



CMAA Covid-19 Return to Contact Training Guidance

England, Scotland, Wales, N.Ireland & Eire

12th July 2021

1. Introduction

The Cobra Martial Arts Association (CMAA) are committed to a safe and responsible return to contact training within all forms of martial arts.

This document should be read in conjunction with each nation's Government guidelines relating Covid-19.

Contact training is defined as pad work, sparring, self-defence practice, grappling and throwing.

Our priority is the health and safety of everyone within CMAA registered martial arts schools. This document sets out the actions and measures required to mitigate associated risks where possible.

The guiding principles outlined in this document are intended to set out sufficient information for the CMAA registered martial arts schools to undertake their duty of care in a reasonable, proportionate and confident way.

The fact remains that we are going to be living with Covid-19 for quite some time. This document has been written for the use of all CMAA registered martial arts schools and their members while Covid-19 restrictions are eased and they return to normal contact training across all nations.

As organisers of martial arts classes, we all must take reasonable measures to reduce the risk of transmission so additional risk assessments should also be carried out on a club per club basis as and when required. A risk assessment form can be found on the forms page in the instructor area of the CMAA website.

2. Face Coverings

Although not compulsory should students wish to wear face coverings during the lessons they should be permitted to do so. The wearing of face coverings at other times is set by each nations Government guidelines.

3. Students Displaying Any Signs of Illness

Any student who displays signs of illness known as related to Covid-19 should be asked to stay away from the club for at least 10 days.

Those displaying cold or flu like symptoms should also be asked to stay away for the same time period.

4. Testing Outside of the Club

Under certain circumstances members may be required to take regular Covid-19 tests outside of your club, at college or place of work for example. In these circumstances members should be encouraged to notify you when they have had a test and also what the result was.

Your nominated Covid-19 officer will keep a secure record of this along with continuing to monitor those who have been asked to stay away from the club due to illness.

5. Travelling to & from the Martial Arts School

In order to reduce the risk of any cross-contamination students should only travel with members of the same household, 'car sharing' or parents bringing children other than their own should be avoided.

6. Washing Hands Before/After the Lessons

Students and parents should be encouraged to wash their hands prior to entering the training area OR to use their own hand sanitiser. The same applies to leaving the venue after the lesson. If your club is able to provide a wall mounted hand sanitiser pump then it should be placed near to the entrance/exit.

Any door handles or surfaces which cannot avoid being touched must be wiped down before and after every lesson.

7. Gym Equipment

If your venue has any gym equipment this should be cleaned after each individual has used it.

8. Limiting Non-Student Access to The Training Area

Only 1 parent/carer per child should be in the training area, and should be kept to the outside edges unless working with their own child.

Other spectators should be kept to a minimum and adult students should not bring anyone with them who is not training.

9. Student Contact Within the Lessons

As we return to contact training this will obviously increase the level of physical interaction between students.

Many Governments have declared that as from 19th July the instruction to stay apart from anyone we don't live with (family & friends) will be removed encouraging us to remain cautious relating to transmission and take steps to keep everyone safe.

This means that the choice to make contact with others in the lessons now lies with the student remembering that only a person over the age of 18 can make decisions for themselves.

As already mentioned, we as organisers of martial arts classes must take reasonable measures to reduce the risk of transmission so the following will help with this.

Parents/carers should be allowed to take part to hold pads, focus mits etc. for their children.

Members of the same household should work together if possible.

If there are children in your club who are also in the same class at school/college then they can be considered to train together.

If there are adults in your club who also work together in their place of employment then they can be considered to train together.

If any of the above are not possible then you can give the student the choice of who they wish to train with advising that once that decision is made and mutually agreed the person they have chosen will remain their training partner for the foreseeable future. Allowing students to constantly swap partners is ill advised and could increase transmission.

Students must remain 100% Covid aware outside of the club, they must confirm that they are free of symptoms before each lesson and that they have not been in close contact within the past 48hrs with anyone who has tested positive for Covid19.

10. Instructor Interaction with Students

Where Instructors need to demonstrate techniques, this interaction should be done between members of the Instructor team.

If this is not possible and students have to be used then this should be the same student(s) each time and not random people each lesson.

11. Using Fomites (Gloves, equipment Etc).

Disposable gloves should ideally be worn if using club equipment such as focus mits, pads or weapons to keep 'direct contact' to a minimum.

If disposable gloves are used, they should be discarded safely after every lesson and **not** re-used.

If this is not possible then hands should be sanitised before and after using club issue equipment.

The sharing of equipment between numerous students should be avoided at all costs.

12. The Use of Student Owned Equipment

Best practice would be to encourage students to bring their own equipment rather than share club issue such as boxing gloves, bag mits, focus mits and weapons.

13. Vulnerable Participants

There is evidence that members of BAME communities are affected more by Covid-19 than other communities. Other vulnerable groups include people with underlying medical issues such as:

- Cardiovascular problems
- High blood pressure
- Diabetes
- Chronic kidney or liver disease
- Compromised immunity diseases
- Obesity (BMI 40+)

Members should be made aware of heightened risk in these groups, and to their family/friends. This will allow them to make decisions on whether they want to be involved in certain or all aspects of contact training

14. Accidents & First Aid

Should an accident occur ideally any family members present should be guided through administering the first aid while overseen by the club first aider.