



COVID 19 Gym Class Participation Guidance Kick Boxing-Fitness Sessions (Adult & Child)

- When travelling to and from the Gym I will comply with the appropriate Government guidelines. (**Coronavirus (COVID-19): safer travel guidance for passengers**).
- <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>
- I am aware of and will comply with the Government guidelines regarding the circumstances when I should self-isolate.
(**Stay at home: guidance for households with possible coronavirus (COVID-19) infection**)
<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>
- As a Gym user, I will comply with the appropriate guidelines, as laid out below. Which have been taken from <http://wakogb.com>

Please ensure you read, understand and follow the below guidelines:

- Participants **MUST** bring their own personal equipment (gloves, towels, water bottles, training matt etc) and wear fresh training uniform to the gym. Take only what you need to the gym – essential items only. We recommend you use a plastic lunchbox or something you can clean easily and re-use for storing personal items such as phone, keys etc. The general principle to minimise risk of transmission should be ‘Get in, train and get out’ – be prepared and dressed for training prior to arrival at venue (minimise need to use/gather in changing rooms, bathrooms).
- On arrival at the gym you will be required to have your temperature taken and sign in on the track and trace register.
- Any person with a temperature over 38°C, refuses to have their temperature taken or refuses to sign the track and trace register will be refused admission to the Gym.

The following practises are recommended:

- Take hand sanitiser with you.
- Take all your own equipment (do not share equipment).
- Bring a full water bottle, do not share food or drink with others.
- Ensure your equipment is kept clean, wipe down before and after use.
- Where you need to change at a sporting facility try to ensure removed training clothes and facemask (if you wear one) go into a plastic snap-lock bag / large draw-string bag.
- At the end of your training take all your belongings with you, do not leave anything behind.

Please observe the following guidance on hand washing:

Use SOAP and water handwash or Hand Sanitiser Gel.

Before Training:

- wash hands and forearms up to elbow for 20-30 seconds duration and dry.

During Training:

- use alcohol hand gel before and after using towels or water bottle and before training with partners. Avoid touching your face, sneeze, and cough into your elbow.

After Training:

- wash hands and forearms up to elbow for 20-30 seconds duration and dry.

Getting Home:

To keep your home bubble safe it is recommended that you do the following:

- Wash your hands with soap and water or use alcohol gel on arriving home.



- Remove training uniform, from person or bag, and transfer straight to washing machine and wash hands after.
- Wash training clothes and cloth mask on same day/night in hot water setting.

- Follow your normal routine, i.e. shower, change into civvies. Wait to hug family until this step is complete.

Personal Protective Equipment

- Although this is not mandated in the UK Active Framework for the reopening of gyms a face mask may be worn, but anyone who chooses to do so, should do it safely. Use a surgical face mask or a homemade Cloth Mask e.g. headtube, ½ balaclava, neck gaiter.
- The following information on the correct use of masks is derived from practices in health care settings.
- Place the mask carefully, ensuring it covers the mouth and nose, and tie it securely to minimize any gaps between the face and the mask.
- Avoid touching the mask while wearing it.
- Remove the mask using the appropriate technique: do not touch the front of the mask but untie it from behind.
- After removal or whenever a used mask is inadvertently touched, clean hands using an alcohol-based hand rub or soap and water if hands are visibly dirty.
- Replace masks as soon as they become damp with a new clean, dry mask.
- Do not re-use single-use masks. Re-usable masks should be placed in a zip lock bag and washed with training uniforms.
- Discard single-use masks after each use and dispose of them immediately upon removal.

Types of Training

- Current thinking is that initially all training is Non-contact/No sparring. The suggested training options are:
- Kicking & striking (linework), shadow boxing, bag work and pad work (where devolved social distancing guidance allows).
- Non-contact technical work with coach, pad work only where devolved social distancing guidance allows).
- Physical Conditioning Training – no sharing or clean after use strategies must be in place.
- Solo kata or non-contact partner-based kata training.

Clinically Extremely Vulnerable Members

- Clinically Extremely Vulnerable Members with family or partners having a health condition in the high-risk group designated “clinically extremely vulnerable” AND who live with them; may want to avoid training until phase three of the government roadmap. People at high risk from coronavirus include people who:
- have had an organ transplant.
- are having chemotherapy or antibody treatment for cancer, including immunotherapy.
- are having an intense course of radiotherapy (radical radiotherapy) for lung cancer.
- are having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors).
- have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma).
- have had a bone marrow or stem cell transplant in the past 6 months or are still taking immunosuppressant medicine.
- have been told by a doctor they have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD).



- have a condition that means they have a very high risk of getting infections (such as SCID or sickle cell).
- are taking medicine that makes them much more likely to get infections (such as high doses of steroids or immunosuppressant medicine).
- have a serious heart condition and are pregnant

Spectators

- Currently we do not allowed people to watch friends or family members training.
- If you are a parent or guardian, please note that you will be expected to drop off and pick up your child / children at the entrance door to the Gym.

Welfare Facilities

- Food and refreshments will not be on sale at the Gym.
- Showers will not be in use.
- Toilets will be available, however only one person is allowed in the toilet area at any time.
- Any waste is to be immediately placed in the bins provided.

Name:

Signature:

Date: