



SKIF GREAT BRITAIN

DOJO NI KAERU

—
GUIDANCE POLICY

LAST UPDATED 28TH JULY 2020

This document is correct at the time of publication. Please read this document in conjunction with the Government Guidelines. Updates will be produced to coincide with significant national guidance changes.

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01. INTRODUCTION

Karate is a contact sport with over 262,000 (2018) registered Martial Art members in the UK and whilst we at SKIF Great Britain would love to get all our students back in Dojo's as soon as possible, our main priority is the health and safety of everyone within the sport. In response to this unprecedented period the sport finds itself in, SKIF Great Britain have designed this Dojo ni Kaeru "Return to Dojo" -Roadmap (DNK) to help all within the federation negotiate returning to Karate in the safest way possible.

This document aims to help Instructors, Coaches, Students and Support personnel to live safely during this crisis; and when restrictions are reduced, to guide a safe return to training in a compliant and safe manner. This guidance document has been created based on the current research available and following discussions with a number of third parties – Governing Bodies, and with their counterparts outside of Karate. Advice from UK Government have helped to shape these guidelines.

Please note that this document reflects the information and research gathered when this document is circulated. The COVID-19 pandemic, and the responses of the public health community and UK Government remains fluid; data and recommendations will change, so this document will be updated to reflect this process. Please check the date of last update on page 1 to ensure you are viewing the most current document.



Guidelines for the following will be found in this document:

- Outline of **DNK ROADMAP GUIDANCE**
- **COVID-19**
 - What is it
 - Signs and Symptoms
 - Self-isolation
 - BAME Risks
- **RISKS WITHIN KARATE**
- **SCREENING**
- **HYGIENE CONSIDERATIONS**
- **SOCIAL DISTANCING**
- **RETURNING TO TRAINING AFTER HAVING COVID-19**
- **RESOURCES**

We would stress that the outline of the DNK may be fluid and SKIF Great Britain will always adhere to the UK Government and Public Health England, Scotland & Wales advice. Please monitor the SKIF Great Britain Facebook and Social Media outlets further advice or information changes.

Every club is required to have a nominated COVID-19 Officer, who will be able to monitor and administer all communications regarding the DNK guidance. Please see **Appendix 1**, which outlines the key role and tasks of the nominated Club COVID-19 Officer

WE ARE ASKING ALL CLUBS AND ALL INDIVIDUALS ASSOCIATED WITH SKIF GREAT BRITAIN TO TAKE RESPONSIBILITY FOR REDUCING THE RISK OF COVID-19



02. DOJO NI KAERU – ROADMAP

DOJO NI KAERU ROADMAP				
SKIF GREAT BRITAIN RESPONSE LEVEL	WHAT?	WHERE?	HOW?	WHEN?
LEVEL 5	<ul style="list-style-type: none"> No public gatherings 2m social distancing No travel allowed 	<ul style="list-style-type: none"> Home or Garden Kihon & Kata only 	<ul style="list-style-type: none"> Online Training No Kumite No Competitions 	<ul style="list-style-type: none"> March 2020
LEVEL 4	<ul style="list-style-type: none"> Public gatherings up to 2 2m social distancing Limited travel times 	<ul style="list-style-type: none"> Addition of outdoor training 	<ul style="list-style-type: none"> Online Training Train alone Train with household No Kumite No Competitions 	<ul style="list-style-type: none"> 13th May 2020
LEVEL 3	<ul style="list-style-type: none"> Public Gatherings up to 6 people 2m social distancing No car sharing (Carpooling) 	<ul style="list-style-type: none"> Outdoor training Indoor training (Dojo) – 1 person per 100sqft 1 Line of students in the Dojo 	<ul style="list-style-type: none"> Kihon & Kata based training only No contact No Kumite No Competitions Instructor-led Sessions 	<ul style="list-style-type: none"> From 25th July 2020
LEVEL 2	<ul style="list-style-type: none"> Public gatherings increased Distancing removed No car sharing 	<ul style="list-style-type: none"> Outdoor & Indoor (Dojo) training 	<ul style="list-style-type: none"> Kihon, Kata & Kumite based training 	<ul style="list-style-type: none"> Autumn 2020 Dependent on Government Guidelines
LEVEL 1	<ul style="list-style-type: none"> Public gatherings increased Distancing removed Limited Car sharing 	<ul style="list-style-type: none"> Indoor Dojo Training 	<ul style="list-style-type: none"> Kihon, Kata, Kumite based training Competitions & Gradings with limited spectators 	<ul style="list-style-type: none"> TBC Dependent on Government Guidelines
LEVEL 0	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Indoor Dojo Training 	<ul style="list-style-type: none"> Full Training, Competition, Courses and Gradings reinstated 	<ul style="list-style-type: none"> TBC Dependent on Government Guidelines
This Roadmap is subject to and will change based on Government advice and guidance. Please refer to the 'Dojo ni Kaeru' Guidance Document for more detailed advice.				

03. COVID-19

Coronavirus Disease 2019 (COVID-19) is an ongoing Worldwide pandemic caused by the Severe Acute Respiratory Syndrome Coronavirus 2 (SARSCOV-2). This virus appears to be highly infectious and at present, not have an effective treatment for it. Most people (80%) who are infected have mild symptoms and some do not have any symptoms at all. Because this is a new virus, there is much we do not know about it. However, like other viral infections, we know that many individuals who are infected, are infectious for up to 2 days (48hrs) before they have symptoms. This means it is easy to spread this disease before you are aware you have it.

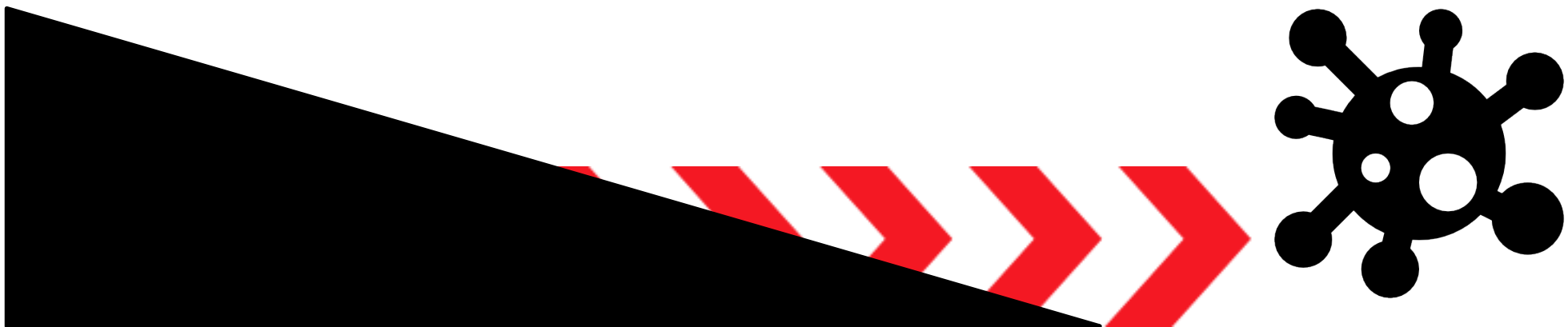
While the majority of those who become symptomatic can be managed at home, 15-20% who contract the virus become unwell and may require hospitalisation. A small number (5%) require intensive care, some of whom require breathing support through ventilation. These patients are more likely to be male, older (> 60) and have underlying conditions such as cardiovascular disease, raised blood pressure chronic lung disease, or diabetes.

There is growing evidence that individuals from Black, Asian & Minority Ethnic (BAME) communities appear to have higher rates of serious illness from COVID-19 (up to 1.9 times more likely to die from COVID-19 compared to white people). Given that we have a very diverse proportion of students in the SKIF Family from these communities, the guidance should be seen as especially important for these individuals.

The exact mortality rate associated with COVID-19 infection is unknown, but it may be as high as 1-2% overall and is higher in vulnerable groups. COVID-19 will likely remain a potentially deadly virus until an effective vaccine is created, but vaccination is unlikely to be available for several months to years.

Based on current knowledge, younger healthy people appear to be less likely to develop severe symptoms, however, anyone can spread the disease, infecting those they love, their friends, colleagues, and fellow students in the club/federation.

