

## Return to CHKA Karate Training under COVID-19 Restrictions from the 24<sup>th</sup> August 2020

Dear Students and Parents

Below is important information regarding the return to Karate with CHKA. As of the 25<sup>th</sup> July indoor facilities and gyms was allowed to return under strict social distancing and hygiene measures. Karate was also given the go ahead by Sport England and our governing body The English Karate Federation as long as we follow their guidelines. They have set out a 4 phase plan which will allow us to gradually return to normal Karate classes, which CHKA will be following:

Phase 1: Non-contact training with social distancing safety measure

Phase 2: Allowed use of pad work and limited partner work

Phase 3: Return to full, regular training

Phase 4: Return to competition

Phase 1 rules and restrictions are detailed below are extensive but are essential to ensure CHKA can return to training safely for students, instructors and associated family.

### Entry and Exiting

- Upon arrival all students and parents must remain outside the building until instructed to enter. Everyone should respect current social distancing rules.
- Each student (parent for children) will have to complete a simply health check form and sign for permission to train. NOTE: this is mandatory for the governing body.
- All students will have their temperature check using a non-contacted thermometer
- Face masks are optional. All coaches will be wearing face visors
- All students will have their hand sanitised on entry and exit from the building (you can bring your own if you wish)
- Students will go straight to their designated area/lane, where they can place their belongings
- **At present parents cannot wait and spectate inside the building.**
- Where possible students and parents will leave via a separate exit.
- Instructors will dismiss students whilst maintaining current social distancing measures
- **No cash can be taken and we will be moving to a pay monthly system (please see website to set this up – transition pack) [www.chkakarate.com](http://www.chkakarate.com)**

### Classes and general

- Students will have designated area's and lanes that they will stay in throughout the session
- Toilet – One person at a time to the toilet
- Please arrive in your karate suit, changing at the venue won't be allowed
- Training intensity will be reduced to avoid heavy breathing
- NO Kiais (shouts) allowed
- Clean trainers or martial arts shoes to be worn
- Please bring limited amount of things, water bottles must be clearly labelled
- There will be limited numbers at classes so you will need to book on via the website, with contact details to allow us to keep a track and trace system

- If anyone feels unwell during the class the parent will be immediately contacted
- Instructors will have their mobile phones on in case parents need to contact us urgently.
- If you have had any covid symptoms please do not come to sessions and follow current government guidelines.

### **What we as instructors will be doing**

- Where the hall management agree, we will be sanitising the area students will be using before and after the session
- All Instructors will be wearing face visors

### **Changes to payment**

- We will be changing over to a pay monthly system via standing order
- This way you will have your place within the session every week due to limited numbers and knowing who is going to attend each class for track and trace
- This way there will be no cash being handled
- We have 3 memberships levels, Bronze (1 class per week) Silver (2 classes per week and for purple white belt and above), and Gold for unlimited training
- Full details will be on the website under the transition pack on the home page. [www.chkakarate.com](http://www.chkakarate.com)

NOTE: These restriction will be constantly reviewed in regards to government, Sport England and English Karate Federation guidelines

Thank you all for your support over this period and your continued dedication with the online karate. It is great that we can gradually return to normal karate sessions, but please be assured that we will do everything to keep our members safe. We know things are quite a bit different but for us to get back to normal this is how things have to be for the time being. We gratefully ask that everyone adheres to these rules and safety measure to ensure it is safe for everyone

If you have any questions please do not hesitate to contact us.

Thanks

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NEW WEBSITE: [www.chkakarate.com](http://www.chkakarate.com)