



COVID-19 RECOVERY PLAN: RETURN TO CLASS PROTOCOLS

GUIDE TO REOPENING YOUR MARTIAL ARTS FACILITY
SAFELY

FOUR STAGE RISK ASSEMENT PLAN

1. 2. 3. 4.





ONE STEP CLOSER..

It may feel like a lifetime away, but before long the government will issue a more detailed plan for a phased return from lockdown and within that plan will be the re-opening of Martial Arts classes. As we all anticipate, this re-opening will come with many stipulations and restrictions so we can all be sure that we are interacting in the safest way for both students, yourself and all your team.

With this in mind, we have developed a detailed outline and Risk Assessment Protocol that you can follow within your venue to ensure that you have considered all aspects necessary. It will also serve as a guide that you can issue to Students and Parents to instil confidence that you are taking all the precautions necessary to ensure the protection and safety of your students.

In developing this document we have made certain assumptions. When government guidance becomes available, please check that the assumptions used fall in line with the official guidance ultimately provided. The assumptions we have worked with are:

1. Social distancing will remain at 2 metres
2. Social distancing stipulations will be applied when people are permitted to go back to group sports activities
3. Groups of individuals deemed the most vulnerable will not be permitted to go back in the initial phases of return.
4. The Instructor/School Owner ensures they are up to date with all ongoing and new government advice and guidelines
5. At the time of issuing this document, availability of example products used in the document was high. These are merely examples to demonstrate the product in question, you can of course source your own.

We hope you find this document useful and it helps you to structure your phased return to the matts.



1 RE-OPENING VENUE

RE-OPENING VENUE

	Title	What	Why	How	When	Who	Full Time Academy	School Hall	Leisure Centre	Date Completed
	Establish Date	Establish the exact date you are able to re-open your venue	Allows you to operate in a legal manner compliant with government guidelines	Monitor government guidelines, advice and phased lockdown return plan	As advised by government	Instructors/School Owners	Enter Date XX/XX/XX	Enter Date XX/XX/XX	Enter Date XX/XX/XX	
	Gain Authorisation	Obtain definitive authorisation from the appropriate person/organisation to enable your venue re-opening	Ensure that your re-opening date coincides with the venue decision making authority and that facilities are made available on your return	Obtain written confirmation from decision maker of your return date	As soon as you are made aware of your projected re-opening date	Instructors/School Owners	None required	From Head Teacher	From Leisure Centre Manager	
	Communicate with Students	Make your students aware as soon as possible of the re-opening date	Help them to plan their own schedule for the re-opening and understand the measures put in place on their return	Email/SMS/SMS+/Facebook/Online classes	As soon as you are made aware of your projected re-opening date	Instructors/School Owners	Provide details of all the provisions and measures you have put in place in the Academy	Provide details of provisions and measures you have put in place as well as any protocols stipulated by the School	Provide details of provisions and measures you have put in place as well as any protocols stipulated by the leisure center	



