



East London School Of Tae Kwon-Do



Covid-19 Safety Implementation Plan

This document details the control and mitigation measures East London School of Tae Kwon Do is implementing to protect its members, instructors and supporters (parents/guardians/carers) from the risks of Covid-19 whilst attending our Tae Kwon Do classes.

Every member (or in the case of children, parent/guardian of a member) planning to attend our Tae Kwon Do classes should review this document thoroughly and adhere to all of the measures.

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Preparation for class, arrival & departure from the venue	
Control & mitigation measures	What this means for you
Any changes to the club's scheduled training days?	No - it is still Monday, Tuesday, Thursday and Friday
Any changes to session times?	Yes - TBC East Ham will have two time slots each 45 mins long with 10 min change over time between. Gladesmore unchanged
Any changes to who can train?	Social distancing means the class sizes will be limited. You will receive an email asking you whether you/your child is going to return to training at the dojang. This will enable us to predict and manage the class sizes and allocate Pod groups of up to 6 . We may be required to introduce a booking system - we will keep you informed if this is the case.
What if my annual licence & insurance has expired?	Annual insurance and license covers you until Jan 31 st 2021
Any extra measures for members with higher risk and/ or with underlying health conditions?	Members with underlying conditions are advised to seek professional advice from their GP as to whether they can train. Underlying health conditions must be disclosed to Mr Houlihan prior to taking part in any training session. Unfortunately, we are not able to provide extra space for greater social distancing for those with underlying health conditions.
What should I wear?	Arrive at the venue in your training kit: dobok top or club T-shirt with dobok trousers and belt.
Can I bring a bag?	Only if you really need to - but ensure it is wiped down thoroughly before coming to training and kept away from everyone else's bags whilst in the venue.



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Should I bring my own hand sanitiser and wipes?	Yes - hand sanitiser should also be available at the venue as you arrive but it is better if you bring your own to minimise risk. Wipes would also be advisable
Should I bring my own first aid kit?	The club will have one at the session but it has been recommended by various governing bodies that participants bring their own small first aid kit with them where possible (containing plasters, tape, scissors, sling, hand sanitiser, antiseptic wipes, disposable gloves and a face mask) - we are not insisting on this.
Do I need to wear masks?	The latest government guidance regarding the wearing of masks should be followed. However, when participating in anaerobic exercise, you should not wear a face mask.
Do I bring my own water bottle?	Members MUST bring their own labelled water bottle and must not share. Water will not be available at the venue.
Do I need to bring my own pads and sparring gear?	No -sparring is not currently permitted.
Can I change at the venue?	No - please arrive at the venue in your dobok so that contact is minimised. Dobok top or club T-shirt with dobok trousers and belt.
Can I use the toilets?	Yes - but all members to be encouraged to use the toilet at home prior to leaving for class. We will limit number of users to one at a time. Members must clean all surfaces with wipes provided and clean hands with sanitiser on return to the training hall. A DBS-checked volunteer should monitor this if under-18s need to use the toilet. However, with the children in the 5 to 7 year-olds class then the parent in attendance must supervise this. Class duration will be shorter and there will not be any toilet breaks during the class. If you do need to use the toilet whilst at the venue, please, as always try to go before you enter the training hall/dojang.
How should I get to the venue now (walk/car/bike/public transport)?	People should only travel in household groups and maintain social distancing with everyone else at all times.
Is there a specific drop-off and pick-up point?	We will advise of any changes to the entrance/exits used once advised by the venue. Please observe all signage and maintain social distance.
Where do I park if I am driving?	In the street.



