

# Helping Clubs Return to Kickboxing



## Covid-19 Safety plan for Martial Arts Centres – Return to Play of Kickboxing

Effective from: 17<sup>th</sup> May 2021

Club Details:	
Club Name:	
Club Address:	
Insurance Provider:	
Local MBC (Members Borough Council)	
Safety Plan Completed By:	World Kickboxing Organisation
In Alignment With:	<b>Guidance:</b> <b>Coronavirus (COVID-19): grassroots sports guidance for safe provision including team sport, contact combat sport and organised sport events</b> <b>Sport England &amp; England Kickboxing</b>

### Phased Introduction of Kickboxing

The governments contact combat sport framework sets out a phased return utilising population control as the key mitigating factor to reduce the risk of transmission. DCMS will determine, in conjunction with public health officials and Sport England, when kickboxing can move between phases. Each phase is dependent on successful completion and evaluation of the previous phase not having led to an increase in cases within the participant groups. Kickboxing clubs should only allow activities within the relevant phase to take place.

The governments contact combat sport framework enables kickboxing to take place with appropriate mitigations, whilst maintaining appropriate compliance with social distancing and legal gathering limits. The local restriction tiers which apply to areas across England will determine which restrictions apply and how you can safely participate.

It is recognised that in the course of contact training it will be necessary to compromise the 2m social distancing. The increased risk of close contact will be mitigated by screening and sanitisation protocols and by keeping close contact to a minimum during training e.g. warm ups and stretching would still be 2m socially distanced.

It is important to note that compliance with legal gathering limits and social distancing must be maintained at all times when not in training or competition. The maximum occupancy for each gym should be limited by providing 100sqft per person. For the purposes of calculation, the net useable gym space available to members to use is the training floor, spectator areas, changing rooms, toilets and wash facilities.

## **Phased introduction of contact combat sport**

This framework sets out a phased return to contact combat sport utilising population control as the key mitigating factor to reduce the risk of transmission. In all phases the key principles outlined in this guidance must be followed. Contact combat sports should only allow activities within the relevant phase to take place.

Approved contact combat sports can resume the following activity at these stages of the roadmap:

- **Step 1A (8 March):** organised contact combat sport activities can resume at phase 2 of the framework, where it is sport for educational purposes or as part of wrap-around care for eligible children.
- **Step 1B (29 March):** organised contact combat sport activities can resume outdoors at phase 2 for children, and at phase 1 for adults.
- **Step 2 (12 April):**

### **Outdoors:**

Organised contact combat sport activities can resume at:  
Phase 2 for Children  
Phase 1 for Adults

### **Indoors:**

Organised contact combat sport activities can resume at:  
Phase 2 for children.  
Adults can resume indoors at phase 1  
But any activity that does not meet social distancing guidance (such as contact or pad work) can only take place between people from the same household or support bubble.

National governing bodies are responsible for ensuring the phases are moved through gradually to ensure a duty of care for participants during their return to play. This should be reflected in the approved guidance document.

Taken direct from: <https://www.gov.uk/guidance/coronavirus-covid-19-grassroots-sports-guidance-for-safe-provision-including-team-sport-contact-combat-sport-and-organised-sport-events>

## **Phase 0: non-contact socially distanced activity**

At Phase 0, kickboxing may resume non-contact training. This means that they should only train individually and there should be no activity with others, including with equipment (such as pad

work). Clubs, providers and participants must adhere to legal gathering limits, social distancing guidelines and venue requirements, as set out in government guidelines.

The following Low Risk Activities can be performed during phase 0:

- Exercise & Gym Workouts
- Linework
- Bagwork
- Forms

## **Phase 1: return to equipment training**

At Phase 1, kickboxing can resume training with equipment e.g. pad work. They can train with others and do not have to maintain 2m social distance. This is solely for the use of training with handheld and wearable equipment (such as pad work), and during this phase there should be no direct personal contact or contact with clothing.

During training individuals may only be part of a single training bubble at an individual club/gym. Coaches that hold pads for their students become part of the bubble and will not be able to work with any other bubbles.

Coaches or officials who operate socially distanced from bubbles and are not holding/wearing equipment can operate across bubbles or multiple gyms. However, even when socially distanced, coaches or officials may wish to limit the number of bubbles or facilities they work with to limit exposure.

All coaches should make it clear to facility operators if they work across multiple venues. Whenever possible, socially distanced training should be maintained for all participants e.g. during warm ups, when performing non-contact training such as bag work or line work.

The following **Medium Risk** and **High Risk** Activities can be performed during phase 1:

- Pad Work (PPE) – indoors
- Partnered Training Drills
- Pad Work (No PPE) – outdoors

## **Phase 2: return to contact training**

At Phase 2, kickboxing may resume contact training which includes direct physical contact between participants. They can train with others and do not have to maintain 2m social distance during the activity.

During training individuals may only be part of a single training bubble at an individual club/gym. Coaches that do contact with their students become part of the bubble and will not be able to work with any other bubbles.

Coaches or officials who operate socially distanced from bubbles and not doing contact can operate across bubbles or multiple gyms. However, even when socially distanced, coaches or officials may wish to limit the number of bubbles or facilities they work with to limit exposure. All coaches should make it clear to facility operators if they work across multiple venues.

Whenever possible, socially distanced training should be maintained for all participants e.g. during warm ups, when performing non-contact training such as bag work or line work.

The following **High Risk** and **Extreme Risk** Activities can be performed during phase 2:

- Pad Work (No PPE) – indoors
- Sparring
- Clinch Work
- Grappling

### **Return to Play – Kickboxing Phase 3: return to competition**

At Phase 3, kickboxing may resume competition between participants. The provision of competition, including the number of participants permitted to take part, should be determined in accordance with government restrictions, adhering to legal gathering limits, and dependent on venue capacity.

The expectation is that grassroots competition will not start before Step 4 of the government roadmap. Currently no earlier than June 21st. At this point limits on social contact are expected to be lifted with indoor events operating at 1000 people or 50% of venue capacity.

Assessment of Risks Within the Sport Within the sport of kickboxing, there are high levels of contact for all athletes and coaching staff. These risks can be reduced during training by utilising the specific guidance laid out in the sections on COVID Secure Guidance and Protocols.

The return to competitive kickboxing will be managed in phases to reduce the risk of COVID19 spreading further than is necessary. The approach will be to start with strict social distancing protocols and low risk non-contact activities. After a review period to ensure all COVID19 secure protocols are working smoothly clubs will introduce activities that are appropriate to the phase the sport is allowed to operate at.

Kickboxing training can be broken into categories of COVID19 risk levels (for the purposes of this guidance all activities are assumed to be performed indoors with good levels of ventilation and COVID19 secure hygiene protocols in effect):

#### **Risk Level Identification Table:**

<b>LOW RISK</b>	These are non-contact activities where the sport can be practiced in a socially distanced space of 2m.
<b>MEDIUM RISK</b>	These are activities where partnered athletes come within 2m of each other but no contact with each other is made
<b>HIGH RISK</b>	These are activities where partnered athletes are typically at 1m distance and come into fleeting face to face contact with each other
<b>EXTREME RISK</b>	These are activities where there can be prolonged close contact of less than 1m between two athletes

## Low Risk Activities (LRA)

LRA's are non-contact activities where the sport can be practiced in a socially distanced space of 2m. Equipment such as the heavy bag and strength and conditioning tools may be used but must not be shared or sanitized between each individual use so as to reduce the risks of fomite transmission. These activities are allowed when the sport is at phase 0:

