

COVID-19 POLICY

Updated: 18/07/21

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

- All students must be booked in for their class/es through our Scheduling System. Do not turn up at Kicks if you are not scheduled onto a class.
- Please do not arrive at Kicks more than 10/15 minutes before your class.
- Please use hand sanitiser as soon as you enter the building, and we recommend you use it again as you leave.
- We have one Entry / Exit Point at Kicks. Please continue to stay to the left on entry and as you leave remain to the left.
- Reception will be behind a screen.
- All those aged eleven and over need to wear a mask entering/exiting Kicks. Except when training please wear your mask (**from Monday 19th July mask wearing in Kicks will be optional but we would encourage you to wear them in the changing rooms and any crowded areas**).
- Please come in clean training gear so that use of the Changing Rooms is avoided (**from Monday 19th July Changing rooms are back in action but we would like to remind you that the changing rooms are small, and we do not have access to ventilation upstairs in the same way we do downstairs**).
- Please bring your own Gloves/ Mitts / Protective Equipment.
- Please bring your own water bottle.
- Please do not bring other belongings with you into Kicks.
- When you have finished your class, please do take conversations and catch ups outdoors.

STUDENTS & PARENTS

- Parents need to wait outside rather than in Kicks whilst training is going on. Please be both on time to drop your child/children off and on time to collect them.
- 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. For those who are double vaccinated it could be a headache / runny nose / sneezing / sore throat.
- Please do not come in the gym if you have travelled from overseas and are

required to quarantine.

- 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.

ACTIVITY

- We currently have tape on our mats so that students can still keep distance during individual parts of their training.
- Instructors will remind students to still maintain distance in classes when not doing pair work.
- We will continue to ensure distancing during training except for the periods of training when you are using pads or sparring.
- We will continue to keep students working with the same person (or two people) in a training session so that we seek to mitigate the risk of full class closure following a positive test case.

HYGIENE & CLEANING

- Enhanced cleaning procedures schedules remain in place.
- We have hand sanitiser at our point of entry / exit, and also in the dojo.
- Please sanitise your hands prior to training
- Please wash your training gear after each session.
- Please sanitise your equipment after each session.
- Please continue to sanitise Pads/ Bags after use.
- All high contact touch points will be cleaned and disinfected between sessions.
- Cleaning of Mats and Floor will take place at the end of each day and spot cleaned during sessions if necessary.
- Anti – Bacterial Spray and Paper Towels will remain available in each class.
- Good levels of ventilation and air flow will be maintained through training. Airvia Medical Air Purifier to be on during training for additional ventilation.

OUTSIDE TRAINING

- We will continue to mark out training squares for students.
- Please bring your own hand sanitiser and wipes.
- Please sanitise your hands before and after training.
- Please sanitise equipment before and after training.
- If you have your own training pads, please do bring these.
- Keep your equipment and water with you close to your training area but placed safely so as not to cause an obstacle or obstruction.
- Be aware of your surroundings when moving, and that the ground will not be smooth and flat like gym mats. Please do check your area.
- Please wash your clothing after training including your wraps.
- Do not train if you are feeling unwell or have Covid symptoms or have been contacted and told to isolate.