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 Karate family has a responsibility to support these efforts.



SIGNS & SYMPTOMS

In UK, the National Health Service (NHS) describe common symptoms of COVID-19 to include:

- High temperature over 37.8°C
- New and persistent cough
- Loss of taste or sense of smell

In addition, other symptoms can include:

- Hoarseness
- Runny nose
- Sneezing
- Shortness of breath
- Sore throat
- Tiredness
- Wheezing

Though these are common symptoms of other illnesses, there may be signs an individual has been infected by COVID-19, and it is vital that you do not infect club members, colleagues, your friends and family or the general public.

WHAT CAN YOU DO TO STAY SAFE?

- Please see our **Hygiene Guidelines**
- **Wash your hands** – regularly and thoroughly clean your hands with soap (for a minimum of 20 seconds) or an alcohol-based (minimum 60% alcohol) 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 metres distance between yourself and others. 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

WHAT HAPPENS IF I HAVE BEEN IN CONTACT WITH AN INFECTED PERSON?

- The NHS currently recommends that close contact (within 2 metres of someone with the virus for 15 minutes or more) with an infected person requires that individual to be isolated for 14 days from the last time they were exposed to the infected person
- If you are worried that this may relate to you, you should follow the **NHS Isolation Guidelines**
- Further guidance is contained within **Appendix 4 – DNK Risk Assessments**

IS THERE A HIGHER RISK OF INFECTION AMONGST BLACK, ASIAN AND MINORITY ETHNIC COMMUNITIES?

We believe there is a higher risk of infection amongst these communities. Please refer to the **'Risks within Karate'** for further guidance.

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. Please continue to follow the process outlined in our Safeguarding Policy for reporting concerns
2. Remind all instructors, senior personnel and volunteers how to respond if a child or adult at risk talks about a concern. Please go to this **link** from the NSPCC which includes information, advice and posters which can be shared with instructors and volunteers
3. Continue to share contact details of key support services through your social media and other channels:
 - **Childline**
Tel: 0844 892 0220 (09:00-00:00)
Web: www.childline.org.uk
 - **NSPCC**
Tel: 0808 800 5000 (09:00-18:00 Mon-Fri)
Email: 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-children-safe/reporting-abuse/coronavirus-abuse-neglect-vulnerable-children/>

04. RISKS WITHIN KARATE

In both Karate training and competition, there are high levels of contact for all Karate-Ka and instructors. These risks can be reduced during training sessions by utilising specific guidance. The government have announced that on the 25th July Indoor (Dojo) Karate can resume, however this does HAVE significant restrictions. Both instructors and students will need to be aware that the return will be managed to reduce the risk of COVID-19 spreading further than is necessary.

Should an instructor or student develop COVID-19 symptoms, all of those people who have participated in training will require isolation, as per the **Government Guidelines**.

We would also like to highlight that there is only a small number of clubs in the Federation (England, Scotland and Wales) who own or lease their own premises. Of the other clubs, 98% rely on educational Institutions, Leisure Centres or Community based venues to train. We therefore expect there to be significant disruption to the availability of those institutions as each facility will have their own re-opening procedures, which will need to be considered in addition to this plan.



DOJO NI KAERU LEVEL SYSTEM (RETURN TO DOJO)

The SKIF Great Britain Dojo ni Kaeru (DNK) levels described in the Outline **DNK-Roadmap** document, link with the UK Government's guidelines set out to govern the return to social and physical contact. Level 5 (highest risk of infection) down to Level 0 (normal training, social and physical contact) allow the sport to mitigate the risk of COVID-19 infection throughout the different stages of DNK.

However, individuals must remember that there can never be risk-free Karate and any Karate activity will come with inherent COVID-19 risks until there is a proven vaccine or treatment and a significant reduction of the disease in the population. It must also be stated that in the same light that the government risk levels are subject to change at any time, so will the levels of the SKIF Great Britain DNK.

PERSONAL RISK

- Students should be aware of all signs and symptoms of COVID-19 and should aim to reduce risk of infection as much as possible (see **COVID-19 Symptoms** and **Hygiene Advice**)
- Increased numbers at training will increase risk of exposure to the virus
- Training Karate indoors has a higher risk than training outdoors
- Individuals (or members of their household) suffering from other underlying illnesses may have a higher risk than others, if exposed to COVID-19.
Underlying medical issues may include:

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

These individuals have an unquantifiable risk with current research predicting possible risk. Therefore, ALL individuals within the club need to have read **Appendix 5** of this document prior to re-commencing Karate to understand the associated risks of participating. A club's COVID-19 Officer or Secretary should pass on Appendix 4 to all members. Following this, members should all be aware of the risks of practising Karate with others and that they consent they are happy to train despite the increased risk to their health.

If **Returning to Karate from Covid-19**, please see separate guidance.

PERSONAL PROTECTIVE EQUIPMENT

Facial Coverings – All instructors, members and support personnel can wear facial coverings to reduce infection risk should they wish. Guidance will be monitored and necessary adjustments will be made when required.

While the evidence is limited, facial coverings may reduce the risk of infection (see **Resources**) by:

- Reducing the water droplet effect from coughing, sneezing and generally breathing
- Reminding the wearer to not touch their eyes, nose and mouth



We would recommend the following as good facial coverings:

- Surgical masks
- Three layered masks
- Fabric or cloth masks

FFP3 masks should be reserved for clinical use by the NHS and stocks preserved for this important work. As the individuals will be screened, we do not perceive there to be a need for FFP3 masks, although this relies on all clubs to screen properly. First Aiders should use their own clinical judgement.

BAME COMMUNITIES

We have a number of students and families from Black, Asian, and Minority Ethnic (BAME) communities. There appears to be evidence that these communities are affected more by COVID-19 than other sections of society. The **Office of National Statistics** describe black people as being 1.9 times more likely to die from COVID-19 than white people, with Pakistanis and Bangladeshis at 1.8 times, and Indians at 1.5 times. There appears to be a number of possible reasons for this, but none that have been researched in enough depth by the scientific world to be acted upon specifically.

SKIF Great Britain would advise that individuals from BAME communities should only return to Karate training if they understand the possible increased risks associated within a Dojo environment. SKIF Great Britain has created an **information sheet** for all members to read, which highlights the risks of returning to Karate for everyone including the wider household members.



CLUB RISK

- Large gatherings and high numbers within a confined space are likely to increase the risk of infection
- Small group sessions will reduce the infection risk (up to 10 people during DNK Level 3)
- Outdoor training is likely to reduce the infection risk due to the reduction in the virus' ability to travel in that environment – aerosol spread

NATIONAL RISK

- Increased travel distances increase the likelihood of viral spread, coupled with pressure on transport systems
- SKIF Great Britain are not advocating carpooling and public transport is not advised where possible for level 3 and level 2
- At level 1 (when Squad Training, Courses, Gradings and Competition resumes), we will re-introduce these on a local/regional basis first and expand to national if government advice allows
- Increased movement of people can spread the virus and poses challenges in contact-tracing individuals who subsequently are diagnosed with having COVID-19

05. SCREENING



Due to the close contact nature of Karate, we are advocating screening of **ANYONE** participating or training in Karate to ascertain whether individuals are able to take part safely. We are asking both clubs and all individuals associated with Karate to take responsibility for reducing the risk of COVID-19.

