

COVID-19 POLICY

Updated: 22/11/20

CONTACT TRACING

- By Training at Kicks, you are in agreement that if we are contacted by NHS in regard to track and trace your details can be given to participate in contact tracing.

ARRIVALS & DEPARTURES

- Current Access into Kicks is by appointment only.
- Do not turn up at Kicks if you are not scheduled onto a class.
- Access to the Dojo will be given no earlier than 5/10 Minutes before the time of your class. Please do not arrive at Kicks earlier than this.
- Please use hand sanitiser as soon as you enter the building, and again as you leave.
- Unless mask exempt, please wear a mask in all areas other than the Dojo Training Area.
- Please come in clean training gear and bring your own Gloves / Mitts.
- The Changing Rooms are unavailable for changing both before and after the session.
- We have one Entry / Exit Point at Kicks. To ensure social distancing - on entry you need to stay to the left, and as you leave you also stay to the left.
- Please bring your own water bottle.
- All Training Cards to be currently left at Kicks to reduce contact.
- Please do not bring other belongings with you into Kicks.
- When you have finished your class please leave Kicks as quickly as possible. The next class will need to enter once you have left.

STUDENTS & PARENTS

- Please maintain social distancing at all times. This is two metres wherever possible, at least one metre plus where not.
- Parents you will need to wait outside whilst your child trains. You will need to be both on time to drop them off and on time to collect them.
- Please do not come to the gym if you have been contacted through track or trace as having contact with a confirmed COVID-19 Case.
- Please do not come into the gym if you or anyone in your household is unwell or shows COVID-19 Symptoms. These could be a cough and/or a temperature. It could also be loss of taste or smell. It could be a new rash or chilblain like symptoms on fingers and/or toes.
- Please if you cough or sneeze do this into a tissue, & then safely bin the tissue.
- At this point lessons and one to one sessions are 30 minutes for Juniors and 45 Minutes for Adults.

HYGIENE & CLEANING

- Enhanced cleaning procedures schedules are in place.
- Our Dojo and all high contact touch points will be cleaned with bacterial spray between classes.
- We will be deep cleaning at the end of each day.
- Anti – Bacterial Spray and Paper Towels will be available in each class to wipe down your area. Please Bin these after use.
- Windows will be kept open during classes to allow ventilation. When possible, we will also keep the door open.
- Reception will be behind a screen.
- Always wash your hands for at least 20 seconds if you use the toilet, and please inform reception if you are going upstairs to do so.
- We have hand sanitiser at our point of entry / exit, and also in the dojo.
- Please wash your training gear after each session. This includes wraps and your towel. Please wipe your gloves/ mitts with anti - bacterial spray.
- Karate Students are requested to wear Karate / Taekwondo Training Shoes or equivalent.
- We are keeping 15 Minutes between classes to allow for cleaning, and to minimise queues.
- We have put tape and placement dots on our mats so that all students can keep required distance apart.
- Instructors will remind students to remain distance in classes, and on leaving the Dojo.
- Please do not move around the Dojo unnecessarily, and respect distance with others in their spaces.
- All Instructions will be vocal or visual.

OUTSIDE TRAINING

- If Training outside, please maintain social distancing of two metres.
- Training Squares are marked out with a three-metre distance.
- In the same way as indoors please keep to your space and not cross into another square.
- Keep your equipment and water with you in your square.
- Be aware of your surroundings when moving, and that the ground will not be smooth and flat like gym mats.
- Please sanitise your hands before and after training.
- If students do need to share transport to get to training, please use government guidelines in order to do this.
- Please wash your clothing after training including your wraps. Please wipe your gloves/mitts with anti-bacterial spray
- There is no contact training available at this stage.
- Do not train if you are feeling unwell or have been in contact with someone who has tested positive for COVID-19 in the last 14 days.