- **Exercise & Gym Work Outs – Phase 0**  
Standalone exercises are gym-based exercises where the focus is on technique, movement, strength and physical conditioning.
- **Line Work – Phase 0**  
The practice of movement, punching and kicking in the air. This exercise is done in equally spaced rows and involves no contact
- **Bag Work – Phase 0**  
Practice of movement, punching and kicking techniques on a hanging or standalone bag
- **Practice of Musical Forms – Phase 0** Set martial arts movements put together to music (can be done empty handed or with a weapon)

## Medium Risk Activities (MRA)

MRA's are activities where the sport requires the athlete to come within 2m, typically operating at 1m with contact only on gloves and focus pads. These activities are allowed when the sport is in phase 1:

- **Pad Work (PPE MANDATORY) – Phase 1**  
This is coach led pad work that allows the athlete to practice punching and kicking whilst maintaining a good fighting distance. Important for improving movement and accuracy this activity will typically be performed at 1m or more. The pad holder will be required to wear PPE in the form of a mask and a face shield to help reduce the risk of droplet transmission when face to face, to increase distance we recommend the use of 1m long tubular pads (pipe insulation a good alternative).
- **Partnered Training Drills – Phase 1**  
Unique to point fighting, this activity typically involves partnered athletes in sparring equipment using each other's gloves as target areas. The drill is essential for recreating realistic distance, timing and movement patterns whilst allowing the athletes to land strikes without injuring their training partners. Contact is fleeting and typically on a partner's protective equipment. Fighters are typically spaced at 1m or more.

## High Risk Activities (HRA)

HRA's are activities where the sport requires the athlete to typically operate at 1m or less with higher levels of face to face contact and fleeting body to body contact. Examples of exercise are as follows:

- **Free Sparring – Phase 2**  
This is the practice of competitive fighting. Contact will typically be fleeting with both athletes moving in and out of distance as they attempt to land punches and kicks without

being hit in turn. This involves face to face contact and higher levels of respiration due to the stressful nature of the activity. Free sparring is the precursor to competitive matches, without sparring it would not be safe to restart competition

- **Pad Work (No PPE) – Phase 2**

Athlete to athlete practice where pads are being shared as each person takes it in turn to punch and kick pad whilst maintaining a good fighting distance. Important for improving movement and accuracy this activity will typically be performed at 1m and needed for teaching larger groups as athletes will be able to hold focus pads for each other. Because athletes are working out, PPE is not suitable. To increase distance we recommend the use of 1m long tubular pads (pipe insulation a good alternative).

## **Extreme Risk Activities (ERA)**

ERA's are activities where two athletes may be in close contact for an extended period i.e. anything over 2 seconds. Examples of exercise are as follows:

- **Clinch Work – Phase 2**

This involves the tying up of an opponent in order to control their movement and prevent them from striking whilst positioning for an advantageous position. Clinch work is more prevalent in Ring Sports, particularly K1 where it is legal to clinch momentarily in order to land a knee strike.

- **Grappling – Phase 2**

Close contact work that requires body to body contact for a prolonged period. This type of activity will be common in self-defence and MMA classes.

## **Risk Mitigation**

As the sport progresses from outdoors to indoors training and through each phase of its return, the risks due to fomite, droplet or aerosol transmission will increase. This increased risk will be mitigated by the following hygiene and social distancing protocols that will be maintained at all times and throughout all phases.

- Athletes must go through screening and sanitise their hands prior to training.
- Only equipment specifically needed for the exercise will be allowed into the training area, personal belongings must be kept in a quarantine area.
- Social Distancing of 2m will resume upon leaving the field of play i.e. tatami or ring.
- During training social distancing will be observed whenever possible e.g. during warm ups, line work, bag work, strength & conditioning.
- Shared equipment such as focus pads and weapons must be sanitized between use.
- Athletes must sanitise their protective equipment before and after each training session. Sharing of personal protective equipment is not allowed.
- Test and trace measures must be followed, use of the QR code and NHS COVID19 App will be encouraged. A track & trace register of attendance must be kept for 21 days.
- Good levels of ventilation must be maintained, this may require doors and windows to remain open. During the winter months allowances in uniform will have to be made so as to ensure athletes can stay warm.

- All athletes must sanitise their hands and equipment upon leaving the field of play.
- Limits on class size are determined by the capacity constraint of the sports facilities and the need to ensure 2m social distancing is observed on the mats whenever possible so as to keep “allowed contact” to a minimum.
- Social interaction before and after training must be in line with government restrictions on legal gatherings. <https://www.gov.uk/coronavirus>

## Grassroots Sports Guidance – Step 1B (29th March 2021)

From the 29th March outdoor sport for adults and children is permitted in larger numbers, provided it is formally organised (for example, by a national governing body or a qualified instructor).

Outdoor organised sessions can take place in any number, but people must maintain the rules on social contact before and after the training session.

All participants should adhere to social distancing when not actively participating e.g. during breaks. Coaches must take steps to ensure the level of contact is reduced as much as possible. E.g. social distancing should be maintained during warm up and solo training.

Under 18’s can resume at phase 2 of the contact combat sports framework.



This means the following activities are allowed **Outdoors**:

Allowed for Junior in an "Outdoor" setting from 29 <sup>th</sup> March 2021			
• Exercise & Gym Workouts	• Linework	• Bag work	• Pad Work (PPE)
• Partnered Training Drills	• Pad Work (No PPE)	• Sparring	• Clinch Work/Grappling

Adults can return at phase 1 which allows for the use of equipment. This means the following activities can take place **OUTDOORS**:

Allowed for Adults in an "Outdoor" setting from 29 <sup>th</sup> March 2021		
• Exercise & Gym Workouts	• Linework	• Bag work
• Partnered Training Drills	• Pad Work (No PPE)	• Pad Work (PPE)

Note that spectators are not allowed in any sport facility, exceptions can be made for carers of disabled and where adult are needed to supervise under 18's in a safeguarding role.

Restrictions on social gatherings must be maintained at all times.

### Grassroots Sports Guidance – Step 2 (12th April 2021)

STEP 2

At least five weeks after Step 1, no earlier than 12 April.

 <p style="font-size: x-small;">Indoor leisure (including gyms) open for use individually or within household groups.</p>	 <p style="font-size: x-small;">Rule of 6 or two households outdoors. No household mixing indoors.</p>	 <p style="font-size: x-small;">Outdoor attractions, such as zoos, theme parks and drive-in cinemas.</p>
 <p style="font-size: x-small;">Libraries and community centres.</p>	 <p style="font-size: x-small;">Personal care premises.</p>	 <p style="font-size: x-small;">All retail.</p>
 <p style="font-size: x-small;">All children's activities, indoor parent &amp; child groups (up to 15 parents).</p>	 <p style="font-size: x-small;">Domestic overnight stays (household only).</p>	 <p style="font-size: x-small;">Self-contained accommodation (household only).</p>
 <p style="font-size: x-small;">Funerals (30), wakes, weddings, receptions (15).</p>	 <p style="font-size: x-small;">Minimise travel. No international holidays.</p>	 <p style="font-size: x-small;">Event pilots begin.</p>



**Outdoors**, organised contact combat sport activities can resume at **Phase 2** for children, and **Phase 1** for adults. Organised sessions can take place in any number, but people must maintain the rules on social contact before and after the training session.

**Indoors**, organised contact combat sport activities can resume at **Phase 2** for children. Adults can resume indoors at **Phase 1**, note that adult may only train indoors as individuals or 1-1 PT type training. Organised adult group sessions are **NOT** allowed as yet.