SOCIAL DISTANCING

SOCIAL DISTANCING PT.1

Title	What	Why	How	When	Who	Full Time Academy	School Hall	Leisure Centre	Date Completed
Interval between classes	15 minute intervals between classes	Enables separation on transition	Classes set at one hour intervals	Every class	Students need to be informed	Social distancing consideration entering and leaving class. Ensure yellow tape markers on the floor and stagger students entering, leaving	Social distancing consideration entering and leaving class. Ensure yellow tape markers on the floor and stagger students entering, leaving - Check School's protocol and what they already have in place	Social distancing consideration entering and leaving class. Ensure yellow tape markers on the floor and stagger students entering, leaving - Check leisure centre's protocol and what they already have in place	
No contact training	No Contact activity permitted e.g. sparring/pad work/grappling	To maintain social distance between students	Class plans based on traditional side of martial art, strength training, flexibility work and shadow fighting. Markers on the matts ensuring 2m distance	Every class	Instructors & Students	Structure timetable to ensure limited numbers of students per class. Use yellow take to set markers on floor space. Ensure Instructor/Coach is mindful of distancing and manages students appropriately	Structure timetable to ensure limited numbers of students per class. Ensure Instructor/Coach is mindful of distancing and manages students appropriately. Check whether School have provided provisions to mark floor. If not, use flat round marker discs: EXAMPLE (https://www.sportsballshop.co.uk/acatalog/Lusum-20-Flat-Round-Marker-Discs.html?gclid=Cj0KCQjw2PP1BRCiARIsAEqv-pT8daa9X0f49-WXvJDLqcYOGSFujzlvRSAYGBkpYbDOrJuTyVW9STEAshFfEALw_wcB)	Structure timetable to ensure limited numbers of students per class. Ensure Instructor/Coach is mindful of distancing and manages students appropriately. Check whether School have provided provisions to mark floor. If not, use flat round marker discs: EXAMPLE (https://www.sportsballshop.co.uk/acatalog/Lusum-20-Flat-Round-Marker-Discs.html?gclid=Cj0KCQjw2PP1BRCiARIsAEqv-pT8daa9X0f49-WXvJDLqcYOGSFujzlvRSAYGBkpYbDOrJuTyVW9STEAshFfEALw_wcB)	
Stationary training	No exercises or warm ups that would bring students into close contact	To maintain social distance between students	Warm ups & exercises based on the students staying in a designated area	Every Class/Prior to the class	Instructors, coaches & students	Structure timetable to ensure limited numbers of students per class. Use yellow take to set markers on floor space. Ensure Instructor/Coach is mindful of distancing and manages students appropriately. Use the matts or yellow tape to mark out 2m square areas	Structure timetable to ensure limited numbers of students per class. Ensure Instructor/Coach is mindful of distancing and manages students appropriately. Check whether School have provided provisions to mark floor. If not, arrive at hall in good time to put down yellow tape marking out 2m square areas at the start of classes and remove at the end	Structure timetable to ensure limited numbers of students per class. Ensure Instructor/Coach is mindful of distancing and manages students appropriately. Check whether leisure centre have provided provisions to mark floor. If not, arrive at hall in good time to put down yellow tape marking out 2m square areas at the start of classes and remove at the end	
Defined personal training areas	Marked training areas to ensure distance is maintained between students at all times	To maintain social distance between students	Either using floor matting or floor tape to mark out areas with a minimum of 2 metres between each person	Every Class/Prior to the class	Instructors, coaches & students	Structure timetable to ensure limited numbers of students per class. Use yellow take to set markers on floor space. Ensure Instructor/Coach is mindful of distancing and manages students appropriately. Use the matts or yellow tape to mark out 2m square areas	Structure timetable to ensure limited numbers of students per class. Ensure Instructor/Coach is mindful of distancing and manages students appropriately. Check whether School have provided provisions to mark floor. If not, arrive at hall in good time to put down yellow tape marking out 2m square areas at the start of classes and remove at the end	Structure timetable to ensure limited numbers of students per class. Ensure Instructor/Coach is mindful of distancing and manages students appropriately. Check whether leisure centre have provided provisions to mark floor. If not, arrive at hall in good time to put down yellow tape marking out 2m square areas at the start of classes and remove at the end	

SOCIAL DISTANCING PT.2

Title	What	Why	How	When	Who	Full Time Academy	School Hall	Leisure Centre	Date Completed
No sharing of equipment	No use of shared equipment	Risk of cross infection	Restrict use of any club equipment. Advise students can bring their own but sharing of their own equipment is not permitted. Classes to be based on traditional martial arts, flexibility and strength work to avoid the need for shared equipment.	Before and during class	Instructor & Students	Move equipment to a closed off area if possible i.e. in storage cupboard. If that is not possible, apply large visible signage warning students not to touch equipment. If possible, cover equipment with a sheet or mark the area off with yellow tape	Instructor to only take their own equipment to venue. If equipment is stored at the school, leave it in storage during classes	Instructor to only take their own equipment to venue. If equipment is stored at the leisure centre, leave it in storage during classes	
Waiting protocol before class	Procedure for entering the gym, arrive immediately before class, wait outside in a pre waiting area at appropriate distance until called in by instructors	To maintain social distance between students	Define a space that can be utilised as a waiting area outside of the matted area. Send clear instructions to students/parents before re-entry date advising exactly where they need to go on arrival. Ensure someone is present on student arrival to manage this waiting area protocol	Before class	Instructors/Venue Managers	Use car park/reception/viewing area/communal space as a designated waiting area and mark appropriately with 2m wide yellow tape markers	Liaise with School to define where you are able to utilize waiting area space. Establish who will be responsible for marking and managing this waiting area	Liaise with leisure centre to define where you are able to utilize waiting area space. Establish who will be responsible for marking and managing this waiting area	
No use of changing/shower facilities	No use of showers or changing facilities. Make students aware of this policy in advance to class return	To avoid students coming in to close contact before & after classes	students come to class prepared to train and leave afterwards to change and shower at home	During opening hours	Students/Parents	Lock doors to showers and changing facilities if possible. Put notice on doors advising of temporary closure of facilities	Liaise with Head Teacher/CareTaker to ensure shower facilities are locked or cordoned off. If they are not, make students aware prior to return of the policy.	Liaise with leisure centre Manager to ensure shower facilities are locked or warded off. If they are not, make students aware prior to return of the policy.	
Controlled use of toilets	Controls on use of toilets or other necessary facilities	To maintain social distance between Instructors/Students/Parents	Set 2m markers on floor outside toilet and operate a "one in one out" policy to be managed by facility users	During opening hours	Students to be informed before they attend class	Exceptions will be required for young children who need to be escorted by their parent/guardian	Exceptions will be required for young children who need to be escorted by their parent/guardian	Exceptions will be required for young children who need to be escorted by their parent/guardian	

