

Covid Safe Open Air Classes.

This document sets out our plans for running Covid Safe open air classes during the Covid lockdown

3rd July 2020

- The current government guidelines state that coaches can teach a group of 5 participants plus a coach, making 6 in total, in an open-air environment.
- Looking at the Football Association documentation it also states that multiples of 6 can be taught provided that each group is 2 metres or more apart.
- It goes on to state that it “will be against the law to gather in groups larger than 30 people, except for a limited set of circumstances to be set out in law” For us this means that the total group size in the public open space should be less than 30, including; all parents / grand parents, siblings, students, coaches and support staff.
- In this document, each group of 6 people will be called “a group” or “the group”.

The group must observe social distancing rules;

- No contact between participants unless they are part of the same household
- The coach will stay 2 metres away from each participant throughout the activity, which includes before the activity starts and after it has finished
- Government guidelines state that risk of transfer of corona virus is minimal as long as people socially distance, and do not stay less than 2 metres apart for 10 minutes or more.
- Facemasks only need to be worn by people who are infected or suspect they are infected with corona virus or who are dealing with people who are infected or suspect that they are infected with coronavirus. – SEE Self-certification below. However, should a participant wish to wear a face mask they are welcome to. Coaches will not be required to wear a facemask, but again, should they wish to, they can.
- A minimum of one hand sanitizing station will be available at every training session, to include three or more hand sanitizing products which have at least 70% alcohol.
- All coaches and participants of the training session are required to use the hand sanitizer prior to starting the session and are advised to use them again at the end of the session.
- No focus or kick pads will be used as their use would contravene the 2-metre rule.
- No mats will be provided as transport of these would be virtually impossible. The mats at the Stute in Earl Shilton and at Brockington College in Enderby are owned by the venues so could not be used anyway.
- As we are training on grass, we advise that you DO NOT wear your martial arts uniform, instead wear some appropriate loose fitting clothing for example a t-shirt and tracksuit bottoms or leggings. We advise long trousers which cover the whole leg for protection against grass stains, sun burn and “mat burn” from the grass.
- Shoes, preferable exercise or running trainers SHOULD be worn

Covid Compliant Open Air Classes - Procedure

- Since lockdown we have been teaching online via zoom and talking students through techniques with descriptions and 2-people demos. The open-air classes will follow a similar format, but it will be easier to show and correct in-person.
- Toilets – we have ZERO toilet facilities; please ensure you use the loo before you arrive at the field!

Self-certification; - See NHS guidelines in Appendices

- By attending the training area (to include the field, park or inside training hall, dojo etc) where the training takes place, you are verifying the following;
 - o You are in a good state of health
 - o You are in a good state of fitness – *we always advise participants to check with their doctor if they are at all concerned about their health and/or fitness*
 - o You do not have any symptoms of Coronavirus
 - o You have not been in close proximity with anyone who has any Corona virus symptoms within the last 7 days
 - o If you have had a test since being in close proximity with someone with Corona virus symptoms, including yourself, that that test came back as negative, i.e. you do not have corona virus.

Appendices

Coronavirus Symptoms from the NHS website



The main symptoms of coronavirus (COVID-19) are a high temperature, a new, continuous cough and a loss or change to your sense of smell or taste.

The main symptoms of coronavirus (COVID-19) are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

To protect others, do not go to places like a GP surgery, pharmacy or hospital if you have any of these symptoms. Stay at home (self-isolate) and get a test.

Equipment Required - Coaches

1. Hand sanitiser station, e.g. a pop-up table with 3 or more hand sanitisers which have 70% + alcohol content
2. Box of tissues for “catch it, bin it”
3. A rubbish bag or bin for public use – to be properly disposed of when full or at the end of each day.
4. Cones or tape to cordon off the training areas and assist in maintaining social distancing
5. Paperwork;
 - a. Copies of the BJJA email stating that we have Public Liability Insurance
 - b. Copies of the Dojo Registration for that coach / area
 - c. Copies of this document

Documents referred in this document and used to stay within UK Government Guidelines

1. https://www.gov.uk/guidance/meeting-people-from-outside-your-household?fbclid=IwAR0-cU8zpBQJq2Urc9s5PvAU_85bQeekeRQcb8gDtv6vYevpOYvM3_IPL1M#making-a-support-bubble-with-another-household

Covid Compliant Open Air Classes - Procedure

2. https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do-after-4-july?fbclid=IwAR3gWwm_7fsRRZ_E_uwCdmTJVGuwoLuSiJplqw55dBIS4F-Bx2E89mWp-hs#gatherings-public-spaces-and-activities
3. <http://www.thefa.com/news/2020/jun/01/grassroots-football-covid-19-guidance-update-010620>
4. <https://www.gov.uk/government/publications/staying-safe-outside-your-home/staying-safe-outside-your-home>
5. <https://www.hse.gov.uk/coronavirus/ppe-face-masks/face-coverings-and-face-masks.htm>
6. <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation>
7. <https://www.sportengland.org/how-we-can-help/coronavirus>