

SRKA. -



- COVID 19 CLASS PROCEDURE
- COVID 19 BACK TO CLASS GUIDANCE

SRKA fully support and adhere to the guidance of public health England and the uk government. Please be advised that this is a fluid situation and we shall amend our practice to stay within these guidelines.

## Class Procedure.

- all students are required to sterilise their hands upon entry of the venue.
- Students must bring their own drink and will not be allowed access to the kitchens (if applicable)
- Karate suits and or training cloths must be washed between classes.
- Face coverings are not compulsory within the hall itself but should be worn in any communal areas of the venue (as of current government guidelines)
- Temperature checks at entry will be advised where possible.
- No spectators allowed within the training hall.
- Students will be asked to use a one way system for entering and exiting the training hall. Including parents drop off and pickup.
- Instructor to escort the children to a safe collection zone (as described in the individual venues risk assessment)
- A register of attendance will be kept at all classes, with details taken to support the government track and trace system
- Anyone who has reason to suspect Covid 19 symptoms must not attend and follow the Government advice on isolation.

## Back to Class Guidance

- **line work to make up the majority of the training structure.**
- All students must be in line with a minimum of 1m distance between in all directions.
- No directional differences within line work (everyone pointing the same way)
- Personal drinks to be kept with students at the back of the hall. (no wandering around even at rest times)
- Toilet visits are on a one in one out basis. Male and female. (ideally stepping out of the line backwards if possible)
  
- **Kata**
- practice is allowed if the venue size is sufficient to maintain social distancing
  
- **Padwork**
- No communal padwork.
- Designated pad holder to work one to one with a student away from the general class (space allowing)
- Pad holder must wear a mask or visor at all times.
- Pad to be sterilised before and after each user.
  
- No partner work and no contact. No combination work and no sparring
- No protective equipment is needed and should not be worn