Allowed for Juniors in an "Indoor" setting from 12 <sup>th</sup> April 2021 (Phase 2)			
• Exercise & Gym Workouts	• Linework	• Bag work	• Pad Work (PPE)
• Partnered Training Drills	• Pad Work (No PPE)	• Sparring	• Clinch Work/Grappling

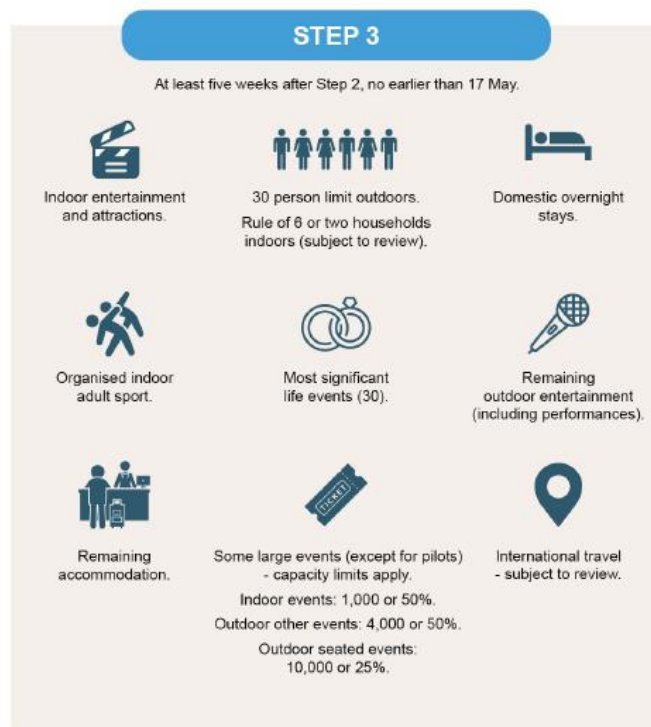
Allowed for Adults in an "Indoor" setting from 12 <sup>th</sup> April 2021 (Phase 1)		
• Exercise & Gym Workouts	• Linework	• Bag work
• Coached Training Drills	• Pad Work (No PPE) If from same household or bubble	• Pad Work (PPE) 1-1 Coached/Personal Training

All participants should adhere to social distancing when not actively participating e.g. during breaks. Coaches must take steps to ensure the level of contact is reduced as much as possible. E.g. social distancing should be maintained during warm up and solo training. The number of participants set out in legal gathering limits does not include coaches, officials and others attending for work purposes.

This allows for 1-1 coaching indoors with adults. It is recommended that PPE Pad Work is used in this context. To increase distance we recommend the use of 1m long tubular pads (pipe insulation a good alternative).

Note that spectators are not allowed in any sport facility, exceptions can be made for carers of disabled and where adult are needed to supervise under 18's in a safeguarding role. Restrictions on social gatherings must be maintained at all times.

## Grassroots Sports Guidance – Step 3 (17th May 2021)



At least five weeks after step two, no earlier than 17 May

- Indoor entertainment and attractions
- Outdoors groups of 30 maximum can meet. Rule of six indoors or two households (subject to review)
- Domestic overnight stays
- Organised indoor adult sport
- Most significant life events can take place (maximum 30 people)
- Remaining outdoor entertainment (including performances)
- Remaining accommodation
- Some large events (except of pilots) – capacity limits will apply. Indoor events – maximum 1,000 or 50 per cent capacity. Outdoor other events – 4,000 or 50 per cent. Outdoor seated events – 10,000 Or 25 per cent
- International travel – subject to review

**Indoors**, organised contact combat sport activities can continue at **Phase 2** for children.

Adults can resume indoors at **Phase 1**, now including both group class settings & 1-1 PT type training. Organised adult group sessions are now allowed under organised sport, but at Phase 1.

Sparring for Adults unless Elite Amateur or Professional is **NOT** allowed until Phase 2 for Adults.

Allowed for Juniors in an “Indoor” setting from 17 <sup>th</sup> May 2021 (Phase 2)			
• Exercise & Gym Workouts	• Line work	• Bag work	• Pad Work (PPE)
• Partnered Training Drills	• Pad Work (No PPE)	• Sparring	• Clinch Work/Grappling

Allowed for Adults in an “Indoor” setting from 17 <sup>th</sup> May 2021 (Phase 1)		
• Exercise & Gym Workouts	• Line work	• Bag work
• Coached Training Drills	• Pad Work (PPE) Under Rule of 6 1-1 Coached/Personal Training	• Sparring Elite & Professional

These social contact limits for permitted organised gatherings will be:

Indoors - rule of 6 or 2 households

Outdoors - 30 people

**Organised sport - exempt from social contact limits**

Organisers should also mitigate risk to public health by controlling attendance, limiting numbers to take account of the space and ventilation of a venue and implementing effective infection prevention and control measures.

All participants should adhere to social distancing when not actively participating e.g. during breaks. Coaches must take steps to ensure the level of contact is reduced as much as possible. E.g. social distancing should be maintained during warm ups and solo training.

The number of participants set out in legal gathering limits does not include coaches, officials and others attending for work purposes.

This allows for 1-1 coaching indoors with adults. It is recommended that PPE Pad Work is used in this context. To increase distance we recommend the use of 1m long tubular pads (pipe insulation a good alternative).

Note that spectators are not allowed in any sport facility, exceptions can be made for carers of disabled and where adult are needed to supervise under 18's in a safeguarding role.

Restrictions on social gatherings must be maintained at all times.

## Grassroots Sports Guidance – Step 4 (21<sup>st</sup> June 2021) **TO BE CONFIRMED**

### STEP 4

At least five weeks after Step 3, no earlier than 21 June.  
By Step 4, the Government hopes to be able to introduce the following  
(subject to review):

 No legal limits on social contact.	 Nightclubs.
 Larger events.	 No legal limit on all life events.

At least five weeks after step three, no earlier than 21 June.

By step four, the Government hopes to be able to introduce the following (subject to review):

- No legal limits on social contact
- Nightclubs
- Larger events
- No legal limit on all life events.

**Indoors**, organised contact combat sport activities can be at **Phase 3** for children.

Adults can resume indoors at **Phase 3**, now including both group class settings & 1-1 PT type training.

Organised adult group sessions are now allowed under organised sport, Sparring for Adults for all levels is now allowed.

Allowed for Juniors in an “Indoor” setting from 21<sup>st</sup> June 2021

(Phase 3)			
• Exercise & Gym Workouts	• Line work	• Bag work	• Pad Work (PPE)
• Partnered Training Drills	• Pad Work (No PPE)	• Sparring • Clinch Work/Grappling	Competitions

Allowed for Adults in an “Indoor” setting from 21 <sup>st</sup> June 2021 (Phase 3 TBC)		
• Exercise & Gym Workouts	• Line work	• Bag work
• Coached Training Drills	• Pad Work (No PPE) 1-1 Coached/Personal Training	• Sparring • Competitions

### COVID Secure Guidance & Protocols

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

The most recently discovered coronavirus disease COVID19 is now a pandemic affecting many countries globally. Governments and health authorities around the world have instigated social distancing requirements, restrictions on public gatherings, quarantine measures and limited travel to and from other countries to slow the spread of the disease and to enable health care systems to cope with the potential increased demands associated with managing the disease. The kickboxing community has a responsibility to support these efforts. Coaches and clubs in particular must adhere to the principles of safeguarding people’s health at all times and take into account and adhere to the latest regulations set out by the UK governments regarding social distancing and hygiene.

### Screening

All Clubs should have a process in place to confirm and record that participants and parents have undertaken a COVID19 self-assessment. Ideally this should be completed prior to arrival at the venue to prevent participants with symptoms coming into contact with other participants. There are a number of different options in the way in which clubs could collate this information:

- Paper based: Each participant is asked to print off, complete and bring with them a hard copy of the self-screen checklist prior to training or competition.
- Online form: Clubs set up a form online using a platform such as survey monkey or google forms to collate responses. Self-declarations could also be incorporated into online booking systems when athletes register for classes or competitions.

Whichever system is implemented clubs and competition promoters must take the necessary precautions to ensure this data is stored securely.

