

# TAGB TAE KWON-DO

Burnham-on-sea / Cheddar / Portishead

## COVID-19 Activity Implementation Plan

Version: Phase 0

The following plan aims to reduce the risk of COVID-19 infection within our club. Anyone planning to attend our Tae Kwon-Do sessions should read the following document carefully and adhere to all required control measures.

Your cooperation is much appreciated.

**PLAN EDITION DATE: 10th April 2021**

BEFORE MEMBERS COME TO THE CLUB		
Club information about new Controls Measures and changes to the Club operation		
Control Measures	What This Means For You	Check
Recognising symptoms.	We encourage all attendees (including members, parents and instructors) to stay home and self-isolate if they experience any coronavirus symptoms. If you display symptoms, if you have been in contact with symptomatic individuals, or if you have been advised to self-isolate by NHS Test & Trace, please do not attend training.	
Temperature check.	We will be using an infrared thermometer to check members on arrival. Anyone displaying symptoms should immediately return home and contact the HNS 111 online for guidance and support.	
Any changes to the days and times the Club will train?	<b>Monday - Portishead Point, Portishead</b> Junior / Family Class: 5.30pm - 6.15pm Adult / Senior Class: 6.30pm - 7.30pm <b>Tuesday - BASC Sport Ground, Burnham-on-Sea</b> All Students: 6.00pm - 7.00pm <b>Wednesday - Kings Fitness &amp; Leisure, Cheddar</b> Junior / Family Class: 5.30pm - 6.15pm Adult / Senior Class: 6.30pm - 7.30pm <b>Thursday - Online</b> Junior / Family Class (10th - 6th Kup): 6.00pm - 6.25pm Junior / Family Class (5th Kup & Above): 6.30pm - 6.55pm Adult Class (10th - 6th Kup): 7.00pm - 7.25pm Adult / Senior Class (5th Kup & Above): 7.30pm - 8.15pm <b>Friday - Online</b> Junior / Family Class (10th - 6th Kup): 6.00pm - 6.25pm Junior / Family Class (5th Kup & Above): 6.30pm - 6.55pm Adult Class (10th - 6th Kup): 7.00pm - 7.25pm Adult / Senior Class (5th Kup & Above): 7.30pm - 8.15pm	
Any extra measures for members with higher risk and / or underlying health conditions?	If you are considered high risk for COVID-19, or a member of your household is at high risk, please contact us with your concerns and let us know how we can support you. We will be continuing with online training sessions on Thursday and Friday evenings, which should mean you can train without needing to physically attend classes.	


## BEFORE MEMBERS COME TO THE CLUB

### Club information about new Controls Measures and changes to the Club operation

Control Measures	What This Means For You	Check
What if my TAGB membership has expired?	Members must renew their membership before attending training. This can be done in advance using online payment.	
What should / can I wear for training?	<p>Arrive at the venue in your training kit.</p> <p>Appropriate sports attire is recommended with training shoes for outdoor sessions, or black doboks.</p> <p><b>White doboks are not recommended</b></p>	
Can I bring a bag?	Yes, if you need to. Please ensure it is wiped down thoroughly before coming to training and kept away from everyone else's bag.	
Should I bring my own hand sanitiser and wipes?	Hand sanitiser will be available on site, but please feel free to bring your own (especially if you have sensitive skin). We ask that all attendees use hand sanitiser on entry to the hall and before exiting (as well as any other time you want to). We also ask that attendees comply with hand washing guidelines (wash with soap and water for at least 40 - 60 seconds) and that parents encourage their children to wash hands thoroughly, particularly after using bathrooms. If you have sensitive skin, please feel free to bring your own hand sanitiser.	
Should I bring my own first aid kit?	It is recommended that participants bring their own first aid kit with them where possible (containing plasters, tape, hand sanitiser, kitchen roll, antiseptic wipes, disposable rubber gloves and a face mask). The club will also have a first kit at the session.	
Do we need to wear masks?	Face masks are not required while training. Government guidance states: "All forms of face coverings may restrict breathing efficiency and should not be used during exercise except on specific advice from a physician." If you have any concerns about this, please let us know. Parents may wear face coverings if they wish.	
Can I bring my own water bottle?	Members must bring their own drinks bottle and must not share.	
Can I change at the venue?	No, to limit risk the changing facilities will not be available. Please arrive and leave dressed in your training attire.	
Can I shower at the venue?	No, to limit risk shower facilities will not be available.	
Limited bathroom use	Bathroom facilities may be available to use, but please try to use the bathroom before turning up to class. Arrive ready to train and avoid using bathroom areas to change clothes.	
Limited class sizes & pre-booking system	Due to social distancing requirements you will need to pre-book your class online. If you are a family training together in a session, only one family member needs to make a booking, but it is important that you state how many family members will be attending. Booking will be on a first come, first served basis.	
Spectators / Parents	If possible, we ask that students do not bring spectators. Unfortunately, due to social distancing requirements and limited space, we will not be able to allow parents/guardians or spectators into the training area during class. You are welcome to wait on the grounds a safe distance away from the training area. Please abide by the social distancing guidelines at all times.	