INDIVIDUAL SELF-SCREENING

Before leaving the house to participate in Karate, please check you:

- Do not have symptoms of a high temperature (feeling hot, feeling cold, shivers, feeling under the weather)
- Do not have a new persistent cough
- You have not got a loss of taste or smell
- You have not been in contact with a person with suspected COVID-19 within the past 48 hours
- You have not been advised to self-isolate due to a third party from another setting (i.e. school or work) that has been infected with COVID-19
- No-one within your household has COVID-19 symptoms as outlined above, which would require the whole household to go into isolation as guided by **UK Government**
- **Individuals must not attend a Karate session if any of the above are true**
- All members should have read the SKIF Great Britain COVID-19 Risk Information, **Appendix 5**
- There should be no pressure placed upon a member to attend training (gradings, squad sessions, courses or competitions) if they have symptoms or they feel like the environment is unsafe for them
- If during training an individual feels uncomfortable with the management of the training, then there should be no pressure placed on that individual if they decide to opt-out of that session

CLUBS

- The priority is to keep your instructors, students and volunteers healthy
- Any individual coming to training needs to be screened before entering the Dojo and their attendance documented
- Contact details are required in order to help contact-tracing if a suspected case of COVID-19 arises
- The attendance records of all individuals attending the training are to be held with the Club **COVID-19 Officer** in a secure place and records should be maintained in line with the clubs existing policies and procedures
- We would remind clubs to be mindful of GDPR regulations. Please follow this link to the **Information Commissioner's Office (ICO)** regarding holding data during this pandemic
- Clubs are required to provide all instructors, members and volunteers with education on COVID-19 and the potential risks associated with Karate training – **Risk Information**

SCREENING

- To be conducted at DNK levels 3, 2 & 1
- Screening sheet in **Appendix 4**
- Ensure screening is conducted in a suitable area prior to entering the Dojo, ensuring good social distancing practices i.e. Outside of the entrance into the building or in a safe place in the car park
- Temperature to be taken on arrival, prior to entering the Dojo, and must be documented. Temperature to be taken ideally with a handheld infrared thermometer (cost £49.99 with **Amazon**, we recommend two per club - one as a backup)
- **All individuals** entering the Dojo (instructor, members and volunteers) to complete screening. Note down name, along with their temperature and document answers to all screening questions (**Appendix 4**). Only essential personnel required to run the session should be present, no observers etc.
- Any **positive answers** to the questions will mean that the individual cannot attend the session and they should be advised to return home to self-isolate

as per the **Government's Guidelines**. Club COVID-19 Officer needs to complete SKIF Great Britain **COVID-19 Reporting Form**

- Screening documents are to be kept within the club, under the jurisdiction of the Club COVID-19 Officer in order to trace any individual who at a later date reports COVID-19 symptoms. Clubs must ensure compliance with data protection and GDPR and be guided by the **ICO**.

IF COVID-19 SYMPTOMS REPORTED AFTER THE SESSION

- **All participants (instructors, members and volunteers) in the training session have a responsibility** to notify the Club COVID-19 Officer should they get symptoms of COVID-19 within 48 hours of the training session
- Anyone with symptoms should **ask for a test online** or call to arrange a test by calling 119. They have to complete the test within 5 days of the symptoms starting
- Club COVID-19 Officer to direct the infected individual to the **National Government's Contact-tracing procedures**.
ENGLAND This will mean that the individual will have a test within 48 hours.
SCOTLAND & WALES An individual will have a test within 72 hours.
Each nation: England, Scotland, Wales and Northern Ireland, currently have different procedures
- In addition to the above advice, the Club COVID Officer must contact all individuals that attended the training session in question to advise that an individual within that group has reported symptoms. If the individual is an instructor, then all participants of all sessions will need to be contacted
- The name of the infected individual is **NOT** to be disclosed to protect anonymity
- All attendees of the session should be advised to isolate for:
England & Scotland 14 days (as per government guidelines) in case symptoms arise and **Wales 10 Days**
- COVID-19 Officer should complete the following **COVID-19 INCIDENT REPORTING FORM**

06. HYGIENE CONSIDERATIONS

Karate is a sport with high levels of bodily contact along with a high moisture level. Sweat, saliva and moisture-rich breath will all be in potential contact with all members and instructors during training sessions. This is increased when practising indoors.

This is the current guidance on maintaining good hygiene for all within Karate through DNK levels 3-1.

PREPARATION

- Arrive to the Dojo already changed and ready to train
- After going to the toilet, thoroughly wash hands for a minimum of 20 seconds with soap or alcohol gel (minimum 60% ethanol or 70% isopropanol)
- No use of changing rooms
- No handshakes, high fives, fist bumps or other bodily contact
- Social distancing rules apply if at levels 4 and 3 (currently 2 metres distance)
- No car sharing to training
- Avoid public transport where possible
- Avoid excessive touching of high-contact surfaces such as door handles, benches, chairs, public computer keyboards etc.

DURING TRAINING

- No shared towels
- No shared water bottles
- No water to be provided by clubs/instructors
- No handshakes, fist bumps, high fives or other bodily contact

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- Have plenty of hand sanitiser available in your Dojo with regular stoppages (the recommendation is every 30 minutes) for application
- Social distancing rules apply if at Level 4 and Level 3
- Immediate hand washing once the session is complete
- The use of face masks for instructors, members and volunteers is permitted if the individual wishes

AFTER TRAINING

- All students to leave the Dojo promptly after training, whilst maintaining Social Distancing
- No Grouping when leaving the Dojo
- Immediate hand washing or hand sanitising for a minimum of 20 seconds
- Advised against showering or changing at the venue (local policies may be in place as well)
- No congregating at the venue after your training
- No handshakes, high fives or other bodily contact
- No car sharing from the venue
- Avoid public transport where possible

GUIDANCE FOR VENUES

- National Government or Local Government Regulations take precedence
- Additional venue requirements/procedures may be required for consideration
- Robust cleaning procedures in place and available on request
- Plan for changeover of members after Sessions so there is time to deep clean all common areas and surfaces - Club/venue responsible for the management of changeovers
- Plan for changeover of lettings (if applicable) after the session so there is time to deep clean all common areas and surfaces – Venue responsible for the management of changeovers
- Venue has to maximise ventilation opportunity – open doors, windows etc – in order to reduce aerosol spread
- Use of toilets to be made available

- Recommended that toilets with restricted access or reduced availability have a 1 in, 1 out rule
- Suitable hand washing facilities must be available
- Water fountains cordoned off
- Hand sanitiser should be easily accessible where required
- Recommended:
 - Hand sanitiser available where necessary
 - Regular disinfection of heavily used areas and surfaces
 - Separate entrance and exits to the Dojo and main building where possible
 - Available PPE for first aid / medical emergency and First Aid Officer with knowledge on how to apply

07. SOCIAL DISTANCING



By the very nature of the sport, Karate relies on us all to get close to one another. With the Government's advice on **Social Distancing** being implemented, this poses a number of challenges.

SKIF Great Britain has outlined guidance for the sport in relation to returning to training whilst adhering to the Government's Social Distancing guidelines.

Members need to be aware that local facilities may not be open despite Karate being available to return to the Dojo. It is assumed some schools may use their sports facilities to enable education in a social distancing environment.

Please refer to the **Outline DNK Roadmap**.

LEVEL 5 - LOCKDOWN

- In a state of 'lockdown' therefore no Karate permitted (unless online) as per government guidelines

LEVEL 4 - HOUSEHOLD OR 1 OTHER

- All individuals will abide by the government's guidance on maintaining a 2 metre distance between anyone not within their household

LEVEL 3 - HAJIME, GANBATTE, MOKUSO

- Clubs Risk Assessment completed and logged (**Appendix 2 & Appendix 3**)
- Follow screening and hygiene guidance set out in this document
- Social distancing rules continue to apply including 2 metre distance between people
- Groups of up to **6 individuals** may gather to practice Karate training (this must include any instructors, members or volunteers) – **Outdoor Training Only**
- Be mindful that if working with children in a club setting, two adults should be present at all times
- All high contact areas to be wiped down after session (benches, chairs, door handles, and any training equipment)

- Strict distancing must be adhered to throughout the training sessions, therefore no contact training allowed – partner work and Kumite
- If working in small Groups, make sure those Groups remain separate throughout the Session and afterwards, as this will help reduce contact risk
- No car sharing to training, observe public transport guidance
- Training ideas: Kihon and Kata only (No contact or Kumite)

LEVEL 2 – KIHON, KATA & KUMITE

- Risk Assessment completed and logged
- Social distancing rules removed, and public gathering numbers increased by the government
- Follow screening and hygiene guidance set out in this document
- Full class training to resume in the Dojo
- Parents or guardians at training may have to be asked to wait outside if the numbers within the venue are not able to be sustained within the social gathering limits or the risk assessment deems that it is not in the interest of the safety of individuals to allow such numbers to remain within the venue
- No spectators allowed at training
- All high contact areas to be wiped down after session (benches, chairs, door handles, and any training equipment)

LEVEL 1 – GRADING'S & COMPETITION EXPAND

- Level 1 – Competitions and Grading's with limited spectators
- Full training able to commence
- Full timetable of Grading's, Competitions able to commence
- Travel distance rules relaxed
- Social distance rules removed
- Hygiene and screening guidance adhered to as set out in this document

LEVEL 0 – 'NEW NORMAL'

- Likely to happen only once UK Government deems the disease has been truly stopped
- Full return to normal training, competition, courses and grading's without the need for social distancing rules
- No need for screening measurements
- Good hygiene advised

All Levels may go up or down as further information about the spread of COVID-19 comes to light. Please be aware that should local lockdown measures be implemented SKIF Great Britain will consult with those clubs and provide a safe level for training until the Government deem it appropriate to return to previous levels.