The following check list/questions should be included in any paper-based/online forms:

Each participant should self-screen prior to leaving home for training/matches to ensure they do not have any of the following symptoms (confirmed by a parent for those under 18 years old).		
Potential indicators of COVID-19 infection:	Check Negative	Check Positive
A high temperature		
A new continuous cough		
Loss of or change in normal sense of taste or smell		
Been in close contact with /travel from a high risk region / living with a suspected or confirmed case of COVID-19 in the previous 2 weeks.		

**Data Protection** - In general, individuals do not need to consent to the club collecting data for the test and trace process, and clubs should not need to seek consent. This information is collected under the “Legitimate Interests” requirement for processing. Further guidance can be found on the Information Commissioner’s Office website. Clubs must be clear to individuals as to why it is collecting that data and delete this data after 21 days.

### Staying Safe

To stay safe and protect others we must minimise the opportunity for Coronavirus (COVID-19) to spread from one person to another. The following practises should be encouraged before, during and after every training session.

- Wash your hands – regularly and thoroughly clean your hands with soap (for a minimum of 20 seconds) or an alcohol-based (minimum 60% alcohol or 70% isopropanol) hand rub. Washing your hands with soap and water or using alcohol based hand rub kills viruses that may be on your hands.
- Maintain social distancing rules - maintain at least 2 metre distance. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus, if the person coughing has the disease.
- Avoid touching hands to the face, mouth or nose - hands touch many surfaces, and surface to hand transfer can spread the virus. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- Catch it, bin it, kill it - Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze.

- Should a teammate or opponent in a recent training session or competitive bout develop COVID-19 symptoms and subsequently test positive, all of those who have participated in the session will require isolation for 10 days. You should only get tested if you then present with symptoms because should you test without symptoms and it is negative, there is still a possibility of becoming symptomatic as the virus is known to be dormant for up to 10 days after contact.

### Signs & Symptoms

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result. The main symptoms of coronavirus 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

Most people with coronavirus have at least 1 of these symptoms.

If you have any of the main symptoms, get a test to check if you have coronavirus as soon as possible. Stay at home and do not have visitors until you get your test result – only leave your home to have a test. Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-tocheck-if-you-have-coronavirus/>

### Test & Trace

The NHS Test and Trace service (Test and Protect in Scotland) aims to prevent the spread of coronavirus in the community by:

- identifying cases of coronavirus through testing
- tracing the people who may have become infected by spending time in close contact with them
- supporting those close contacts to self-isolate, so that if they have the disease, they are less likely transmit it to others

### What to do if you notice symptoms?

You and everyone in your household must self-isolate if you or anyone you live with has any of the coronavirus symptoms – High Temperature, New Continuous Cough, Loss of Smell or Taste. If you've got symptoms, even mild ones, get a test immediately to find out if you have coronavirus:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-tocheck-if-you-have-coronavirus/>

If you have problems using the online service, call:

- 119 if you're in England, Wales or Northern Ireland
- 0300 303 2713 if you're in Scotland

Lines are open 7am to 11pm. It's vital that everyone with symptoms of coronavirus, regardless of their age, gets a free test. Do not leave home if you or anyone in your household has symptoms, unless it is to get tested.

### **Safeguarding**

The lockdown period will have affected children in many different ways. While most will have had a positive time with family, others may have had negative experiences and could be at increased risk.

There are a few simple steps clubs can take to support children at this time:

1. All safeguarding concerns should be reported to the club welfare officer in the first instance. If that is not appropriate, then they should be escalated to the National Governing Body for the club.
2. Remind all staff and volunteers how to respond if a child or adult at risk talks about a concern.
3. Continue to share contact details of key support services through your social media and other channels:
  - Childline - Tel: 0844 892 0220 (9am-Midnight) - Web: [www.childline.org.uk](http://www.childline.org.uk)
  - NSPCC - Tel: 0808 800 5000 (9-6 Mon-Fri) - Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk) Web: <https://learning.nspcc.org.uk/>
  - Child Exploitation and Online Protection Command - Web: <https://www.ceop.police.uk/safety-centre/>

For more information please visit: <https://www.nspcc.org.uk/keeping-childrensafe/reporting-abuse/coronavirus-abuse-neglect-vulnerable-children/>

## **Covid Secure Club Operations**

### **Risk Assessments**

Before training starts back each club should take a consultative approach to developing its risk assessment. Once drafted, the risk assessment should be discussed and shared with everyone at the club (employees and members).

All issues must be resolved and an operational plan to mitigate any risks or concerns must then be documented – BEFORE training starts back. A COVID19 Specific Risk Assessment is available in Appendix 1. All club health & safety officers must maintain awareness of the evolving COVID-19 environment and align current practices with informed decisions for member safety.

The plan should be reviewed and updated regularly. Please note that it is a coaches/business owners responsibility to conduct a full risk assessment on each type of activity being taught/lead (e.g. adult kickboxing class / fitness class / kiddies class etc).

Operational Plan Once a risk assessment has been completed, clubs are then required to produce an operational plan which defines what steps are being taken to protect all participants and customers coming to your venue.



This process must be carried out for both outdoor and indoor locations. Clubs with multiple sites must produce an operational plan for each site.

WKO online risk and method statements generator can be found here along with all other support materials which are available freely: <https://www.worldkickboxingorganisation.org/covid-19>

This section reflects a typical operational plan for clubs:

**REQUIREMENTS FOR CLUBS:** Requirements for your club and the actions you will put in place to keep your members, staff, volunteers & visitors safe.

Wellbeing of Staff and Visitors	
Requirements	Actions
Exclude volunteers, parents/carers and participants who are unwell	<p>Prior to participating in or attending any Martial Art, we have advised all members, parents/carers and other Association/Club members they must not attend training or events, if in the past 14 days if they have:</p> <ul style="list-style-type: none"> <li>• been unwell or had any flu-like symptoms, or</li> <li>• been in contact with a known or suspected case of COVID-19, or</li> <li>• any sudden loss of smell or loss of taste, or</li> <li>• are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.</li> </ul> <p>We have advised that they should check the Government website for advice regarding the full list of symptoms associated with COVID-19 infection: <a href="#">Click Here</a></p>
Provide volunteers with information and training on COVID-19, including when to get tested, physical distancing and cleaning, and how to manage a sick visitor	<p>We have worked with Kickboxing England to promote and encourage the use of the following resources and websites in order to obtain accurate information:</p> <ul style="list-style-type: none"> <li>• Government Department of Health: <a href="#">Link</a></li> <li>• Reopening businesses and venues <a href="#">Link</a></li> <li>• Sport England <a href="#">Link</a></li> <li>• World Health Organisation: <a href="#">Link</a></li> <li>• World Kickboxing Organisation: <a href="#">Link</a></li> </ul>
Make staff aware of their leave entitlements if they are sick or required to self-isolate	<p>All in attendance members, staff, visitors and volunteers, we have made them aware of the above mentioned symptoms and advised that they should stay away from the Club or Events Venue and self-isolate if they experience any symptoms.</p>
Display conditions of entry (website, social media, facility entry)	<p>We will display signage, posters, distribute and “share” information about COVID-19 across our social media platforms and at appropriate locations around the centre/venue</p> <p>In conjunction with WKO have developed and promoted amongst our members and stakeholders, a range of resources on COVID-19. These can be downloaded here: <a href="#">Free Covid-19 Resources</a></p>

