

## **RETURN TO TRAINING GUIDELINES 2021**

1. All students must complete the Covid screening form. The form needs to be completed and e-mailed to [newbridgekenpokarate@gmail.com](mailto:newbridgekenpokarate@gmail.com) one day before the class. If you do not have the facility to do this, a paper form will be available for the first training session only on 07/09/21, but you must text to indicate that you have read the form and that you answer NO to all questions.
2. All training sessions must be booked by text or e mail at least one day in advance. We must by law have an electronic register of who is attending a class. You must also text "NO Nothing Has Changed". This is in reference to the Covid screening form.
3. Students should travel to training with their own family group. Parents for the first class only may drop students to the studio. All subsequent attendances require parents to drop and collect students in the porch area of the gym. All sessions will finish exactly on time to ensure there is no unnecessary delay when collecting students. Older students can go straight to their parent's car, provided we have texted permission from parents to allow this.
4. The Dojo has been marked out for social distancing of students. Students will line up on the marked outline on the mat. This Dojo will be sanitised after each group. Training resumes Tuesday 31<sup>st</sup> of August 4pm.
5. Any student who has not booked their place cannot turn up to train. Any student who books a place and does not turn up will have to pay when they return again for training.
6. All students will be temperature checked on entering the Dojo. This is by use of a handheld scanner which does not require touching of the student. Any student with an abnormally high temperature will not be allowed train and will be advised to seek medical advice. All students must sanitise their hands on entering the Dojo. All students must bring their own small training towel and drink.
7. Every student must have their own equipment, Headguard, Gloves, Footpads, Gum shield, Shin guards. There will be no spare equipment for students. Students are not allowed swap or share equipment.
8. During training, students may be put into pods of two. They will remain in their pod for the duration of training.
9. Do not attend if you or anyone in your family or your circle of friends has any type of bug (vomiting bug), flu, or any of the Covid symptoms. We cannot lock ourselves away, but we can take every necessary precaution when engaging in our Martial Arts.