08 RETURNING TO KARATE AFTER HAVING COVID-19

Given the nature of this pandemic, the information, research and advice that is coming from all sources is constantly changing. The severity of the symptoms will be different between everyone. Coupled with the fact that most will have mild symptoms if any at all, providing guidelines of any sort is difficult.

In severe cases of COVID-19, it is known that there can be an effect not just on the lungs but also on the heart. Myocarditis is a serious condition where inflammation of the heart muscle can put extra strain on the ability of the heart to function properly. We are aware therefore that the length of time to return to physical activity in individuals that have had moderate to severe symptoms may be longer than expected.

Please refer to this [infographic](#) from Imperial College London on symptoms and returning to sport.

NONE TO MILD SYMPTOMS

These would be classed as symptoms that did not last more than 1 week and did not require a doctor or hospital assessment. This will be the vast majority of individuals that contracted COVID-19.

- Advised 4-week graded return to physical activity including Karate
- Should start exercising at least 7 days after the last symptoms have resolved
- Could start with walking and then build up
- As returning to sport, monitor symptoms and make sure you feel comfortable when running and exercising

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MODERATE SYMPTOMS

Classed as having to be seen by either a GP or hospital staff. No diagnosis of longer-term lung or heart problems.

- Advised to take 2 months to return to high level physical activity
- Monitor symptoms throughout the return to activity as any rise in temperature or other symptoms may cause further stress on a recovering body and therefore put you at higher risk of injury or illness

SEVERE SYMPTOMS

Any individual that has been admitted to hospital for management of COVID-19 and in the worse cases, been intubated in Intensive Care.

- Most individuals will have a management plan given to them from their hospital
- Individuals will be looking at approximately 3 months to return to normal activity levels, and this may increase if a diagnosis of myocarditis or other complications has been made
- Start physical activity with walking
- Monitor signs and symptoms throughout including breathlessness and fatigue as this would indicate the body struggling to cope with the level of exercise
- Seek guidance from a rehab specialist, such as a physiotherapist

09 RESOURCES

COVID-19 INFORMATION

NHS ENGLAND: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

NHS SCOTLAND: <https://www.scot.nhs.uk/coronavirus-covid-19/>

NHS WALES: <https://nwis.nhs.wales/information-services/covid-19-data-hub/>

PUBLIC HEALTH ENGLAND:

<https://www.gov.uk/government/organisations/public-health-england>

PUBLIC HEALTH SCOTLAND: <https://publichealthscotland.scot>

PUBLIC HEALTH WALES: <https://phw.nhs.wales>

ASTHMA SUFFERERS: <https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/what-should-people-with-asthma-do-now/>

WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

NHS ENGLAND TEST & TRACE: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/>

NHS SCOTLAND TEST & PROTECT: <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-contact-tracing>

NHS WALES TEST, TRACE, PROTECT: <https://gov.wales/test-trace-protect-coronavirus>

RETURNING TO SPORT AFTER COVID-19:

<https://www.imperial.ac.uk/media/imperial-college/administration-and-support-services/sport/public/Return-to-Training-Following-COVID-19-Infographic.pdf>

OUTDOOR SPORT & RECREATION GUIDANCE - ENGLAND:

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation>

OUTDOOR SPORT & RECREATION GUIDANCE - SCOTLAND:

<https://www.gov.scot/publications/coronavirus-covid-19-what-you-can-and-cannot-do/pages/sport-culture-and-leisure/>

OUTDOOR SPORT & RECREATION GUIDANCE - WALES: <https://gov.wales/sport-recreation-and-leisure-guidance-phased-return-html>

ENGLAND KARATE FEDERATION (EKF): <https://www.englishkaratefederation.com>

SCOTTISH KARATE GOVERNING BODY (SKGB): <https://skgb.com>

WELSH KARATE GOVERNING BODY (WKGB): <https://www.welshkarate.org.uk>

ICO COVID-19 DATA HOLDING: <https://ico.org.uk/global/data-protection-and-coronavirus-information-hub/coronavirus-recovery-data-protection-advice-for-organisations/>

OFFICE NATIONAL STATISTICS (ONS):

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/articles/coronavirusrelateddeathsbyethnicgroupenglandandwales/2march2020to10april2020>

HYGIENE INFORMATION

WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

NHS HOW TO WASH YOUR HANDS:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

USE OF MASKS: <https://www.bmj.com/content/369/bmj.m1435>

SOCIAL DISTANCING

NHS ENGLAND: <https://www.nhs.uk/conditions/coronavirus-covid-19/social-distancing/>

NHS SCOTLAND: <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-physical-distancing>

NHS WALES: <https://gov.wales/coronavirus-social-distancing-guidance>

ISOLATION INFORMATION

NHS ENGLAND: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

NHS SCOTLAND: <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-guidance-for-households-with-possible-coronavirus-infection>

NHS WALES: <https://gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus>

VENUE GUIDELINES

UK ACTIVE: <https://sportengland-production-files.s3.eu-west-2.amazonaws.com/s3fs-public/2020-05/ukactive%20framework%20for%20re-opening%20the%20gym%20and%20fitness%20industry.pdf?lirYhkBXmffAVf9ffdPMjpDrN6vmEW1P=>

CLEANING: <https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings>

EQUIPMENT

FIT4SPORT PPE EQUIPMENT: <https://fit4sportltd.com>

DR TALBOT'S INFRARED THERMOMETER: [AMAZON](#)

MENTAL HEALTH SUPPORT

MIND.ORG: <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

MH CHARITIES: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>



APPENDIX 1:

COVID-19 CLUB OFFICER – ROLE AND KEY RESPONSIBILITIES

SKIF Great Britain are requiring each club to nominate an individual to become the Karate COVID-19 Officer - details of the individual will need to be provided for this process. This individual should have a knowledge of safeguarding, GDPR and be able to access knowledge based websites for further information on this evolving pandemic.

The key roles and responsibilities will include:

- Ensure the Club is compliant with SKIF Great Britain COVID-19 Guidance and current Government Guidance
- Responsible for completing appropriate COVID-19 Risk Assessments
- Keeping abreast of developments within the UK and Karate itself to reduce the risk of COVID-19 infection and communicate it to all club members. Sources of information may include:
 - **NHS**
 - UK Government **Website**
 - SKIF Great Britain Social Media Platforms and Communications
 - **EKF** (England), **SKGB** (Scotland) and **WKGB** (Wales) Governing Bodies
- Lead on the screening of all instructors, members and volunteers for each training session, in accordance with the guidelines in this document
- Upskill other instructors and volunteers to be able to conduct the screening
- Responsible for the collection and appropriate storage of screening forms and attendance forms
- Responsible for contact-tracing in relation to the individuals that have been in contact with a suspected case of COVID-19 within the Karate session, once an individual has notified the club that they have been infected with COVID-19
- Responsible for directing an individual that has been infected by COVID-19 to report this to the NHS and get a test in order to commence NHS led contact tracing
- Report any current COVID-19 infection to SKIF Great Britain via this **form**.