## Wellbeing of Members, Staff and Visitors

Requirements	Actions
If hiring the facility, consult with the owners/operators to address these requirements to understand what measures may already be in place	<p>We continue to liaise and work with all stakeholders we are involved with, such as local schools to comply with any specific requirements they or we may have.</p> <p>We have determined physical distancing protocols to be used within shared spaces (e.g. canteen, change rooms, toilets, and spectator viewing areas), and where appropriate, have clearly marked with tape and/or signage.</p> <p>We continue to encourage individuals to be respectful of shared space, minimise time spent in these areas and observe physical distancing measures.</p> <p>When we conduct our operations, we commit to implementing hygiene and social distancing measures including:</p> <ul style="list-style-type: none"> <li>• marking social distancing for queues</li> <li>• having hand sanitiser at point of sale</li> <li>• providing gloves for members, staff, parents &amp; volunteers; and</li> <li>• displaying hand washing directions above sinks</li> </ul>
Take all reasonable steps to minimise the number of members, staff, visitors and volunteers attending our centre	We will advise and encourage members, staff, visitors and volunteers to be limited to 1 person per 100sqst while ever social distancing is still required.
Ventilation	We will ensure our centre and areas within it are well ventilated. We will where possible always ensure there is good air flow at all times to minimise the risk of infections being transmitted from poor air quality.
Advising participants to bring their own water bottles.	Ensure they are labelled or highly distinguishable. Water bottles or other refreshment containers should not be shared under any circumstances
Members risk infection travelling to/from the Class	Suggest walking, Bike, Private car rather than Public Transport People should only travel in household groups and maintain social distancing with everyone else. All members must adhere to government travel restrictions between tiers

## Social Distancing

Requirements	Actions
<p>Ensure the number of people in a facility does not exceed one person per 100sqft (members, staff, visitors and volunteers)</p>	<p>We have reviewed and considered the number of participants and classes on the facility to minimise the number of attendees in/on the facility at any one time.</p> <p>With change rooms we will ensure a minimum of 2 metres between each person. Where possible, we will mark seats with signage/masking tape and if necessary, provide additional seating.</p> <p>Where additional seating is made up of moveable chairs, we will position them, so they are at least 2 metres apart. Further, we will place signage in technical areas promoting social distancing and reposition the chairs at the required distance between all in attendance.</p>
<p>Ensure all staff and members adhere to the contact guidelines relevant to Phase of the return to play we are in</p>	<p>The phases are defined as follows (more information on the specific activity permitted and the precautions required can be found below):</p> <ul style="list-style-type: none"> <li>• Phase 0 (non-contact, socially distanced activity only e.g. bag work)</li> <li>• Phase 1 (return to equipment training e.g. pad work)</li> <li>• Phase 2 (return to contact training e.g. sparring)</li> <li>• Phase 3 (return to competition)</li> </ul> <p>All phases must follow all guidelines on social distancing and hygiene.</p>
<p>Minimise co-mingling of participants from different classes and timeslots where possible</p>	<p>We will schedule classes and arrange training days and times to minimise contact, cross-over and avoid unnecessary gatherings of members, family members and volunteers.</p> <p>We will schedule time between training sessions where possible, to enable all attendees to arrive and exit the facility safely, with minimal contact with others.</p> <p>We will communicate with members and team staff to encourage personal equipment and bags are arranged to maintain physical distancing of participants (2 metres) and separation between teams/groups. When necessary, we have identified separate entry and exit points to the facility via signage and communicated this to participants and parents/carers.</p>
<p>Limit spectators to those that need it, Ensure any spectators comply with 2 metres social distancing where practical, such as through staggered seating.</p> <p>People who live in the same household are not required to distance. Have strategies in place to prevent spectators from different games and timeslots comingling</p>	<p>Parents/spectators may attend training. We will take the necessary precautions to minimise the risk of transmission including the dispersion of spectators around the perimeter of the centre and across a range of viewing areas, and designating the use of specific seats/areas that meet physical distancing requirements and erecting signage to advise.</p> <p>We will encourage members and spectators to leave the facility as soon as possible following the conclusion of their training.</p>

<p>Have strategies in place to manage gatherings that may occur immediately outside the premises, such as with drop off and pick up zones or staggered start/finish times</p>	<p>We will stagger arrival and/or departure times where possible for different groups and teams, and within the constraints of the venue, manage entry and exit points to allow a seamless flow of members/coaching staff and parents/attendees through the facility to limit the risk of overlap and congestion.</p>
<p>Reduce crowding wherever possible and promote physical distancing with markers on the floor</p>	<p>We will promote and communicate the importance of social distancing of 2 metres between spectators (e.g. parents/carers).</p> <p>This will be done through marked seating, social media, direct communication, and signage. We will indicate the number of people that can occupy indoor spaces in accordance with the 100sqft guideline including toilets, change rooms, canteens, Association/Club rooms etc.</p>
<p>Ensure communal facilities such as showers, change rooms and lockers have strategies in place to reduce crowding and promote physical distancing</p>	<p>We will limit the use of change rooms, wet or inside areas to essential use only and clean these spaces regularly.</p> <p>We will indicate the number of people that can occupy indoor spaces in accordance with the 100sqft guideline including toilets, change rooms, canteens etc.</p> <p>Toilets will be open for public use and will display clear signage to indicate the recommended number of people entering (dependent on the space of the amenities).</p>
<p>Where practical, stagger the use of communal facilities. Strongly encourage participants to shower/change at home where possible</p>	<p>We will limit the use of change rooms, wet or inside areas to essential use only and clean regularly. We will encourage all participants to shower/change at home</p>
<p>Use telephone or video platforms for essential staff meetings where practical:</p>	<p>Where possible, we will conduct Team meetings via virtual meeting platforms such as Zoom, Teams etc. in place of face-to-face meetings.</p> <p>We will encourage the local Clubs to do the same. If we need to meet face-to-face, we will keep the time to a minimum, implement social distancing requirements by ensuring maximum room allowances are not exceeded and ask participants sit more than 2m apart.</p>
<p>Review regular business deliveries and request contactless delivery and invoicing where practical</p>	<p>Ensure all suppliers complete contactless deliveries to the Club and electronic invoicing where practical.</p>
<p>Even when use of equipment and sparring is allowed, social distancing should be maintain as much as possible</p>	<p>Maintain distance during warm-ups and when not participating in partnered training e.g. when doing linework or bag work. Limit higher-risk activities like shouting (particularly when facing each other).</p>

Avoid equipment-sharing where possible	e. Limit the number of participants handling the same equipment during warm-ups, and ensure equipment is frequently sanitised
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Hygiene and Cleaning	
Requirements	Actions
Adopt good hand hygiene practices: Before Classes Between Classes After Classes	<p>We will wipe down key spaces, surfaces and objects (such as benches, door handles, keys etc regularly). Further we will:</p> <ul style="list-style-type: none"> <li>• Ensure that all members will sanitise their own space at the facility. This will also occur prior and after their allocated training.</li> <li>• Ensure all member follow the Centre &amp; Equipment Hygiene protocols as per the Training, Hygiene Sanitation Protocols</li> <li>• Promote and provide hand washing guidance to all participants and volunteers</li> <li>• Promote regular and thorough hand washing by volunteers and participants</li> <li>• Provide sanitising hand rub within the facility and refill regularly</li> <li>• Replace/refill soap in toilets regularly, Place bins around the facility.</li> </ul>
Ensure hand sanitiser is accessible at the facility entry and throughout the facility	We will encourage member, staff, volunteers, and/or their parents/carers to always carry personal hand sanitiser to enable good personal hygiene, but also ensure its provided within our centre.
Ensure bathrooms are well stocked with hand soap and paper towels or hand dryers. Consider providing visual aids above hand wash basins to support effective hand washing	<p>We will:</p> <ul style="list-style-type: none"> <li>• Refill soap in toilets regularly.</li> <li>• Refill paper towel dispensers in toilets when required.</li> <li>• Place bins around the facility.</li> </ul> <p>We will promote and provide hand washing guidance to all participants and volunteers, and display hand washing guidance in all toilets, change rooms and canteens within our facility. We will ensure the Handwashing signage and soap is available.</p>
Encourage participants to bring their own water bottle, snacks/orange slices and sweat towels. Avoid shared food and drinks	<p>We will advise that all participants are to provide their own clearly labelled drink bottle for their use only.</p> <p>We will regularly communicate to all participants the importance of not sharing any food or drinks. We will not provide any communal drinks or food for players such as drink containers, packets of lollies, fruit etc.</p>
Clean areas used for high intensity sports with	The staff and participants will clean frequently used spaces, surfaces and objects regularly during and after training