<b>BEFORE MEMBERS COME TO THE CLUB</b>		
<b>Club information about new Controls Measures and changes to the Club operation</b>		
<b>Control Measures</b>	<b>What This Means For You</b>	<b>Check</b>
Transport	We recommend that you avoid using public transport to travel to class, if possible. Please consider walking, cycling, or travelling by car (in household groups only). If public transport is unavoidable, please wear a mask or face covering for the journey, avoid touching surfaces and maintain a safe physical distance from others.	

<b>ENTRY / EXIT AND USE OF THE VENUE</b>		
<b>Controls Measures in Place at the Venue</b>		
<b>Control Measures</b>	<b>What This Means For You</b>	<b>Check</b>
Waiting or dropping off	If dropping someone off or waiting to enter the training area, please do not congregate around the entrance. If possible, avoid touching any handrails and surfaces. Maintain your distance from other people and consider waiting in your car.	
Arriving at the training area	Please keep your distance from others as you enter the training area. Use the hand sanitiser provided on your way in. Students temperature will be taken and then they will be directed to their designated training area (marked out by cones). Please stay in your training area for the duration of the class. Do not enter another student's area. If you need to use bathroom, please ask the instructor's permission first.	
Bathroom facilities	All attendees are advised to use the bathroom before leaving home, if possible. Arrive ready to train and avoid using bathrooms as changing rooms. If you need to use the bathroom, please ask the instructor's permission first. Please wash your hands thoroughly with soap and water for at least 40 - 60 seconds after using the facilities.	
Personal belongings	Please ensure that your personal belongings, such as coats and bags, are kept in the designated area; away from other people and their belongings. Please take all personal belongings with you when you leave.	
Exiting the training area	Attendees should exit the area as soon as the lesson finishes. Please collect your belongings and leave as quickly as possible. Use the hand sanitiser provided before exiting. Keep your distance from others as you leave.	
Waiting to be picked up	If you are waiting to be picked up, please make sure you wait at a safe distance from others and do not block the exit. If you are picking up a student, please try not to be late. Instructors will supervise any young children who are waiting to be picked up and will wait with them until their responsible adult is visible.	

TAE KWON-DO SCHOOL MEASURES		
Controls Measures we Will Use During The Session		
Control Measures	What This Means For You	Check
Have the instructors been trained in the risk assessment and implementation measures?	<p>All instructors and assistants should be fully aware of these risk control measures and expected to apply them at all times. Our Senior Instructor has also undergone Infection Prevention and Control (IPC) for Novel Coronavirus (COVID-19) training with the World Health Organisation, and completed the Covid Aware Martial Arts Instructor Readiness Certification with the British Martial Arts Boxing Association.</p> 	
Distancing	In person training sessions will have a 15 minute change over time to minimise contact with other classes. A designated training area will be provided for each student, with 2 metres distance between them. Students should remain in their own area during the class.	
Equipment Cleaning	Equipment will be thoroughly disinfected and cleaned before and after sessions to minimise the risk of transmission.	
Hand washing and sanitising	Hand sanitiser will be provided for use on entry and exit. It is better if you can bring your own to minimise risk.	
First aid	At least one first aid trained instructor will be available at every class. A first aid kit will be available, although we recommend you bring your own supplies (such as plasters and antiseptic wipes) to deal with minor injuries. If instructors are required to perform first aid, we have masks and gloves available in the first aid kit.	
NHS Test & Trace	The club is required to keep a record of class attendees and their contact details, so that each person may be contacted if there is a case of COVID-19 connected to the club. We will also have an NHS QR code which you can scan on arrival. Please let us know if your contact details changed recently.	
Online payment and paperwork	Payment for classes, etc, should be made online; we will not be accepting cash payments. Paperwork will no longer be given out, but it will be available to download via our website or can be sent via email. Licence and membership forms will also be available online and / or electronically.	

**TAE KWON-DO TRAINING SAFETY MEASURES**

**Club information about new Training Safety Measures and changes to the Club operation**

<b>Control Measures</b>	<b>What This Means For You</b>	<b>Check</b>
No shouting or kihaps	Unusually, we will not be encouraging students to shout or raise voices, as this enhances the risk of airborne infection. Coaches will only raise their voices as much as is necessary to be heard.	
Designated training areas	A designated training area will be provided for each student (marked out by cones), ideally 10ft x 10ft space per person. Each student should remain in their own area during the class.	
Permitted activities	<p>Activities that can take place safely in each designated training area include:</p> <p align="center"><b>warming up &amp; cooling down</b>  <b>fitness drills</b>  <b>patterns &amp; line/drill work</b></p> <p>(students may need to adjust their movements slightly to stay within their designated areas)</p> <p align="center"><b>set sparring</b></p> <p>(students may perform attack &amp; defence parts on their own, without a partner)</p>	
<b>Restricted Activities</b> (not currently permitted in Phase 0)	<p>Restricted activities are those requiring physical contact or proximity, and those requiring sharing of equipment (except between members of the same household). These include:</p> <p align="center"><b>free sparring</b>  <b>self defence</b>  <b>pad work</b></p> <p>(including focus pads, kick shields)</p> <p align="center"><b>board breaking</b></p>	