Procedure for Students & Coaches

Before attending class

- Please **DO NOT attend class if you have any other the symptoms** outlined by the Government as potential coronavirus symptoms, including a temperature of 38 degrees and over, a new and consistent cough or the loss of taste of smell. Even if there is the slightest chance please consider your fellow class members. Also, if you are unwell with other symptoms, please stay at home and rest.
- If possible, before setting off, take a shower (especially if you have been in a work place with other people) or at least wash your hands thoroughly.
- Though there will be antibacterial wipes/sprays and hand sanitizer at the gym, can I ask that everyone keeps their own hand gel and a packet of antibacterial wipes (not baby wipes) in their kit bags at all times from now on.
- As we will not be using any of the club pads, gloves and shin guards until social distancing is no longer a requirement or until we're told its safe to do so, please can I ask that where possible you bring your own. Initially pad work won't be feasible. At the point that it is, you will be allocated a training partner from your group who in most cases will remain your one and only training partner until the pandemic is over. Where there is a spare person, a few people may have 2 but this will be limited as much as possible. Please do not train with anyone else other than those in your group and only close contact work will eventually be allowed with your training partner.

On arrival at the gym

- Parents must wait down stairs with the children and follow the following procedures. Parents will not be allowed to enter the building for the session unless it is an emergency. **(Please make sure you are aware of any changes in the safe guarding procedure before signing your child up to a course.)**
- Wait outside the main entrance. Stay on the **right hand side** of the path (as you face the door) or car park (where ever it is easiest to remain 2 meters apart). Do not come in until the coach comes and tells you to at remain 2 meters away from the rest of your group at all times.

- Your temperature will be taken at the door prior to entering the building with a non-contact thermometer. If you register a temperature of 38 degrees or over you will be asked to go straight home and book a Covid 19 test straight away. You will not be able to return to the gym until you have the results of the Covid test and have tested negative or have self-isolated for 14 days as the result of a positive result.
- You will go up one at a time. **You must go straight into the studio** (the doors will be left open).
- On entering the studio, USE THE HAND GEL PROVIDED or your own.
- Go straight to your numbered training area and place your kit in your training area or on the nearest window sill. (Shoes should be left on the shoe rack as usual).
- **The changing rooms will be out of bounds and the toilet out of use except in absolute emergencies. Unless your session is in the large training hall, you must not enter the waiting area for the changing rooms and large training area at any point. You must go straight to the studio and leave at the end via the same stairwell when instructed by the coach.**

During your class

- You will stay in your allocated zone during your whole training session. These will be rotated session to session so everybody gets equal turns using the bags.
- Your training during 'Stage 1' (please see the charts) will be in a small group but socially distanced initially so will be more fitness based at first. Partner training will commence during 'Stage 2'. **HOWEVER, where there are 2 or more people from one family unit that resides together or where they are already in the same personal bubble, the family may book on as 'one student' sharing a training zone. These students only will be able to participate in pad work with each other, from Stage 1.**
- Use hand gel after any time you touch your face, the bag or the mat during your session.
- At the end of the session, if you choose to assist in wiping down your training area, including the bags, and any equipment you have used, you will be provided with disposable gloves and cleaning equipment. The club gloves, pads, shin guards and focus mitts will not be able to be used in classes until social distancing is no longer required or we are told it is safe to do so. All gloves and wipes must be disposed of carefully in the bin provided.

Leaving the premises

- You will be asked to leave the studio one at a time. After you have put your shoes on you should use the hand gel again before exiting the building.
- Go straight down the stair well and exit the building. Do not enter the waiting area, changing rooms or toilets. If there is an emergency and the toilets must be used, ensure you tell the coach straight away.
- On leaving the building, please exit to the right (looking out) of the main entrance. Ensure you have a clear path to socially distance from others potentially waiting for the next session before leaving the area. **The people waiting will need to ensure those exiting can do so safely.**
- Parents must now wait downstairs in the car park to collect your children and your child will be brought down to you by one of the coaches or supervisors. **(Please make sure you are aware of any changes in the safe guarding procedure before signing your child up to a course.)**
- You must remember to take away your water bottle at the end of the session.

What if you get sick?

In the event that you become ill out of class or during class with the symptoms associated with Covid 19, it is expected that you will inform head coach (Rachel Joyner) immediately. If you are in class you will be asked to return home. Please see current Government guidelines with regards to your personal responsibilities for you and your family including arranging immediate testing. (At this stage the class will continue as normal for the rest of the students and no one else, including the coach need self isolate.) The expectation from Redkite is that students will keep the head coach up to date with advice provided from health and medical professionals in order to minimise the risk of infection to other students and coaches.

Please inform the Head coach (Rachel Joyner) immediately that you get your test results. Whether they are positive OR negative.

What happens if someone in my groups gets sick?

If another member of your training group tests positive for Covid 19, everyone else in that group must stay away from the gym and book a Covid 19 test and follow Government guidelines. **The people in any of the other sessions, run by that same coach must do the same.** You will be informed if this is the case. You may return to class once the health professionals have informed you that it is safe to do so.

(Should anyone have any changes to their general health whether Covid related or not, please inform the coach so that they can assess the risk of the student and implement the first aid policy if required.)

What happens if someone in a different group gets sick?

If a Redkite member from a different group gets sick, if the coach is the same coach that teaches their group and yours you must follow the rules under '**What happens if someone in my groups gets sick?**'. If your coach is different your sessions will continue as normal.

The reason we are focusing initially on smaller groups is to help contain the spread should someone become infected and also to try and make sure that disruption to class is limited. This is also the reason we will progress onto single training partners within smaller groups as and when this allows.

Who's responsibility?

- **It is the responsibility of the coach, students and everyone attending to ensure the procedures before and during class are implemented** as much as is humanly possible. In the event that someone refuses to or is unable to abide by the rules set in place for everyone's safety, that person will be asked to leave and the head coach will be informed.
- We would encourage a student to consider their coach and other group members when outside the gym, following government guidelines to ensure they keep themselves, their class mates and their class mates families safe.
- We all have some added responsibility. In order to continue to utilise the gym safely, it is important we work as a team and seriously consider the knock on effects of not doing. It is also important that you understand what is required of you prior to signing up to a course.

Please note, if you or someone in your household is shielding, it is not currently advised by the Government, that you attend any classes at the moment.

You maybe asked to provide proof of residential addresses if presenting with a training partner from your own personal bubble.

In the event that the guidelines change and I no longer feel we can meet the safety requirements, class will be cancelled again until I feel it is safe to continue.

Payment for a 6 week period will be required in advance. In the instance that your group member tests positive for Covid 19, I regret that we will be unable to issue refunds to anyone within the group who may subsequently miss lessons. We will be unable to provide a refund if your personal circumstances prevent you from attending. In the event that the gym is instructed to or required to close entirely for a further period, we will not be able to issue a refund. However, in this instance, your remaining sessions will be transferred over to a new course once the gym reopens. We obviously hope that none of this part becomes relevant but in order to reopen, we must be able to afford to do so. Demand for lessons is high but we're not in a position to switch and change once we start. I will look at how the process has worked after the first 6 week period and make alterations if necessary moving forward.

Thank you for supporting Redkite.

Signed

A handwritten signature in black ink, appearing to be 'Rachel Joyner', written in a cursive style.

Rachel Joyner
Head Coach

15th July 2020