

Covid Safe Dojo Classes

This document sets out our plans for running Covid Safe classes in the dojo during the Covid pandemic

Venue: The Stute, 12 Station Road, Earl Shilton, Leics LE9 7GA

1. OUTSIDE THE STUTE

- 1.1 Markers will be placed on the floor or handrails to show the social distancing guidance of 1.5 meters along the ramp
- 1.2 One of the coaching staff, wearing a new disposable mask, will be waiting inside the LOCKED entrance door
- 1.3 At the allotted time, the staff member will unlock and open the door to allow the students access to the Stute foyer
- 1.4 Once the session is due to start the staff member will lock the outside door and come upstairs to assist

2. INSIDE THE STUTE

- 2.1 Students will be registered for the class in the downstairs foyer and directed to use the hand sanitizer in the foyer, they will then be directed upstairs to the dojo
- 2.2 The emergency exit door and all windows will be open to provide as much air flow as possible
- 2.3 A safety stair gate will be placed at the emergency exit door
- 2.4 Once inside the dojo (the gym) they will be directed, via a one-way system, by another staff member to a marked-out space on the dojo floor to stand and await the class start.
- 2.5 They will be requested to keep their water bottle with them in their training space
- 2.6 The warm-up and training practice will be done in-situ within their training space
- 2.7 Should the toilets be required, the student will be directed to use the one-way system to access them and one person at a time.
- 2.8 Once they have finished, they will wait by the dojo entrance to be directed back into the dojo to their allotted space
- 2.9 At the end of the class, the students will be directed out of the dojo via the same one-way system, down the stairs, maintaining social distancing
- 2.10 Once in the foyer, they will be directed to the hand sanitizer again before leaving the building – staff to unlock the door
- 2.11 The coaching staff will begin the cleaning process asap at the end of the lesson – how quickly this can be started will depend on the number of staff in attendance. 1- Downstairs to unlock the door, 1- directing students out of the dojo and down the stairs, 1- to start the cleaning process

3. CLEANING PROCESS

- 3.1 The dojo floor mats will be steam cleaned regularly
- 3.2 The surfaces will be sprayed with a suitable spray, and then in a second lap of the room, wiped, as the spray requires time to work and kill the virus – the same applies to;
 - 3.2.1 Dojo; window sills, radiator tops, any shelves & door handles
 - 3.2.2 The upstairs foyer; kitchen work surfaces, all door handles

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- 3.2.3 The upstairs toilets; door handles, door surface near handles, door locks, sink taps, toilet flushers, toilet seats and lids
- 3.2.4 Internal fire door at top of stairs; Door handle and surface around door handles
- 3.2.5 Stairs; stair rails on both sides
- 3.2.6 Front door; handles and surface around handles inside and out
- 3.2.7 Outside; handrails for ramp and stairs

4. SUSPECTED CORONAVIRUS CASE

4.1 If a student or member of staff is suspected to display coronavirus symptoms we will;

- 4.1.1 A member of staff will put on a new disposable face mask and give one to the patient.
- 4.1.2 They will then lead the patient to one of the empty rooms' downstairs, preferably the front room unless we cannot gain access to that room
- 4.1.3 Ring the parent or if the patient is an adult, ask them if they would like us to contact someone on their behalf
- 4.1.4 Wait with the patient until they are able to leave the building
- 4.1.5 Do our best to see the patient safely on their way
- 4.1.6 Sanitize the area in the downstairs room, plus any other areas where they are believed to have touched
- 4.1.7 The member of staff will use hand sanitizer or wash their own hands thoroughly and dispose of their mask safely before returning to the dojo

5. All of the above information will be communicated to the client base prior to lessons starting, in addition we will ask that;

- 5.1 They arrive in their uniform
- 5.2 They use the toilet before arriving at the dojo
- 5.3 To bring a non-fizzy drink with them
- 5.4 Those with long hair have it tied back so that they have less need to touch their face
- 5.5 They arrive at the allotted time, neither too early or too late, the outside door will be locked during training sessions

Covid Compliant Open Air Classes - Procedure

A phased return to training

- Phase 1 - STRICT adherence to the rules, 12 students per class in dojo (rules say I can have 18 people), socially distant no contact. No parents, limit numbers of people to the bare minimum, 2 coaches. No press-ups, no breakfalls, no groundwork - we wish to limit contact with the ground
- Phase 2 social bubble, student A works exclusively with student B. If B doesn't show up, A works on own, re-introduce breakfalls and throws within the isolated groups
- Phase 3 social grouping, like Phase 2 but Student A, B, C & D
- Phase 4 - pre-covid

The speed with which we can move through these phases will be dependent on the spread of any infection, our comfort and government guidelines.