
KBK RETURN TO CLASS GUIDELINES FOR STUDENTS AND PARENTS

This information document will provide details of provisions and measures KBK have put in place as well as any protocols. All members including parents / guardians will need to read this information to ensure they are up to date on our new guidelines during our phased return to classes.

Student Checklist before attending a KBK Class (Key points)

- ✓ Students will have to make sure they have been to the toilet before they arrive to class
- ✓ Student communication details are up to date
- ✓ All students must pre-register to attend a specific class, no unregistered arrivals will be permitted.
- ✓ Wash their hands on a regular basis particularly before and after class.
- ✓ Please make sure you are aware of the allocated pick up / drop off areas within the sessions
- ✓ Please make sure the student training is well hydrated and brings along some water to training.
- ✓ Outdoor training only: On a sunny day please wear Sun cream and we will allow the students to wear hats. We recommend students wear insect repellent and bring allergy relief with them.
- ✓ Do not leave home if you or someone you live with has any of the COVID-19 symptoms.
- ✓ Teens & adults Indoor training: Masks are compulsory on entrance and exit of your designated training pod.

Keeping in the know...

- Students will now need to be aware that there will be 15-minute intervals between classes. This enables separation on transition of classes and time for the area and any equipment in it to be cleaned.
- There will be controls on use of toilets or other necessary facilities we will operate a "one in one out" policy. Exceptions will be required for young children who need to be escorted by their parent/guardian. During early stages of our return to class the toilets may not be open so students will have to make sure they have been to the toilet before they arrive to class. *Ideally, it's best for us if you make sure you do not need to go at the venue to reduce the risk of cross infection.*
- No spectators will be allowed at class only class students allowed in the training zone. Parents advised on the importance of social distancing, asked not to enter the training facility. Where parents must attend – no seating but space is laid out individually at least 2 metres apart. Exceptions may be required for very young children or students who feel uncomfortable without the presence of their parent/guardian. We will need to be notified if a parent is attending the class as we need to allow adequate space during the session, and this also may affect our limit on class sizes.
- Please make sure your communication details are up to date. KBK will need to have clear communication to our members about booking into lessons, emergency communications and other class related details.
- Set and Limit class sizes based on government guidelines to maintain social distancing. We will have a pre-registration of students to enable the management of student's numbers by class to maintain social distance between students.
- Our Instructors/Coaches will maintain highest standards of personal hygiene as outlined in government guidelines. Wash hands (and face if possible) before and after every class. Boil wash clothes after every teaching day.
- Please protect the spread of the virus. Coughing Catch it, Bin it, Kill it Instructors, Staff, Students and Parents to be reminded on a regular basis to catch coughs and sneezes in tissues – Follow Catch it, Bin it, Kill it and to avoid touching face, eyes, nose or mouth with unclean hands. Bring your own tissues to training.
- If the need arises for first aid, the following safety protocols. Mask worn, gloves worn, eye protection worn.
- All students must pre-register to attend a specific class, no unregistered arrivals will be permitted. We will track attendance of every class.

Before and after classes...

- Social distancing will be in effect when entering and leaving the class. Markers will be placed on the floor and students will be staggered entering, leaving. Members are advised not hang around the training area after classes and to exit the training area as quickly as possible.
- There will be no use of showers or changing facilities this is to avoid students coming into close contact before & after classes. Students come to class prepared to train and leave afterwards to change and shower at home.
- Every member of KBK will need to wash their hands on a regular basis particularly before and after class. All students to perform a temperature check at home before you leave for class. Boil wash clothes after every class.
- Do not attend training if you or someone you live with has any of the following: a high temperature, a new, continuous cough, a loss of, or change to, your sense of smell or taste.
- To ensure the cleanest possible training area we will disinfect all surfaces within the training area this will be before class, between classes, and after classes finish.
- No cash transactions/exchanges permitted during phased re-opening. All payments must be made via direct debit or KBK online shop.
- Do not leave home if you or someone you live with has any of the COVID-19 symptoms
- Teens & adults Indoor training: Masks are compulsory on entrance and exit of your designated training pod.

During Classes...

- Training will follow the England Kickboxing Return to Play Action Plan submitted by our governing body WAKO GB and approved by the government. Full information on this document can be found on our website.
- There will be minimal use of shared equipment due to the risk of cross infection. We will be restricting the use of any club equipment. We advise students to bring their own but sharing your own equipment is not permitted outside of your household bubble.

Outdoor training

During our transition back to classes we may find ourselves training outdoors for a period before indoor training is permitted at our normal venues. After performing our outdoor risk assessment students must make sure they follow our club protocols during this transitional period. These are some of the risks associated with outdoor training that students and parents will need to be made aware of in order to prevent any situations happening.

- Weather conditions- We will move classes to virtual training if there is a forecast for bad weather conditions. We will also stop training if the weather becomes unsuitable during a class.
- Sunburn- Students should wear sun cream and we will allow the students to wear hats.
- Child lost- Please make sure your contact details are up to date. We will have allocated pick up / drop off areas within the sessions. Registrations and pre booking systems for students. Our timetable will be constantly changing so parents will need to make sure they are up to date on session start and finish times.
- Heat and dehydration- We have a responsibility to remind students about heat and dehydration particularly when training outdoors on a hot day. Please make sure the student training is well hydrated and brings along some water to training. Heat exhaustion: <https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/> Dehydration: <https://www.nhs.uk/conditions/dehydration/>
- Allergies and insects- The risk will always be present outdoors of insect bites, bees/ wasp stings, wildlife allergens. We need to remind all students to wear repellent and bring allergy relief with them.
- Trips, Slips and falls- These risks will always be present in an outdoor training area. Instructors will do our best to remove any trip hazards to ensure a safe training area. Please make your Instructor aware should anything appear to be unsafe.

Other important information

- Students will need to stay up to date with Government advice and guidelines regarding COVID-19 all information can be found here: <https://www.gov.uk/coronavirus>
- We are legally obliged to make participants aware of the increased risk associated with exercise and COVID-19.
- All members will need to maintain hygiene standards and protect all individuals before and after every class. See Government guidance on washing your hands correctly: <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>