detergent and disinfectant after each use	
Reduce sharing of equipment where practical and ensure these are cleaned with detergent and disinfectant between use	<p>Where possible no sharing of any equipment between players including; gloves, head guards. If shared, the following protocols should be implemented:</p> <ul style="list-style-type: none"> <li>• Pads: if shared, the hand opening and face needs to be wiped between each use</li> <li>• Head guards: if shared, enough helmets to have one spare – participants to wear their club hat/visor underneath as an added barrier – dedicated person to clean each communal head guard as it is used.</li> </ul> <p>It is recommended that there is no spitting, no chewing gum, no food is to be in the centre – this includes lollies, oranges etc. All personal belongings to be stored in bags (e.g. jumpers once removed to be placed into their own bag) – not left lying around.</p> <p>We will encourage the allocation of a dedicated person for each class (Manager or other) to remind the participants to be diligent with their hygiene each time they enter and exits the centre.</p> <p>Process for Equipment Usage &amp; Sanitation</p> <ul style="list-style-type: none"> <li>• A dedicated person from each class will maintain the equipment sanitation protocol. This would ideally be the Instructor.</li> <li>• All participants to be diligent with their hand hygiene and clean regularly throughout classes with wipes, sanitiser, soap etc. Prior to class and during class and changeover.</li> <li>• At the commencement of the class as all training areas will be sanitised</li> </ul>
Ensure there is accessible detergent/disinfectant and gloves for visitors to use, should they wish	We will make soap or disinfectant/sanitiser available in common areas for access.
Disinfectant solutions need to be maintained at an appropriate strength and used in accordance with the manufacturers' instructions	We will store sanitisers, disinfectant solutions and detergents appropriately and use in accordance with the manufacturer's instructions.
Staff are to wear gloves when cleaning and wash hands thoroughly before and after with soap and water	We will encourage volunteers and staff to wear gloves when cleaning and wash their hands thoroughly before and after with soap and water.
Encourage contactless payment options	We will encourage appropriate food/beverage and cash handling arrangements are in place including the use of correct monetary value to minimise contact and where possible, we encourage contactless electronic payment.
<b>Equipment</b>	

Requirements		Actions	
Requirements	Actions		
Reduce sharing of equipment where practical and ensure these are cleaned with detergent and disinfectant between use	<p>Where possible no sharing of any equipment between players including; gloves, head guards. If shared, the following protocols should be implemented:</p> <ul style="list-style-type: none"> <li>• Pads: if shared, the hand opening and face needs to be wiped between each use</li> <li>• Head guards: if shared, enough helmets to have one spare – participants to wear their club hat/visor underneath as an added barrier – dedicated person to clean each communal head guard as it is used.</li> </ul> <p>It is recommended that there is no spitting, no chewing gum, no food is to be in the centre – this includes lollies, oranges etc. All personal belongings to be stored in bags (e.g. jumpers once removed to be placed into their own bag) – not left lying around.</p> <p>We will encourage the allocation of a dedicated person for each class (Manager or other) to remind the participants to be diligent with their hygiene each time they enter and exits the centre.</p> <p>Process for Equipment Usage &amp; Sanitation</p> <ul style="list-style-type: none"> <li>• A dedicated person from each class will maintain the equipment sanitation protocol. This would ideally be the Instructor.</li> <li>• All participants to be diligent with their hand hygiene and clean regularly throughout classes with wipes, sanitiser, soap etc. Prior to class and during class and changeover.</li> <li>• At the commencement of the class as all training areas will be sanitised</li> </ul>		
Members Bags and Pads cause additional areas for transfer of virus	Minimise bags, reduce necessity for personal equipment and belongings, Whenever possible – ensure anything brought to the club it is wiped down thoroughly before coming to training and kept away from everyone else whilst in the venue (quarantine area).		
Mats/Floors spaces	Cleaning of Mats/Floor before & after Classes detergent or disinfectant solutions containing 1000ppm Chlorine should be used and spot cleaned during sessions where sweat or other bodily fluids are apparent that could contain the virus.		
Pads/Equipment	Equipment should be thoroughly disinfected & cleaned before and after sessions to minimise the risk of transmission and must not be shared between different household groups during session Detergent or disinfectant solutions containing 1000ppm Chlorine should be used		
<b>Record Keeping (Track &amp; Trace)</b>			
Requirements	Actions		

<p>Keep a record of name and a mobile number or email address for all staff, volunteers, participants, spectators and contractors attending community sports activities for a period of at least 28 days.</p> <p>Ensure records are used only for the purposes of tracing COVID19 infections and are stored confidentially and securely</p>	<p>All members, coaches, team management, and volunteers are required to register and provide contact details through our Online registration system.</p> <p>For the purposes of contact tracing, accompanying parents/carers will be able to be contacted through the relevant participants' mandatory online registration.</p> <p>We encourage all our members to have the NHS Track &amp; Trace App</p>
<p>Make your staff and volunteers aware of the NHS Track &amp; Trace App and its benefits to support contact tracing if required</p>	<p>To fight against COVID-19, we support the NHS Track &amp; Trace App and has strongly encouraged all members of the club &amp; community to get behind this initiative.</p> <p>We have encouraged members of our Association/Club to download the app from the Apple App store and Google Play</p>
<p>Cooperate with NHS Health if contacted in relation to a positive case of COVID-19 at your centre/workplace.</p>	<p>We will cooperate with NHS Health if contacted in relation to a positive case of COVID-19 and follow all the guidelines for isolation to reduce the risk of spreading the infection.</p>



Further guidance for the reopening of businesses from the 8<sup>th</sup> of March.

Some of the rules on what you can and cannot do changed on 29 March. However, many restrictions remain in place. You should continue to work from home if you can, minimise the number of



journeys you make where possible, and follow the rules in the Coronavirus Restrictions guidance. You should refer to the closures guidance for the latest rules for closing certain businesses and venues in England.

The government has published the 'COVID-19 Response - Spring 2021' setting out the roadmap out of the current coronavirus restrictions. This is a step-by-step plan to ease restrictions in England cautiously.

Due to the current relatively uniform spread of the virus across the country, the four steps set out in the roadmap are designed to apply to all regions. The indicative, 'no earlier than' dates for Steps 2, 3 and 4 of in the roadmap are all contingent on the data and subject to change.

### **Step 1** - from 8 March

Businesses eligible to host childcare and supervised activities for children (such as community centres or libraries) will be able to host these activities for children providing that they are necessary to enable parents to work, seek work, attend education, seek medical care, or attend a support group.

### **From 29 March**

At this stage, some further settings will be permitted to open.

This will include outdoor sports facilities such as:

- gyms
- swimming pools
- sports courts (such as tennis and basketball courts)
- golf courses, including mini golf
- water sports venues
- climbing walls
- driving and shooting ranges
- riding arenas at riding centres
- archery venues

People can use these venues in a group of six people, or with members of up to two households.

At this step, formally organised outdoor sport will also return - this can include a larger number of participants, provided that appropriate steps are taken to make it COVID-Secure in line with the law. Indoor facilities, such as changing rooms, should not be used at this time, although toilet facilities can be accessed. At this stage, these gatherings must only include participants - not spectators.

Businesses eligible to host childcare and supervised activities for children will now be able to host all outdoor children's activities. Parent-and-child groups for up to 15 people (not counting those aged under five) will also be able to take place outdoors.

