



## CMAA Martial Arts Schools Covid19 Secure Policy

08/04/2021

### England, Scotland, Wales, N.Ireland & Eire

This policy is for the use of all CMAA registered Martial Arts Schools and their members while keeping safe and remaining 'COVID-Secure'. Additional risk assessments should also be carried out on a club per club basis as and when required. Areas covered in this policy:-

- **Social Distancing**
- **Face Coverings**
- **Exemptions from Face Masks & Implied Permission**
- **Students displaying any signs of illness**
- **Social 'Greetings'**
- **Outdoor training**
- **Indoor training**
- **Changing Rooms**
- **Travelling to and from the martial arts school**
- **Covid19 Officer**
- **Washing hands before/after the lessons & hygiene**
- **Stairs and stairways**
- **Lifts**
- **Limiting class numbers in order to maintain social distancing**
- **Class Bookings & Payments**
- **Gym Equipment**
- **Limiting non student access to the training area, parents etc.**
- **Guidance for the use of PPE, masks, gloves etc.**
- **Guidance for The Use of Fomites (Gloves, equipment Etc).**
- **Student interaction within the lessons**
- **Accidents and First Aid**
- **Student Bubbles**

The current distance requirement for people from different households to keep apart is 2 metres.

- **Face Coverings**

Wearing a face covering doesn't replace existing social distancing measures but should students wish to wear them during the lessons they should be permitted to.

Wearing masks while entering and leaving is mandatory for all over the age of 11 years unless they have a proven legal exemption (see below), in these cases visors should be considered. Students must take personal responsibility to provide their own face covering and ensure they clean/replace them as appropriate.

- **Exemptions from Face Masks & Implied Permission**

While certain conditions do provide exemption from having to wear face mask, face shields should be suggested and encouraged in place of them. While taking this approach please remember that your club is private and as such people have 'implied permission' to be there. You can remove this permission for those who refuse to wear a face covering of any description without giving good reason by simply asking them to leave. This conversation should be done confidentially as some exemptions can be of a highly personal nature, anxiety for example. This is outside of the guidelines stating that those with exemptions don't have to declare what these are to the Police when asked as it can be included in your clubs 'rules of entry'. On private property once implied permission has been removed that person is then trespassing, if they then refuse to leave that becomes aggravated trespass which is a criminal offence in its own right separate to Corona Virus 'rules'.

- **Students Displaying Any Signs of Illness**

Any student who displays signs of a high temperature, loss of taste/smell or has a new persistent cough should be asked to stay away from the club for at least 10 days even if they have had a test as they could still be a carrier. Those displaying flue like symptoms should also be asked to stay away for the same time period.

- **Social 'Greetings'**

Social greetings such as handshakes, fist bumps, high fives etc. are to be avoided.

- **Out-Door Training**

Should you offer out-door training this should be done in line with guidelines set down by your own nation. Please contact the CMAA if there are any issues in this area.

- **Indoor Training**

This should be done according to current government guidelines per nation regarding social distancing and reduced contact between members who do not live together.

- **Changing Rooms**

All changing rooms must not be used at this time.

- **Travelling to & from The Martial Arts School**

Students should only travel with members of the same household, 'car sharing' or parents bringing children other than their own is to be avoided. Public transport should be avoided as per government advice.

- **Covid19 Officer**

Each club will nominate a Covid19 Officer who will then be responsible for ensuring risk assessments are undertaken, that this safety policy is adhered to in addition to implementing any changes as per national guidance at club level.

The Covid19 Officer will also then familiarise themselves with the symptoms and take action accordingly should a student or Instructor develop them.

The Covid19 Officer will keep in contact with any members who go into self-isolation, safely manage their return to the club when the time comes and amend risk assessments as and when required.

- **Washing Hands Before/After the Lessons & Hygiene**

Students and parents **must not be allowed** to enter the training area without first either washing their hands OR using 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.

If your venue provides shower facilities these must be declared out of order/not for use for the time being.

- **Stairs & Stairways**

Any stairs or stairways should have a strict 'keep left' policy introduced.

Up on the left-hand side and down on the left-hand side. This will help avoid any unnecessary close contact.

- **Lifts**

Any lifts should be declared not for use unless absolutely necessary, in these cases the maximum occupancy must be reduced.

- **Limiting Class Numbers & Social Distancing**

This section is in 2 parts, 1 for children and 1 for adults.

### **Part 1 - Children**

In order to comply with social distancing, it is vital to limit the numbers you have in your lessons.

In order to do this, measure out the metre squared area of floor space within your training area. This will then allow you to mark the floor thus ensuring current social distancing guidelines are adhered to.

Online class content can also be linked into face to face classes. For example, the warm up can be done at home using the online club allowing classes to begin with a low level warm up to save time.

