

International Shotokan Karate Federation UK

COVID-19 Enhanced Health & Safety Measures



This document is to be read alongside the ISKF UK COVID-19 Club Activity Risk Assessment, which is available on the Club website and Club Facebook page. Physical copies of the Risk Assessment can also be obtained from the instructor before sessions.

1. **Only participants aged 16 and above will be allowed to train.** This will be reviewed over the next few weeks.
2. **Only members who have received a booking confirmation will be allowed to participate.**
3. **Only five participants will be able to train in any given session.** This is in line with FEKO's requirement for Clubs to provide 9.3 square metres (100 square feet) per participant.
4. **No spectators will be allowed in the dojo.**
5. **Participants must maintain a 2m or 1m+ social distance with PPE at all times,** including when entering or exiting the centre/dojo, and when waiting for sessions to start.
6. **Participants must consent to a health check on arrival at the centre/dojo.** This will consist of a simple questionnaire and a temperature check. Should a participant report any symptoms of COVID-19, they will not be allowed to train and must immediately arrange for a COVID-19 test. Instructors will maintain records of such occurrences.
7. **Participants must remain within their designated areas for the duration of the session.** This will be clearly marked on the dojo floor.
8. **Participants must disinfect their hands with a cleansing gel on entry to the centre/dojo and after every session.**
9. **Participants must arrive changed and ready.** There will be no changing or washing on the centre premises.
10. **Participants must clean their training clothes (*gi* or otherwise) between sessions.**
11. **Participants should walk/cycle/use their own cars wherever possible.** If they must use public transport, they should travel at off-peak times to avoid congestion. Participants are reminded to maintain social distancing and wear face coverings while in transit.
12. **Participants should only bring essential items to sessions.** Bags, coats and equipment should be stored in a designated area and disinfected using the antibacterial sprays and paper towels provided.
13. **Participants should bring their own labelled water bottles.** These are not to be shared. Bottles can be refilled at the water fountain; however, participants are requested not to drink directly from the water fountain.
14. **If participants believe they have an underlying health condition that puts them in a higher risk category, they should seek the advice of your GP before training.** Participants must let the instructor know of any factors that may put them at higher risk, and work with the instructor/centre manager to put in place mitigation measures where possible.
15. **Equipment should not be shared among participants during sessions.**
16. **The wearing of visors will be mandatory during sessions.** If participants do not own a visor, they can be purchased from the instructor before sessions. Face masks are not recommended by FEKO as they restrict breathing efficiency.
17. **Participants will be required to use the NHS contact tracing app and check in at The Armoury before sessions.**
18. **There will only be non-contact training.** All forms of pair/group work involving physical contact will not take place at this time.
19. **No *kiai* will be allowed in sessions,** including while performing *kata*.