APPENDIX 2:



TEMPLATE COVID-19 SKIF GREAT BRITAIN RISK ASSESSMENT – LEVEL 3 (OUTDOOR TRAINING)

Further Risk Assessment for Level 2 to become available in due course

TEMPLATE COVID-19 CLUB RISK ASSESSMENT – LEVEL 3

COVID-19 is a new illness that can affect your lungs and airways. It is caused by a virus called Coronavirus. Symptoms can be mild, moderate, severe and fatal.

The responsibility for a safe training environment is shared between the Instructor and the members. Members must make their own risk assessment as to where, when or whether they will train. Members have the responsibility to **NOT** train or attend the Outdoor Training Session if they have any symptoms that may be in anyway related to COVID-19. Furthermore, if they have had contact with anyone who has, or is suspected of being infected with the COVID-19 virus they must **NOT** train and should follow Government Guidance on isolation, timescales etc.

The responsibility for the safety and wellbeing of those under 18 years of age is with the parent/guardian.

The Club recognises that all risks cannot be reduced to zero; therefore this Risk Assessment prioritises the significant risks. Significant risks are those which pose risks of serious injury or risks that are common in teaching of Karate. For all activities, instructors will dynamically assess risks and put in place control measures and record as required.

Location: Public Spaces, Parks, Beaches and Grasslands.

Activities: Traditional Karate training focused on Kihon (Basic Movements) and Kata (Set Forms). Kumite (Sparring) should be without a partner under the current Government restrictions due to Covid-19.

Group Sizes: 2-6 people including an instructor



Club Name:	COVID-19 OFFICER:
Session Name: (Tigers, Beginners, Intermediate, Seniors)	Venue/Dojo:
Assessment carried out by:	Date Assessment was carried out:
Date of Review:	

WHAT ARE THE RISKS?	PEOPLE AT RISK	CONTROLS REQUIRED	ADDITIONAL CONTROLS	REVIEW
Arrival / Departure: Transmission of Infection airborne & physical contact	Members, Instructors, Support Staff & General Public	<ul style="list-style-type: none"> • Avoid contact with Door / Gate Handles • Parent/Guardian must NOT drop off children and leave them with the instructor in case the Child needs to go to the toilet • After the Session, Children will go to the parent/Guardian individually and not in a group • Parent/Guardian must follow Government Guidance on Social Distancing at all times • No congregating once training has finished 	<ul style="list-style-type: none"> • Bring Hand Sanitiser or Wipes • Parent/Guardian must remain close by, but NOT part of the Group training • Parent/Guardian to ensure that their child can visibly see where they are stood • Social Distancing rules apply – 2 metres • Students & Parent/Guardian to leave training facility promptly at the end of the Session 	
Payment & Register: Risk of Transmission of Infection	Members, Instructors, Support Staff & General Public	<ul style="list-style-type: none"> • Only one person to take the register • Payments should be made where possible electronically before the start of the class 	<ul style="list-style-type: none"> • If paying CASH then all correct money must be given in a clear money bag. No Change given 	



WHAT ARE THE RISKS?	PEOPLE AT RISK	CONTROLS REQUIRED	ADDITIONAL CONTROLS	REVIEW
		<ul style="list-style-type: none"> Cash/Cheques should be minimized & handled carefully 	<ul style="list-style-type: none"> No CASH to be exchanged unless in a sealed bag 	
Floor Surfaces, Flat & Clear of Objects	Members & Instructors	<ul style="list-style-type: none"> Care and awareness of surfaces, especially when uneven, loose or slippery Check the ground for signs of water, liquids or other hazards and obstructions that might cause slips, trips and falls Dangerous litter being handled, stepped on or fallen on, leading to injury or harm Suitable footwear must be worn Advise participants of risk of injury during turns etc. 	<ul style="list-style-type: none"> Highlighted to Individual/Group as needed Advise participants to wear trainers 	
Social Distancing between people & other groups within Government Guidance	Members, Instructors, Support Staff & General Public	<ul style="list-style-type: none"> Ensure you have adequate space for Instructor to demonstrate exercises and participants to train without breaching the '2 metre' Guidance 	<ul style="list-style-type: none"> Social Distancing rules apply – 2 metres Ensure you are aware, keep up to date and follow Local Authority Rules & Government Guidance Good control and discipline of class 	
Weather Hazards: Rain, Cold & Heat	Members & Instructors	<ul style="list-style-type: none"> Check weather report in advance and ensure participants dress appropriately and advised to apply sunscreen when required 		

WHAT ARE THE RISKS?	PEOPLE AT RISK	CONTROLS REQUIRED	ADDITIONAL CONTROLS	REVIEW
Temperature impacting performance	Members & Instructors	<ul style="list-style-type: none"> • Try not to train in direct sunlight, if there are shaded areas – then always try and train in the shade • Make sure the space you are using is at a comfortable temperature (Not too Cold/Hot) and take sufficient steps to make sure participants are properly hydrated • Advise participants of dangers i.e. sunstroke, hay fever, dehydration etc. • Instructor to look for effects of over exertion, sunstroke, dehydration. (medication, sunscreen, water) Extra breaks 	<ul style="list-style-type: none"> • Give students the option of wearing a cap if in direct sunlight • Remind all students to bring their personal Water Bottle to training (Water Bottles are NOT to be shared with anyone else) • If any student feels unwell, faint, showing signs of dehydration and exhaustion – they are to stop training immediately. Seek First Aid attention • Ensure students regularly take on Water Breaks during training in extreme heat 	
Visibility: Participants struggle to see you and their environment	Members, Instructors, Support Staff & General Public	<ul style="list-style-type: none"> • Ensure that participants can see you - Avoid training at dusk/dawn unless the chosen venue is well lit e.g. flood lighting 		
Noise: Students cannot hear you & receive clear instructions	Members & Instructors	<ul style="list-style-type: none"> • Make sure that you can be heard clearly by participants over and above any background noise. E.g. traffic noise from a nearby road, music, etc. 		
Dogs not controlled by owners	Members, Instructors, Support Staff & General Public	<ul style="list-style-type: none"> • Risk of interference, attacking, scaring, etc. If concerned, Instructor should stop class 		
Wildlife: Insect bites, allergic reactions Ingestion of toxins or poisons	Members & Instructors	<ul style="list-style-type: none"> • Advise participants that they can choose to wear Insect repellent 	<ul style="list-style-type: none"> • Avoid training near open water, where there potentially can be more bugs and insects 	

WHAT ARE THE RISKS?	PEOPLE AT RISK	CONTROLS REQUIRED	ADDITIONAL CONTROLS	REVIEW
from flora and fauna – adverse reactions e.g. hay fever, etc.		<ul style="list-style-type: none"> Medication for hay fever, allergies, etc. Check location for training, use open space in Park 		
Bicycles, Skateboards, Lawn Mowers, Vehicles, Car Park, etc.	Members, Instructors, Support Staff & General Public	<ul style="list-style-type: none"> Awareness of condition of surroundings and specific hazards to that environment Vigilance when moving where vehicles are – car parks, pathways, using proper crossings and marked areas when safe to do so 	<ul style="list-style-type: none"> Avoid training right near main access points to the area / park, to reduce the traffic of people where you are training 	
Group Competence: Understand the participants background, children, adults, vulnerable adults, disabilities, etc.	Members & Instructors	<ul style="list-style-type: none"> All Instructors must be a Qualified SKIF Great Britain Instructor All Participants, including Instructor must have an up to date SKI Licence Good Group Behaviour and Responsiveness to Instructor Instructor(s) should not continue class should they be concerned by an Individual and/or group behaviour leading to an accident or incident 	<ul style="list-style-type: none"> All attendees reminded to always follow the Dojo Etiquette when training, regardless of whether Indoors or Outside the Dojo Etiquette is always in place when training 	
Instructor	Members & Instructors	<ul style="list-style-type: none"> No physical contact with participants Good use of verbal and physical communication 	<ul style="list-style-type: none"> All Participants to be reminded of Social Distancing of 2 Metres 	

WHAT ARE THE RISKS?	PEOPLE AT RISK	CONTROLS REQUIRED	ADDITIONAL CONTROLS	REVIEW
Karate Classes	Members & Instructors	<ul style="list-style-type: none"> • Participants must stay at least 2 metres apart at all times • <u>6</u> maximum including Instructor • For further details See Training Guidelines in Risk Assessment COVID-19 and latest Government Guidance 	<ul style="list-style-type: none"> • All Participants to be reminded of Social Distancing of 2 Metres 	
First Aid	Members & Instructors	<ul style="list-style-type: none"> • Instructor to ensure first aid kit available • Instructors to be aware of basic emergency protocols at each venue • Instructors delivering training courses must hold a relevant emergency First Aid qualification and carry a first aid kit • Additional items Masks/Gloves 	<ul style="list-style-type: none"> • Advise participants to bring own first aid kit – should they wish 	
Emergency Contact Details	Members & Instructors	<ul style="list-style-type: none"> • Instructor must ensure they have emergency contact details 		

ALL SCHOOLS CONDUCT OUTDOOR SPORTS WITH YOUNG PEOPLE AS THEY GO THROUGH THEIR EDUCATION. MOST ADULTS AND YOUNG PEOPLE ARE USED TO BEING OUTDOORS IN PUBLIC PARKS AND SPACES.