SOCIAL DISTANCING PT.3

Title	What	Why	How	When	Who	Full Time Academy	School Hall	Leisure Centre	Date Completed
No spectators at classes	Only class students allowed in gym	To keep group sizes small, to avoid unnecessary social contact	Parents advised on the importance of social distancing, asked not to enter the training facility. Where parents must attend - seats are laid out individually at least 2 metres apart	Before, during and after class	All non students or part of teaching team	Exceptions may be required for very young children or students who feel uncomfortable without the presence of their parent/guardian. Designate an area of the Academy where non students are permitted to wait.	Exceptions may be required for very young children or students who feel uncomfortable without the presence of their parent/guardian. Liase with school to decide on designated area where non students will be permitted to wait.	Exceptions may be required for very young children or students who feel uncomfortable without the presence of their parent/guardian. Liase with leisure centre to decide on designated area where non students will be permitted to wait.	
Limited group size	Set and Limit class sizes based on government guidelines to maintain social distancing. Estimated 50% reduction in class sizes during phased return.	To maintain social distance between students	Amend timetable if possible to allow for more lessons throughout the day/week enabling students to spread out. Request pre-registration of students to enable the management of students numbers by class	Every class	Students/Parents	Implement temporary timetable change to utilise all time and space available. Implement pre-registration system and track attendance based on this. You can do this using the NEST "My Martial Arts" student portal	Explore the possibility of hiring the hall for longer periods of time and on additional days to allow for a temporary timetable change. Implement pre-registration system and track attendance based on this. You can do this using the NEST "My Martial Arts" student portal	Explore the possibility of hiring the hall for longer periods of time and on additional days to allow for a temporary timetable change. Implement pre-registration system and track attendance based on this. You can do this using the NEST "My Martial Arts" student portal	
Limit on age of students (to protect the most vulnerable)	Based on government guidance, introduction of student re-entry based on age i.e. youngest students re-enter first with the oldest and most vulnerable students entering last.	To protect both Instructors, students and most vulnerable individuals	Restrict and manage re-entry of students by age and medical conditions. Identify students by age and invite them to return at the appropriate time based on government guidelines	On release of government advice	Students	Prepare attendance records by age so you are aware of who is due to attend and when based on their age. This can be done on the myMA website (not the app)	Prepare attendance records by age so you are aware of who is due to attend and when based on their age. Maintain dedicated online classes for those not yet ready to return.	Prepare attendance records by age so you are aware of who is due to attend and when based on their age. Maintain dedicated online classes for those not yet ready to return.	
Limits on age of students (to enforce social distancing)	Limitation on ages and levels of students as appropriate for the martial art. Postpone the return of youngest students who may not be able to adhere to the social distancing requirements	Ensure Instructor's ability to enforce social distancing requirements	Instructors may enforce minimum age for kids classes, or may choose not to run beginners' classes	Every class	Students below an age defined by government guidelines and based on Instructor judgement	Maintain Online Classes for those too young to be able to return immediately	Maintain Online Classes for those too young to be able to return immediately. Establish whether School have also set a restriction so you are able to align your policies	Maintain Online Classes for those too young to be able to return immediately. Establish whether School have also set a restriction so you are able to align your policies	

Two young boys with short brown hair and blue eyes are sitting side-by-side in a gymnasium. They are wearing white martial arts uniforms (gi) with grey and black belts. The background is a brightly lit gymnasium with a wooden floor and blurred lights.