### **Step 2** - no earlier than 12 April

Following the move to Step 2, further settings will be permitted to open. Unless a specific exemption exists, these must only be attended/used in line with the wider social contact limits at this stage - as a single household or bubble indoors; or in a group of 6 people or 2 households outdoors.

Non-essential retail will reopen. This will include but not be limited to:

- clothing stores and tailors
- charity and antique shops
- homeware and carpet stores
- showrooms (such as for vehicles as well as kitchens and bathrooms)
- electronic goods and mobile phone shops
- florists and plant nurseries
- retail travel agents
- photography stores
- remaining auction houses and markets
- tobacco and vape stores

betting shops (subject to additional COVID-Secure measures, such as limiting the use of gaming machines). car washes (except for automatic car washes that are already open) Personal care facilities and close contact services will reopen. This will include:

- hair, beauty and nail salons
- body and skin piercing services
- tattoo studios
- spas and massage centres (except for steam rooms and saunas)
- holistic therapy (including acupuncture, homeopathy, and reflexology)
- tanning salons

Indoor sports and leisure facilities will reopen. This will include at:

- gyms and leisure centres
- sports courts
- swimming pools
- dance studios and fitness centres
- driving and shooting ranges
- riding arenas
- archery venues
- climbing wall centres

Self-contained holiday accommodation in which all facilities (including for sleeping, catering, bathing, and indoor lobbies and corridors for entry and exit) are restricted to exclusive use of a single household/support bubble will reopen.

Outdoor areas at hospitality venues (cafes, restaurants, bars, pubs, social clubs, including in member's clubs) can reopen, including for takeaway alcohol. Some venues may wish to erect outdoor shelters. To be considered 'outdoors', shelters, marquees and other structures can have a roof but need to have at least 50% of the area of their walls open at all times whilst in use. These venues may allow customers to use toilets located inside.

At any premises serving alcohol, customers will be required to order, be served and eat/drink while seated ("table service"). Venues will be prohibited from providing smoking equipment, such as shisha pipes, for use on the premises.

Outdoor attractions will reopen at:

- adventure parks and activities
- animal attractions (such as at zoos, safari parks and aquariums)
- drive in events, such as for cinemas, theatres, and other performances.
- film studios
- funfairs and fairgrounds
- model villages
- museums and galleries
- skating rinks
- theme parks
- trampolining parks
- water and aqua parks
- Public buildings, such as community halls and centres, and libraries, can reopen.

Businesses eligible to host childcare and supervised activities for children will now be able to host these activities (including sport) for all children, regardless of circumstances. Permitted businesses operating in otherwise closed attractions (such as a gift shop or a takeaway kiosk at a museum) may only open where they are a self-contained unit and can be accessed directly from the street.

Some outdoor events, organised by a business, charity, public body or similar organisation, can be organised, subject to specific conditions: that they comply with COVID-Secure guidance including taking reasonable steps to limit the risk of transmission, complete a related risk assessment; and ensure that those attending do not mix beyond what is permitted by the social contact limits (unless another exemption exists, such as for work purposes, or supervised activities for children). This could enable events such as a village fete, fairground, or literary fair to be organised, provided people do not mix beyond groups of 6 people or two households. We will publish guidance for local authorities and event organisers setting out which types of events can go ahead at Step 2 and how smaller outdoor events like these should be run safely.

Indoor events or gatherings outside of someone's household or support bubble are not permitted at Step 2 (even in a venue permitted to open) unless a specific exemption applies. This might include, for example:

- for work purposes (where this cannot be done from home)
- support groups
- supervised activities for children and parent and child groups

Wedding ceremonies and civil partnerships, funerals and commemorative events such as wakes can also take place indoors. Social distancing guidance applies in all such cases. Wedding receptions may only take place outdoors in Step 2.

Over the spring, the Government will run a scientific Events Research Programme. This will include a series of pilots using enhanced testing approaches and other measures to run events with larger crowd sizes and reduced social distancing to evaluate the outcomes. These pilots will start in April.

**Further guidance for reference on the Phases or Return:**

The government advice states: COVID-19 is a public health emergency. Everyone needs to assess and manage the risks of COVID-19, and in particular businesses should consider the risks to their workers / volunteers and customers. As an employer or as an operator of sports or leisure facility, you also have a legal responsibility to protect workers, volunteers, customers and users from risk to their health and safety. This means you need to think about the risks they face and do everything reasonably practicable to minimise them, recognising you cannot completely eliminate the risk of COVID-19. This applies to all Martial Arts Clubs.

The Government advice details the following (we have been advised that it has been confirmed that this advice applies to all indoor sporting facilities): The maximum occupancy of each gym should be limited by providing a minimum of 100sqft per person. For this figure, the area is the net useable gym space available to members to use, including changing rooms, toilet and wash facilities. Reducing capacity in this way whilst sustaining ventilation flows, will increase the typical current 10l/s/p flow rate of ventilation to at least 20l/s/p, as fewer people are being served by the ventilation system. This is 9.29 sq.meters. Further to this, as well as the normal 2m distance, whilst exercising and moving around, a minimum distance of 2m in all directions allowing for movement between individuals must be maintained. This also needs to be considered for corridors, pinch points, entries and exits etc.

### **Movement between phases**

The decision to move between phases will be taken by DCMS in conjunction with Public Health England officials. This will be reviewed every four weeks. Each phase is dependent on successful completion and evaluation of the previous phase not having led to an increase in cases within the participant groups.

It is important therefore for the continued return of Martial Arts that the advice and guidelines are adhered to.

### **Phase 0: Non-contact socially distanced activity:**

At Phase 0, this means that all training is to be undertaken as individuals with no partner or group activities within 2m. Activity with shared equipment, such as pad work and sparring, is also **not** permitted. Individual training using a hanging bag and general fitness and conditioning activity is permitted.

Clubs, providers and participants must adhere to legal gathering limits, social distancing guidelines and venue requirements, as set out in government guidelines and the guidelines detailed within this document. This includes the cleaning of equipment and following hygiene guidelines.

### **Phase 1: Return to equipment training:**

At Phase 1, when confirmed by DCMS, resumption of contact training - equipment use only will be permitted (sparring **not** permitted in doors). At Phase 1 contact – i.e. coming within a range of 2m is permitted provided the following guidance is adhered to in addition to the guidelines detailed above:

- The use of handheld equipment - pads or tubes - for partner exercises is permitted. Sparring or competitive boxing is **not** permitted.
- There is to be no direct personal contact or contact with another person's clothing.

- Training should take place within the overall capacity numbers permitted for the training area (See general advice above) and the specific guidelines for 'training bubbles'. Please note this can be different for adults and children (Under-18s) and will be advised upon as we move through the steps.

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- Training Bubbles: Outdoors: The Government requirements are as follows: People will be permitted to meet outdoors in groups of up to 6 people, or as a group of two households, for exercise or recreation.

A group made up of two households can include more than 6 people, but only where all members of the group are from the same two households (or support/childcare bubbles, where eligible). Social distancing must be maintained between people who do not live together or share a support bubble.

However, for organised Sport e.g. within the Club, the following is permitted: Outdoor sport for adults and children is permitted in larger numbers, provided it is formally organised (for example, by a national governing body or a qualified instructor and follows COVID-secure guidance. Organised sport and supervised children's sport and physical activity can take place outdoors in any number, but people should maintain the rules on social contact before and after sporting activity. This applies to organised outdoor (individual and team) sports, outdoor exercise classes, organised sports participation events and outdoor licensed physical activity. When not specifically doing pad work, social distancing must be maintained.