APPENDIX 3:



COVID-19 SKIF GREAT BRITAIN RISK ASSESSMENT – LEVEL 3 (INDOOR TRAINING)

Further Risk Assessment for Level 2 to become available in due course

COVID-19 CLUB RISK ASSESSMENT – LEVEL 3 (HAJIME, GANBATTE, YAME - "BEGIN, DO YOUR BEST, END")

COVID-19 is a new illness that can affect your lungs and airways. It is caused by a virus called Coronavirus. Symptoms can be mild, moderate, severe and fatal.

This template Risk Assessment must be considered alongside the SKIF Great Britain “Dojo ni Kaeru” Guidelines and the clubs other Health and Safety documents. The Risk Assessment process must be subject to continual review. It is the responsibility of the COVID-19 Officer to ensure that this Risk Assessment remains up to date and in line with current SKIF Great Britain and Government Guidance.

The responsibility for a safe training environment is shared between the Instructor and the members. Members must make their own risk assessment as to where, when or whether they will train. Members have the responsibility to **NOT** train or attend the Dojo if they have any symptoms that may be in anyway related to COVID-19. Furthermore, if they have had contact with anyone who has, or is suspected of being infected with the COVID-19 virus they must **NOT** train and should follow Government Guidance on isolation, timescales etc.

The responsibility for the safety and wellbeing of those under 18 years of age is with the parent/guardian.



Club Name:	COVID-19 OFFICER:
Session Name: (Tigers, Beginners, Intermediate, Seniors)	Venue/Dojo:
Assessment carried out by:	Date Assessment was carried out:
Date of Review:	

WHAT ARE THE RISKS?	PEOPLE AT RISK	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Infection being passed directly from person to person	Members, Instructors, members of the public in the facility	<ul style="list-style-type: none"> Signs detailing COVID-19 symptoms at Venue/Dojo Entrance All members should be screened, and attendance documented. Any individual who answers positively to the Screening questions, should be advised to return home and self-isolate in line with Government advice. Screening date to be sent to SKIF Great Britain Screening should be set up away from the building entrances/exits Hand sanitiser available at entrances to the Dojo – should be applied regularly 	<p>All attendees reminded of the following:</p> <ul style="list-style-type: none"> No Kumite or bodily contact Wash hands thoroughly for 20 seconds after going to the toilet and use alcohol-based hand rub Social Distancing rules apply – 2 metres No congregating once training has finished 			

WHAT ARE THE RISKS?	PEOPLE AT RISK	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
		<ul style="list-style-type: none"> Attendees advised before leaving the house, they should check they do not have a high temperature, do not have a persistent cough, they have not lost their sense of taste and/or smell, they have not been in contact with a person with suspected COVID-19 within the past 48 hours, they have not been advised to self-isolate as per NHS guidance Open any doors to the outside in the Dojo if possible, to ensure maximum ventilation and reduce aerosol spread 				
Increased risk to individuals with underlying medical conditions and those from BAME Groups	Those with underlying medical conditions and BAME Groups.	<ul style="list-style-type: none"> Club Instructors & COVID-19 Officer should make sure any participants within high risk groups have all risk assessment information available so they can make an informed choice about joining the session 	<ul style="list-style-type: none"> Those individuals with underlying medical conditions to complete Appendix 4 of the Dojo ni Kaeru Guidance Send note/reminder to members to advise not to attend if they show symptoms Ask at each Session 			
Change over between Sessions / other classes using the Dojo	Members, Instructors, members of the public in the facility	<ul style="list-style-type: none"> Allocate appropriate time between classes. Liaise with facility management 	<ul style="list-style-type: none"> Ensure that each training Group are given an allocated time slot to arrive, and that they do not come early Wait in the car until their allocated check-in time 			



WHAT ARE THE RISKS?	PEOPLE AT RISK	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Infection transmission via airborne transmission	Members, Instructors, members of the public in the facility	<ul style="list-style-type: none"> Any individual with a cough or cold must not train or enter the Dojo Temperatures of all participants to be taken by the appointed COVID-19 Officer and recorded prior to entering the Dojo 	<ul style="list-style-type: none"> If any individual is showing any signs of symptoms, then not to attend training and stay at home and seek immediate NHS Advice for a FREE Test 			
Toilets and Changing Rooms	Members, Instructors, other venue users & members of the public in the facility	<ul style="list-style-type: none"> Facility Management (Venue) should ensure that all facilities are regularly cleaned Suitable hand washing equipment available in toilets and changing rooms Venues should operate a 1 in, 1 out rule where toilets have restricted access 	<p>All attendees reminded to:</p> <ul style="list-style-type: none"> Arrive changed in a freshly laundered Gi (Uniform) Avoid prolonged time in the toilet Avoid showering and changing at the venue where possible Wash hands thoroughly for 20 seconds and use an alcohol-based hand gel after going to the toilet. 			
Infection transmission via airborne or physical contact – Whilst Changing / Showering	Members, Instructors, other venue users & members of the public in the facility	<ul style="list-style-type: none"> Attendees should limit the amount of time spent in changing/showering facilities Limit number of people in changing facilities Protective/Appropriate footwear must be worn 	<ul style="list-style-type: none"> Participants should arrive and leave in a freshly laundered Gi (uniform) and shower at home All Gi's to be laundered between sessions Participants should wear suitable footwear (clean training shoes whilst training) at all times. 			

WHAT ARE THE RISKS?	PEOPLE AT RISK	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Transport to and from Training	Members, Instructors and Support Staff	<ul style="list-style-type: none"> Car Sharing should not be advocated and public transport are not advised 				
Infection transmission via airborne or physical transmission	Members, Instructors, other venue users & members of the public in the facility	<ul style="list-style-type: none"> PPE (Personal Protective Equipment) 	<ul style="list-style-type: none"> Advise participants to wear face masks & gloves when travelling to/from entry/exit of the Dojo 			
Over Subscribing of Students at Sessions	Members, Instructors and Support Staff	<ul style="list-style-type: none"> 2 Metre Social Distancing Limit number of participants per Session 	<ul style="list-style-type: none"> Maximum number of spaces available per Session – in order to meet with Government Guidance Online/Pre-Booking of Sessions to limit on number of people arriving at Dojo 			
Infection passed on by non-participants i.e. Parents, Spectators and members of the public	Members, Instructors and Support Staff	<ul style="list-style-type: none"> Instructors and all Support Staff should meet members outside of the Building Parents/Guardians should not be permitted to enter the venue Participants and Instructors should avoid leaving the Dojo, unless it is to go to the toilet Use Doors that lead directly into the Dojo or Hallways, and avoid entry into other rooms and ongoing Sessions that may be in progress 	<p>All Participants reminded to:</p> <ul style="list-style-type: none"> Stay in the Dojo Parents to wait outside – due to limited space Follow Government Guidance 			