### **Part 2 - Adults**

The same applies to adult students but a reduction in numbers should be seriously considered so as to allow for more individual training space.

- **Class Bookings & Payments**

Students should pre-book into specific lessons and must not be allowed to turn up at random without booking in first. How this booking system works is for you to decide on a club per club basis.

This will allow you ensure only the designated numbers are present at any given time subject to the size of your floor space. You may want to consider the 'less is more approach' and offer more lessons but shorter in time, for example 45 minutes rather than 60 minutes. Class change over time slots will also have to be considered.

Students leaving after the lesson should be staggered so as to avoid any congestion at the exit. If it's not possible to have different entry and exit points then students arriving for the next lesson should be given a 'do not arrive before time' and must not be allowed into the training area until this time. This will then allow for all students from the previous lesson to clear the building.

Payments should be made online or contactless as much as possible.

- **Gym Equipment**

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

- **Limiting Non-Student Access to The Training Area**

If allowed in your national guidance only 1 parent/carer per child should be in the training area, and should be kept to the outside edges and separated as per current Government guidelines.

Seating should be adjusted/marked to facilitate this.

Adult students should not bring anyone with them who is not training.

- **Guidance for The Use of Fomites (Gloves, equipment Etc).**

As already mentioned, the use of face masks is useful and students should be encouraged to wear them.

Disposable gloves should ideally be worn if using club equipment such as focus mits, pads or weapons to keep 'direct contact' to a minimum. Best practice would be to encourage students to bring their own equipment rather than share club issue.

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

Students should wear disposable gloves if using your equipment.

This equipment should then only be used by that specific student and not shared during that lesson. Equipment must be cleaned down at the end of every lesson, matts should also be cleaned frequently.

Club owned boxing gloves, bag mits etc. should not be offered for use and must be removed and securely stored after being sanitised.

- **The Use of Student Owned Equipment**

Students must use their own boxing gloves, bag mits and weapons.

If possible, they should also bring their own strike shields and focus mits as mentioned above.

- **Student Interaction Within the Lessons**

Where physical interaction between students cannot be avoided this should be restricted to members of the same household.

If allowed in the building by your national guidance parents/carers should be allowed to take part to hold pads, focus mits etc and to engage in any take downs, self-defence and throws.

As this involves bringing more people onto the training area the lesson will have to be staggered. For example, if you have 10 students training, 5 will step off while the remaining 5 train with parents/carers for short time and then swap over with them coming back on and the 1<sup>st</sup> set of 5 stepping off and so on.

For adults, where it's not possible for them to train with a member of the same house hold, alternate training methods need to be found, using hanging/freestanding bags for example.

- **Accidents & First Aid**

Should an accident occur which requires the administering of first aid then gloves and facemasks should be worn by both parties as this will involve direct contact.

Ideally any family members present should be guided through administering the first aid while overseen by the club first aider.

- **Students 'Bubbles'**

Until social distancing measures are lifted in your nation should you wish to create student bubbles the following guidance will help you. As most martial arts sit outside of DCMS approval before going ahead with any bubble you must liaise with your own local authority.

A risk assessment must be carried out at club level. Due to the CMAA being a multi-style group a generic risk assessment is not feasible as one would have to be produced for each style and variant thereof which could take months. Risk assessment forms are available in the Instructor

Area on the CMAA website. In writing your risk assessment the following must be considered:

**Droplet transmission and aerosol generation.** The risk associated with each action in an activity based on duration and proximity of participants. Contact during martial arts training can involve very close range and sustained contact with other people.

**Fomite (clothing and equipment) transmission.** The risk associated with the direct contact between participants during the lesson, and equipment and surfaces used in the delivery and participation of the lesson. The risk of fomite transmission from skin and blood-borne diseases on training and surfaces is a consistent risk for contact during martial arts. As already mentioned in this policy equipment and surfaces should be cleaned regularly and any hand held equipment should be the personal property of each student. Sharing should be avoided at all costs.

**Number of students per bubble.** Keep this number low. This does not mean limiting the number of students you have per lesson, what it does mean is reducing the number in each bubble. For example, 3 students could be placed together, these same 3 would then train with each other during every lesson going forward. If one is missing for any reason training can still go ahead with the remaining 2.

Once set each bubble must not change and they must remain the required distance from others while training.

In all cases students must remain 100% Covid aware outside of the club and any bubble must be split up if a breach of government guidelines is discovered, not socially distancing for example. In all of the following cases students 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.

### **1. Children in the same class at school/college**

If there are children in your club who are also in the same year group at school/college then they can be considered to train together as they are already in a bubble.

### **2. Adults who work 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 as they are already in a bubble.