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What if I am late for the class?	You will not be able to take part in the class if you arrive late. Parents must not 'drop and run' - they must wait until their child is checked in to the class.
What happens when I arrive at the venue?	You will be directed to where you need to go to register and to have your temperature checked. Follow the directions from the instructor and any of the designated volunteers, maintain social distance and take note of directional signage.
What happens when I leave the venue?	You must take all your personal possessions with you. You must not change out of your dobok at the venue. You must maintain social distancing and leave the venue and the car park promptly, especially at the change-over between classes.
Is there a separate exit to the way I came in?	We will inform you whether there is a separate exit once we have discussed this with the venue.
What if I am under-18 and left alone after the class because my pick-up is late?	You will be asked to wait in a safe place with either a DBS-checked instructor/volunteer (at a minimum of 2 metres social distance).
In the training hall/dojang	
Control & mitigation measures	What this means for you
Have instructors, assistant instructors and volunteers been fully briefed in these risk assessments and implementation measures?	All instructors, assistant instructors and volunteers will be made fully aware of these risk control measures and will be expected to apply them at all times. There will be regular briefings and feedback sessions via Zoom and on-going communication.
Are there any control measures within the training hall/dojang?	Yes - you will each have your own allocated space marked on the floor with a non-slip rubber disc. You will be asked to put your labelled water bottle and any personal possessions in your own space unless instructed otherwise.
Will the club have a first aid kit?	Farnham School of Tae Kwon Do will ensure it has an up to date, well-stocked first aid kit available at all sessions regardless of Covid-19. The first aid kit comprises plasters, tape, scissors, sling, hand sanitiser, antiseptic wipes, disposable gloves and face masks.
Do instructors, assistant instructors and volunteers need to wear gloves?	When providing first aid or using cleaning items, gloves will be worn and then disposed of safely.



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What should I do with my shoes and bag?	You will each have your own allocated space marked on the floor with a non-slip rubber disc. You shouldn't need to bring a bag but, in any event, you will be asked to put your shoes, bag and water bottle in your own space.
Is hand sanitiser available for members to use?	Yes – we will provide hand sanitiser and everyone should sanitise their hands as they enter the dojang. However, it is also advisable to bring your own hand sanitiser to minimise the risk and to use as necessary.
Are parents/spectators allowed in the dojang?	Parents/guardians are not permitted to attend
What about increasing ventilation in the dojang?	The doors to the training hall will be wedged open. The fire exit (weather permitting) and the windows will be open.
Is the floor clean? How often will the floor be cleaned?	The floor is cleaned by the Site Manager prior to the first session. East London School of Tae Kwon Do will also ensure that any hard surfaces that you come into contact with will be sanitised afterwards. The floor will be spot-cleaned by Mr Houlihan between sessions (each member will have his/her allocated space on the floor - there will be no hand-to-floor contact). Spot cleaning will happen during sessions droplets may be apparent that could contain the virus.
Is the training equipment clean?	Pads and kick shields will be cleaned before and after use, sparring gear will not be required as there will be no sparring..
What about waste materials that might be contaminated (e.g. tissues, wipes, gloves etc)?	A separate bin should be provided - we will discuss this with the venue and we will ensure safe disposal.
Will <i>Track & Trace</i> apply to the classes?	The club will keep a record of everyone attending each class to enable us and you to follow the Track & Trace protocols if any participant is subsequently confirmed to have the virus.
What if things change before my next class?	We will reissue this plan to all participants each time there is a significant change to the Covid-19 measures and rules that could impact on the safety of everyone.
Covid-safe training: what we can and can't do	
Control & mitigation measures	What this means for you
Do I wear a mask whilst training?	You should NOT wear a mask during anaerobic exercise.



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Warm-up/cool-down	At least 2m between each member front, sides and behind. Stretching and working singularly NOT in pairs/groups. Nothing face-to-face. We will allow for movement and mitigate against the risk of droplets passing between participants. No press-ups, burpees, sit-ups, or any such exercises that may involve the members touching the floor with their hands. <i>Please note: We plan to maintain 2m distance regardless of whether members are in the same household.</i>
Basic techniques	Distancing as above. All techniques appropriate to the space and class size.
Patterns (tuls)	Distancing as above. All patterns as appropriate to the space and class size.
Line work	Distancing as above. All techniques appropriate to the space and class size.
Free-sparring	Not currently permitted.
1-step, 2-step, 3-step & semi-free sparring	Practise as solo drills only, using defensive and attacking techniques. Cannot be practised as a partner drills.
Pad-work	Only within Pods of up to 6 students
Self-defence	Practise as solo drills only, using defensive and attacking techniques. Cannot be practised as a partner drills.
Breaking	Not currently permitted.
Can we still shout and kihap?	Unlike in a normal class, we will not be asking students to shout or kihap. Instructors will raise their voices only sufficiently to be heard. This is in order to reduce the transmission of airborne droplets and the risk of infection.
Club gradings	These may resume for some junior grades under the same measures as above.