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HYGIENE

HYGIENE PT.1

Title	What	Why	How	When	Who	Full Time Academy	School Hall	Leisure Centre	Date Completed
Instructors/Coaches hygiene	Maintain highest standards of personal hygiene as outlined in government guidelines.	Maintain hygiene standards and protect all individuals	Wash hands (and face if possible) before and after every class. Boil wash clothes after every teaching day. See government guidance for full details	Every day, before and after every class	Instructors, Staff, Venue Managers	Make your personal hygiene policy clear and visible in the Academy. Ensure hand wash is continually replenished. Ensure hand drying facilities are always available	Ensure that the School has all the facilities available to uphold your personal hygiene policy	Ensure that the leisure centre has all the facilities available to uphold your personal hygiene policy	
Wash Hands	Every member of the organisation washes their hands on a regular basis particularly before and after class	Maintain hygiene standards and protect all individuals	Schedule into timetable allocated times for Instructors and students to wash their hands before and after class. Make sure facilities and appropriate hand wash are always available	Before and after every class	Instructors/Staff/Students	Make your hand washing policy (forms part of your personal hygiene policy) clear and visible in the Academy. Ensure hand wash is continually replenished. Ensure hand drying facilities are always available (only air dry or disposable paper towels). See NHS guidance: https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/	Make your hand washing policy (forms part of your personal hygiene policy) clear and visible in the school. Ensure that the School has all the facilities available to uphold your hand washing policy. See NHS guidance: https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/	Make your hand washing policy (forms part of your personal hygiene policy) clear and visible in the leisure centre. Ensure that the leisure centre has all the facilities available to uphold your hand washing policy. See NHS guidance: https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/	
Coughing	Catch it, Bin it, Kill it	Protect both Instructor and Students	Instructors, Staff, Students and Parents to be reminded on a regular basis to catch coughs and sneezes in tissues – Follow Catch it, Bin it, Kill it and to avoid touching face, eyes, nose or mouth with unclean hands. Tissues will be made available throughout the venue.	Before, during and after class	Instructors/Staff/Students/Parents	Make sure boxes of tissues are readily to hand before during and after class in various places around the Academy. Keep a stock in the Academy.	Make sure boxes of tissues are readily to hand before during and after class in various places around the hall. Check with Head Teacher whether they are supplied by School and if not, if there is anywhere you can store them at the School. If not, make sure to bring them to the hall for every class.	Make sure boxes of tissues are readily to hand before during and after class in various places around the hall. Check with leisure centre Manager whether they are supplied by them and if not, if there is anywhere you can store them at the leisure centre. If not, make sure to bring them to the venue for every class.	
First Aid	If the need arises for first aid, the following safety protocols. Mask worn, gloves worn, eye protection worn	Protect both Instructor and Students	Equipment available in the event of injury/accident	Every class	Instructors, Staff, Venue Managers	Make sure there is a full stock level of equipment required to uphold this policy. Store in an easy to reach location preferably next to the first aid kit	Establish whether the school have a stock of the equipment needed and whether it will be made available to you. If not, purchase equipment and take it to every class	Establish whether the school have a stock of the equipment needed and whether it will be made available to you. If not, purchase equipment and take it to every class	