WHAT ARE THE RISKS?	PEOPLE AT RISK	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
		<ul style="list-style-type: none"> All Attendees must follow Government Guidance on Social Distancing at all times 				
Arrival & Departure Transmission of infection airborne and physical contact	Members, Instructors, other venue users & members of the public in the facility	<ul style="list-style-type: none"> You must follow the Venue/Facility and Government Guidance at all times whilst on the premises Bring hand sanitiser or wipes 	<ul style="list-style-type: none"> Use Separate entrances and exit to the Dojo, where possible One Parent/Guardian per family to drop off Children After the Session, children will go to parents individually and not in a group 			
Infected surfaces in the building e.g. Door Handles, tables, chairs and benches	Members, Instructors and Support Staff	<ul style="list-style-type: none"> Facility Management (Venue) should ensure that all facilities are regularly cleaned Regular disinfection of heavily used areas and surfaces COVID-19 Bin available to dispose of cleaning products/equipment Hand Sanitiser available in the Dojo and in the entrance to the Building 	<p>All participants reminded to:</p> <ul style="list-style-type: none"> Avoid excessively touching high contact surfaces e.g. Door Handles, Benches, Chairs Use hand sanitiser frequently during training 			
Infected Equipment e.g. Mitts, Belts, Water Bottles and Towels	Members, Instructors and Support Staff	<ul style="list-style-type: none"> All Members and Instructors bring their own equipment No use of another students Mitts, Belts or Towels 	<p>All Attendees reminded to:</p> <ul style="list-style-type: none"> Not share Mitts, or lone Spare mitts to another student Not borrow another student a Spare Belt Not share Water Bottles 			

WHAT ARE THE RISKS?	PEOPLE AT RISK	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
		<ul style="list-style-type: none"> No Water Bottles should be shared by students in the Session 	<ul style="list-style-type: none"> All mitts should be washed or wiped down before and after the Session No gumshields to be left out, these must be put away 			
Group Competence – Understanding the participants background – children, adults, vulnerable adults, Disabilities etc.	Members and Instructor	<ul style="list-style-type: none"> All Instructors must be a Qualified SKIF Great Britain Instructor All Participants, including Instructor must have an up to date SKI Licence Good Group Behaviour and Responsiveness to Instructor Instructor(s) should not continue class should they be concerned by an Individual and/or group behaviour leading to an accident or incident 	<ul style="list-style-type: none"> All attendees reminded to always follow the Dojo Etiquette whilst in the Dojo 			
Lack of space to maintain Social Distancing	Members, Instructors and Support Staff	<ul style="list-style-type: none"> Ensure that you do not exceed the recommended number of individuals including Instructors in each Session No Kumite or Partner work Drills. No spectators to be permitted to stay 	<p>All attendees reminded to:</p> <ul style="list-style-type: none"> Always stay 2 metres apart Work on the 1 person per 100sqft ratio for your Dojo 			

WHAT ARE THE RISKS?	PEOPLE AT RISK	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Risk to those returning to participate after being affected severely by COVID-19	Members, Instructors and Support Staff	<ul style="list-style-type: none"> Follow Medical Guidance 				
Social Distancing not being adhered to due to First Aid or Injury Treatment required	Members, Instructors and Support Staff	<ul style="list-style-type: none"> Qualified First Aider must be present at all times during training First Aider to ensure face mask, disposable gloves and apron are worn before administering any treatment Waste disposed of Safely Accident Form completed 	<ul style="list-style-type: none"> Assistance from the Facility / Venue (If available) 	First Aider		
Infection Transmission by Physical Contact whilst Training	Members, Instructors and Support Staff	<ul style="list-style-type: none"> No Physical Contact No training activities where Members are Face to Face Eliminate Kiai 	<ul style="list-style-type: none"> All Students to face the same direction Ensure that you do not exceed the recommended number of members for your space Maintain Physical separation in line with Government Guidance 			
Emergency Contact Details	Members, Instructors and Support Staff	<ul style="list-style-type: none"> All Students to complete an Emergency Contact Form prior to Returning to the Dojo Parents / Guardian to update the form ASAP with any changes 	<ul style="list-style-type: none"> Club to regularly send Alerts to ALL ACTIVE MEMBERS, as a reminder to update Emergency Contact Details 			

WHAT ARE THE RISKS?	PEOPLE AT RISK	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?	ACTION BY WHEN?	DONE?
Attendance Register	Members, Instructors and Support Staff	<ul style="list-style-type: none"> Attendance MUST be completed before the Session starts 	<ul style="list-style-type: none"> One person to record the attendance 			
Infection Transmission via Cash / Cheques	Members, Instructors and Support Staff	<ul style="list-style-type: none"> If paying CASH then all correct money must be given in a clear money bag. No Change given No CASH to be exchanged unless in a sealed bag 	<ul style="list-style-type: none"> Use Electronic Payments where possible 			

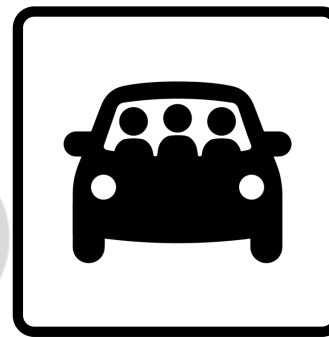


DOJO NI KAERU

COVID-19 PREVENTION



Prebook your Training
Online



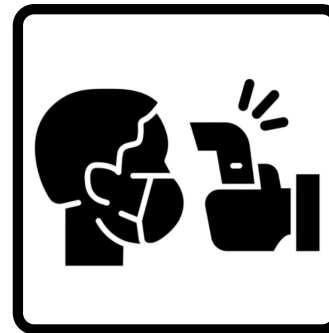
Avoid Car Sharing with
other people



Clean & Sanitise
equipment - Before &
after use



Wash your hands with
soap for 20 seconds
before & after training



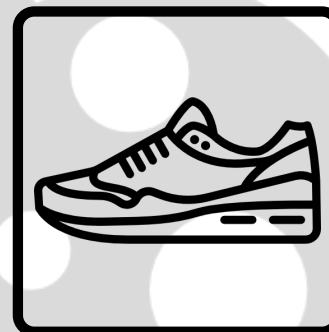
All Students
Temperature to be
checked on arrival



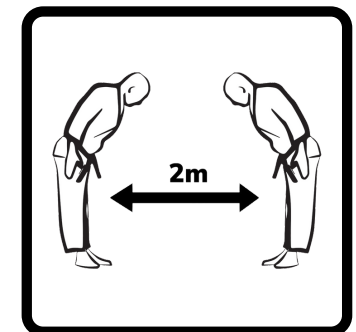
Complete a Personal
Screening Document



A Digital Attendance
must be taken for Track
& Trace



Suitable Footwear must
be worn for training



2m Social Distancing in
the Dojo (Unless with a
family member)



APPENDIX 4:

SKIF GREAT BRITAIN COVID-19 SCREENING DOCUMENT



PLEASE INFORM THE CLUB COVID-19 OFFICER IF ANY INDIVIDUAL IS FOUND TO BE POSITIVE:

DATE & TIME:

VENUE:

NAME OF INDIVIDUAL CONDUCTING THE SCREENING:

Screening Questions:

- Have you been in contact with anyone with or suspected of having COVID-19 in the last 48 hours?
- Has anyone in your household had COVID-19 symptoms in the last 2 weeks?
- Have you been advised to self-isolate due to an infection within another setting, such as school?
- Do you have a new persistent cough?
- Have you had any loss of taste or smell?
- Do you have any underlying health conditions that would put you at further risk should you contract COVID-19?
 - Cardiovascular problems
 - High Blood Pressure
 - Diabetes
 - Chronic Kidney or Liver
 - Disease Compromised
 - Immunity Diseases Obesity (BMI 40+)

NAME	AGE	TEMP	CONTACT WITHIN 48HRS Y/N	LOSS OF SMELL OR TASTE Y/N	NEW PERSISTENT COUGH Y/N	UNDERLYING ILLNESS Y/N

APPENDIX 5:



MEMBERS COVID-19 RISK INFORMATION

PERSONAL & HOUSEHOLD RISK INFORMATION

This information sheet aims to inform you of those who are most at risk should they contract COVID-19. You should identify whether you or a member of your household is at higher risk. If you are, please discuss the risk of returning to Karate with your GP and your Club Covid-19 Officer to make an informal decision as to whether returning to Karate training is appropriate and safe for you and your family.