Permitted numbers must also be followed when a session is not in progress. Organised sport has been defined as follows: Organised sport, this means sport which is formally organised by a qualified instructor, club, national governing body, company or charity and follows sport-specific guidance. If the sport is not organised by one of these groups (for example, some friends having a kickabout) or the sport's NGB guidance is not being followed (for example, a football club ignoring the FA's safety measures), this is considered to be informal or self-organised sport.

### **Return to Kickboxing**

March 2021 Indoors (When permitted unless otherwise stated) This will be updated near to Step 2. (when clubs can operate indoors.) Individuals may only be part of a single bubble at an individual club / gym. Individuals may not be part of multiple bubbles at the same or at different venues (for example a coach may not train with a bubble of similarly experienced participants and then become a coach for a less experienced group; a children's instructor may not coach more than one group of children, even on separate days). Coaches or participants holding / wearing the equipment are considered part of the bubble.

- Coaches or officials who operate socially distanced from bubbles and are not holding / wearing equipment can operate across bubbles or multiple gyms. But this should be kept to a minimum. However, even when socially distanced, coaches or officials should limit the number of bubbles or facilities they work with to limit exposure and should make clear to facility operators if they work across multiple venues. Where possible, socially distanced training should be maintained for all participants. In Phase 1, as part of the mitigation these measures must also be adhered to:

- Standard hygiene, test and trace, risk assessment plans and general procedures as detailed in these Return To Play guidelines must be followed.

- Coach / pad holders to wear mask and goggles or mask and visor, apron and disposable gloves. Plus, after each session, clothes need to be immediately washed by putting into washing machine upon returning home.

- Pad holder to keep target at arms-length as much as possible and away from own face at all times to minimise exertion droplet transmission. Preference where possible is for tubes to be used.
- Group sizes restricted to a maximum one holder and up to five participants from different households. Boxers to be kept 2m apart whilst waiting.
- When targets / pads are used by one participant, the target / pads must be wiped clean with disinfectant before moving onto next participant.
- On completion of an activity with an individual, the coach is to change / wipe clean with a sanitising wipe any PPE and visor, goggles, mask.
- Boxing gloves of the members are not to be shared and must be disinfected before and after use.
- To reduce the close proximity time, pad work is limited to a maximum two minutes per turn and no more than three turns per session. Members should move away from the area once each turn is completed and preferably outside.
- The area is to be ventilated as much as possible.
- At all other times, 2m distance to remain and all other COVID guidelines to be followed.
- Where practical, a pad work session should be the last activity of the session.

## **Phase 2:**

Return to contact training – Sparring: At Phase 2, and when confirmed by DCMS, Kickboxing clubs may resume contact training which includes direct physical contact between participants.

- Training Bubbles: Training which involves contact should take place within ‘training bubbles’, which will be specifically advised when the appropriate step level is reached.
- Initial guidance is as follows: Individuals may only be part of a single bubble at an individual club/gym. Individuals may not be part of multiple bubbles at the same or at different venues (for example a coach may not train with a bubble of similarly experienced participants and then become a coach for a less experienced group; a children’s instructor may not coach more than one group of children, even on separate days). Coaches or participants holding/wearing the equipment are considered part of the bubble.
- Coaches or officials who operate socially distanced from bubbles and are not holding/wearing equipment can operate across bubbles or multiple gyms but this wherever possible should be kept to a minimum. However, even when socially distanced, coaches or officials should limit the number of bubbles or facilities they work with to limit exposure and should make clear to facility operators if they work across multiple venues. Where possible, socially distanced training should be maintained for all participants. In phase 2 as part of the mitigation these measures must also be adhered to in addition to the guidelines details above:
- Standard hygiene, test and trace, risk assessment plans and general procedures as detailed in these Return To Play
- At all times members and coaches to remain 2m apart when not sparring.

- To avoid unnecessary close contact / proximity, members are instructed not to hold or clinch an opponent. In the event it does occur, those controlling the sparring to call an immediate break.
- Sparring to be limited to reduce contact time and to form sparring groups of no more than 6 members. Creating groups minimizes the risk of wider spreading infections and contains it to a degree within each group
- Coaches are advised to wear mask and goggles or mask and visor, disposable apron and disposable gloves. After each session clothes to go into washing machine upon returning home.
- Members and coaches to arrive at a pre-booked time as allocated for the sparring session. The same training bubble to be maintained.
- Members and coaches to use own equipment and equipment must never be shared. Members have own clearly marked water bottles and must administer water themselves.
- Members to arrive and leave already changed and with their own gloves, headguard, gumshield, water bottle, and towel. Wherever possible, gloves should be Velcro fastening. Lace up gloves are to be avoided.
- Gloves and equipment not to be shared.
- Ring ropes, canvas, corner pads etc to be wiped down after each use. Spit buckets are to be emptied and cleaned after each use, with appropriate PPE worn whilst doing this.
- When selecting bubbles consideration should be given to age, weight, experience, and all EB sparring safety protocols.
- Before and after each sparring session, bubbles, ropes, canvas, corner-posts must also be cleaned.
- Coaches should avoid entering the ring during sparring wherever possible.
- Area to be ventilated as much as possible.
- While traveling to and from the gym, plus whilst waiting before and after each sparring session, social distance and hygiene guidelines must be followed.

Under **no** circumstances is Competitive Martial Arts is permitted at this stage.

### **Phase 3:**

**At least five weeks after step two, no earlier than 17 May**

- **Indoor entertainment and attractions**
- **Outdoors groups of 30 maximum can meet. Rule of six indoors or two households (subject to review)**
- **Domestic overnight stays**
- **Organised indoor adult sport**
- **Most significant life events can take place (maximum 30 people)**
- **Remaining outdoor entertainment (including performances)**
- **Remaining accommodation**

- **Some large events (except of pilots) – capacity limits will apply. Indoor events – maximum 1,000 or 50 per cent capacity. Outdoor other events – 4,000 or 50 per cent. Outdoor seated events – 10,000 Or 25 per cent**
- **International travel – subject to review**

**Indoors**, organised contact combat sport activities can continue at **Phase 2** for children.

Adults can resume indoors at **Phase 1**, now including both group class settings & 1-1 PT type training. Organised adult group sessions are now allowed under organised sport, but at Phase 1.

Sparring for Adults unless Elite Amateur or Professional is **NOT** allowed until Phase 2 for Adults.

### **GOVERNMENT GUIDANCE ON THE RETURN OF KICKBOXING**

In developing the above guidance in order to allow the return of Martial Arts, a summary of the considerations highlighted by the government is detailed below. Also factored in is the more broader government guidelines and policies currently in place regarding the COVID-19 Pandemic. These will be updated as required. Further details can be found here:

<https://www.gov.uk/guidance/coronavirus-covid-19-grassroots-sports-guidance-for-safe-provision-including-team-sport-contact-combat-sport-and-organised-sport-events> Coronavirus

(COVID-19): [grassroots sports guidance for the public and sport providers - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/coronavirus-covid-19-grassroots-sports-guidance-for-safe-provision-including-team-sport-contact-combat-sport-and-organised-sport-events)

The general COVID Pandemic advice can be found here: <https://www.gov.uk/coronavirus>

Specific points are highlighted as follows:

The purpose of this guidance is to provide the necessary mitigations to enable the return of recreational contact combat sport. The framework above recognises the inherent risk in contact combat sport and is designed to minimise COVID-19 transmission risk and enable participants to make an informed decision about their own risk.

According to current evidence, COVID-19 is primarily transmitted between people through respiratory droplets and contact with contaminated surfaces – usually those that are frequently touched but also direct contact with an infected person.

Airborne transmission is possible in specific settings where certain procedures or sports treatments are performed in close proximity. In the context of what is known about COVID-19 transmission, about combat sport and about the incidence of asymptomatic but still infectious illness, combat sport is a high-risk activity.

**Almost all human-to-human transmission is likely to occur at close range.**