HYGIENE PT.2

Title	What	Why	How	When	Who	Full Time Academy	School Hall	Leisure Centre	Date Completed
Wearing of footwear	If trainers are not permitted or are not appropriate, Instructors and students to wear non slip socks: EXAMPLE https://www.amazon.co.uk/Active-Grip-Socks-Pilates-Ballet/dp/B01JFUCI46?ref_=fsclp_pl_dp_1	Maintain hygiene standards and protect all individuals	Advise all students prior to return that they must bring their own non slip socks and wear them before, during and after class. Socks are not to be changed at the venue	Every Class	Instructors/Students	Invest in a number of pairs of these socks in case the students forget to bring their own. These may be chargeable or not depending on your own policy. If socks are distributed in class, make sure student changes footwear outside of the Academy and then returns back into class.	Invest in a number of pairs of these socks in case the students forget to bring their own. These may be chargeable or not depending on your own policy. If socks are distributed in class, make sure student changes footwear outside of the Academy and then returns back into class.	Invest in a number of pairs of these socks in case the students forget to bring their own. These may be chargeable or not depending on your own policy. If socks are distributed in class, make sure student changes footwear outside of the Academy and then returns back into class.	
Sanitation Protocols	Put in place sanitation protocols for between classes as well as daily measures for thorough cleaning	To ensure the cleanest possible training area	Disinfect all surfaces within the venue including registration desk, door handles, bannisters, bathrooms, equipment (when use is permitted) etc on a regular basis. Matted area to be cleaned after every lesson	Before class, between classes, in the evening after classes finish	Instructors, Students, Staff, Management of venues	Delegate who is responsibilities for all aspects of sanitation protocol and provide daily sign off sheet to be completed by all parties responsible. Provide disinfectant wipes which each student can access at the end of every class and wipe down their own area. This will allow for faster interval switchover between classes	Establish who is responsibilities for all aspects of sanitation protocol and provide daily sign off sheet to be completed by all parties responsible. Provide disinfectant wipes which each student can access at the end of every class and wipe down their own area. This will allow for faster interval switchover between classes	Establish who is responsibilities for all aspects of sanitation protocol and provide daily sign off sheet to be completed by all parties responsible. Provide disinfectant wipes which each student can access at the end of every class and wipe down their own area. This will allow for faster interval switchover between classes	
Paperless DD / Controlled eDD	No paper DD Mandates to be completed, only use of eDD. Payer must complete eDD process on their own device	To avoid cross contamination	Set up the eDD on School device but do not allow Payer to complete on School device. They must use their own device to complete the online DD mandate. Santise School device on regular basis	Before, during and after class	Instructors, Payers	Keep disinfectant wipes close to fixed PC or tablet so you are able to wipe down after every use	Keep disinfectant wipes close to tablet so you are able to wipe down after every use	Keep disinfectant wipes close to tablet so you are able to wipe down after every use	
No cash policy	No cash transactions/exchanges permitted during phased re-opening.	To avoid cross contamination	All sales payments to be done by card (preferably contactless), myMA Events, myMA ProShop, School's own online payment portal	Always	Instructors, Students, Payers, Staff, Management of venues	If you use a til system, check that contactless transactions are accepted. Disinfect handset after every transaction	If you use a til system, check that contactless transactions are accepted. Disinfect handset after every transaction	If you use a til system, check that contactless transactions are accepted. Disinfect handset after every transaction	
Wearing of PPE (based on advice)	The wearing of face masks and/or gloves as stipulated by the government phased return plan and medical advice.	To protect all individuals and operate within the confines of government and medical stipulations	Once protocol is established, let students know prior to return. Visible signage of policy and usage instructions to be put up. Provide a supply of masks and gloves but also ask students to bring their own	Before, during and after class	Instructors/Staff/Students /Parents/Venue Management	Make sure you have an adequate stock level of PPE and store it in a highly santised area. Make available at entrance in a way that adheres to social distancing requirements	Make sure you have an adequate stock level of PPE and store it in a highly santised area. Bring PPE to each class if you are not able to store it at the school. Make available at entrance in a way that adheres to social distancing requirements	Make sure you have an adequate stock level of PPE and store it in a highly santised area. Bring PPE to each class if you are not able to store it at the leisure centre. Make available at entrance in a way that adheres to social distancing requirements	

A photograph of two young boys in white martial arts uniforms. The boy on the left is adjusting the grey belt of the boy on the right. They are both looking down at the belt. The background is a blurred indoor space with overhead lights.

**CLASS
RECORDS**

4

CLASS RECORDS

Title	What	Why	How	When	Who	Full Time Academy	School Hall	Leisure Centre	Date Completed
Pre-Booking only	All students must pre-register to attend class, no unregistered arrivals will be permitted	To ensure class size is limited and that students are briefed in advance on protocols	Use of NEST "My Martial Arts" student booking system	Before class	Students	Ensure full implementation and training of chosen booking system to avoid confusion and over booking on return	Ensure full implementation and training of chosen booking system to avoid confusion and over booking on return	Ensure full implementation and training of chosen booking system to avoid confusion and over booking on return	
Keeping of Attendance Records	Track attendance of every class. Monitor who is not attending and offer them option of online training	To report on class/individual attendance should it be required. To retain non attending students	myMA Attend	Before class	Instructors	If myMA Touch Screen functionality is used, ensure screen is sanitised on a regular basis. Check on app prior to lesson if any registered students have recorded medical conditions.	If myMA Touch Screen functionality is used, ensure screen is sanitised on a regular basis. Check on app prior to lesson if any registered students have recorded medical conditions.	If myMA Touch Screen functionality is used, ensure screen is sanitised on a regular basis. Check on app prior to lesson if any registered students have recorded medical conditions.	