If any of the following Statements apply to you or a household member, then this means that either you or a household members risk is increased. If it applies to a household member then you need to discuss it with your GP and the individual to make a decision on if a return is appropriate in a group setting.

Statements apply to **YOU** or **YOUR HOUSEHOLD**

Had a solid organ transplant

Undergoing treatment currently or in last 6 months for any cancer

Currently taking or in the last 6 months have taken immunosuppressant medication

Have a respiratory condition including Cystic Fibrosis, severe Asthma and severe Chronic Obstructive Pulmonary Disease (COPD)

Have any rare diseases or inborn errors of metabolism that significantly increase the risk of infections (such as Severe Combined Immunodeficiency (SCID), Homozygous Sickle Cell)

Pregnant

Aged 70 Years +

Have one or more of the underlying health conditions listed below:

Chronic mild to moderate respiratory diseases, such as Asthma, (COPD), Emphysema or Bronchitis

Chronic Neurological conditions - Parkinson's Disease, Motor Neurone Disease, MS or Cerebral Palsy

A weakened immune system as the result of conditions like HIV & AIDS, or medicines such as steroids

Chronic Heart Disease, such as heart failure

Chronic Kidney Disease

Chronic Liver Disease, such as Hepatitis

Diabetes

Being seriously overweight (A body mass index (BMI) of 40 or above)

Are you providing caring responsibilities for anyone meeting any of the above criteria?

APPENDIX 6:

GUIDANCE ON RETURNING TO INDOOR TRAINING

The information outlined in this document is compliant and based upon the latest Government Guidelines. SKIF Great Britain's principle aim is to ensure the safe return of its Clubs to the Dojo in a phased return to "Full" Karate training whilst safeguarding against any potential spread of the COVID-19 Virus. The document will be updated as and when Government Guidance changes or any new information is received.

Please note that all Clubs will also be obliged to follow any further regulations that are required by any hiring facility that they use. This Guidance should be followed in conjunction with any such requirements and Private Dojo owners will be further bound by regulations that will have been laid down by their Local Authority Inspection.

We understand that a number of clubs use the facilities of Schools and Educational Institutions and this could potentially pose a number of issues when returning to the Dojo, due to Schools and HE Facilities requiring the use of Sports Halls and Gymnasiums for Educational purposes and their own Safeguarding. We advise you to speak to the Facilities and then make a judgement to either continue with online Sessions or source new venues to train at during this period.

CLUB PREPARATION / PLANNING:

- Sessions should be pre booked, to avoid over-crowding of students turning up to train at the Venue – this can be done by creating a WhatsApp Group of your students and doing a pre booking of your Sessions
- Payments for Sessions should be Contactless where possible, however not everyone will have online Banking so if paying Cash – ensure that the correct money is prepared prior to the Session and is in a clear bag
- Instructor(s) / Covid-19 Officer to apply the capacity of your class as per the **Government Guidance** ratio 1:100sqft and for this figure, the area is the net usable indoor facility space available to members to use, including changing rooms, toilet and wash facilities
- The Dojo must be ventilated as best as possible with doors and windows open at all times, unless otherwise directed by the facility provider
- Members should arrive changed and ready to train in their Karate Gi. Use of Changing Rooms should be avoided where possible and no members should be changing in the Dojo. A clean pair of gym shoes/trainers is required for training
- Instructors should advise their students of a cut off time for registering their attendance at the Session, for anyone who is late after the cut off time they **WON'T** be able to train due limited numbers of personnel at training to undergo Screening Questionnaire and temperature checks



- If a member requires the toilet then they are to ensure that they wash their hands for a minimum of 20 seconds with soap or alcohol gel (minimum 60% ethanol or 70% propanol)
- Members must ensure that their hands are washed for a minimum of 20 seconds using soap or Cleansing/Alcohol Gel (minimum 60% ethanol or 70% propanol) before and after training. Instructors and Members, it is your responsibility to ensure that antibacterial gel is readily available
- Safe and orderly Entry and Exit to the Dojo, whilst observing Social Distancing protocols. Members should not be permitted to enter the Dojo unless they have been advised to do so and given an allocated training space by the instructor
- The Screening Questionnaire (**Appendix 4**) must be completed for each student and their temperature taken. Should a member fail on any of the questions or the temperature check which should be below 37.8° then they must **NOT** be allowed to train and must report immediately to the NHS for a formal test
- A record of Attendance along with full contact details of all those who have attended the Session must be kept to assist the Government Track & Trace programme. Clubs are legally obliged to ensure they have this information. Instructors to ensure that that GDPR and confidentiality is being followed and no members personal details are left at the venue
- Members must be advised of this record, and that they do not have a choice to “Opt Out” of this obligatory requirement.
- On entry into the Dojo a member must be directed to a designated marked position and wait for the Session to begin. Please note that for younger students this maybe particularly challenging and so instructors must be mindful of this and vigilant

TRAINING:

- Only **NON CONTACT** training is allowed at this time – No Partner work is permitted
- Kihon Drills in a moving line (marching) is only allowed if all participants are in a single line and have a clear designated area to work in, without interference or obstructions i.e. No other student is in front or behind. They must not deviate from the line and encroach on another members training space.
- Appropriate footwear must be worn by all participants (Members and Instructor), bare foot presents significant risk of transmission to the Dojo surface through perspiration. Members to bring a clean pair of gym shoes or trainers to training. **SOCKS** are not a suitable alternative to a training shoe and will not be allowed
- Kiai's (Shouting) are not permitted at the present time due to the increase risk of droplets being spread. In this context, instructors should also be mindful when communicating instructions and counting – increase distance between members and yourself when doing this
- Face covering are not compulsory at this time, but consideration must be given to their use. Some facilities may insist on the use of masks
- The sharing of any equipment – mitts, focus pads, kick shields, target shields, training ladders etc. is prohibited
- Instructors must refrain from guiding or making contact with any members during training
- We recommend that during warm up/warm down students remain on their feet and don't sit down on the floor, avoiding contamination of previous users



POST TRAINING & LEAVING THE DOJO:

At the end or between Sessions:

- Members must leave the Dojo as quickly as possible in an orderly and organised manner. They must leave in their Karate Gi's and change at home
- Students are not to group together when vacating the Dojo
- Any congregating of members must be away from the Dojo and outside, whilst maintaining Social Distancing
- The social aspects of a Club should not be underestimated as it contributes to the wellbeing of its members, but these activities must be conducted in line with Government Guidance
- There must be no embracing (hugging), fist bumps, high fives or handshakes with students before, during or after training
- If between Sessions, then all surfaces (door handles, benches, chairs, tables etc.) must be cleaned and sterilised before the next group of students come into the Dojo
- If multiple classes are held over the day/evening, the instructor must allow adequate time between classes for clearing and cleaning of the Dojo. This is to ensure and minimise the risk of contamination and maintaining social distancing. It is vital there is no over-crowding at any time around entrances and exits
- No drinking or eating is permitted whilst in the Dojo, students are allowed to take a water bottle into the Session but no food
- All bags and coats need to be left with the parent/guardian, or in a safe place outside of the Dojo – lockers etc. The Dojo needs to be as minimal as possible and kept clear as personal belongings (bags, coats etc.) carry the risk of contamination
- No shared drinking bottles at any time
- Parents/Guardian must wait outside the Dojo and be on time to collect their child
- Members are advised to immediately shower once they have returned home
- All members must wash their Karate Gi after a training Session, and always wear a clean Gi to the next Session

SAFEGUARDING

- All Safeguarding, Child Protection and Vulnerable Adult protocols remain in place
- Clubs must ensure they have clear, explicit, written permission from parents/guardians/carer allowing their child to return to training. There must be a clear paper trail

It is recognised that implementing the above measures will place significant pressure on time and space. Class sizes will more than likely reduce in numbers and perhaps need to be shorter, which in turn places pressure on finances. If this is an issue for clubs and they have students who aren't able to physically train in the Dojo due to limited numbers, shielding etc. then you could always offer Online Zoom Sessions and alternate the members on a weekly basis. Thus giving all students the opportunity to still be able to train on a weekly basis, whether in the Dojo or Online.

