

# The British Council for Chinese Martial Arts



[www.bccma.com](http://www.bccma.com)

*The official Governing Body for Chinese Martial Arts in the UK*

*Recognised by Sport UK, The European Wushu federation and The International Wushu Federation*

## COVID-19 UPDATE

28 March 2021

Hi all,

Just a quick reminder regarding individual clubs planning to return to training from 29<sup>th</sup> March.

## OUTDOORS ONLY

As training is only permitted outdoors from 29<sup>th</sup> March, please consider the surface you are training on and footwear used. Each club must have their own COVID-19 risk assessment in place.

You will need to have the landowner's permission for your training sessions outside.

Avoid using changing rooms if available outside. Students should come ready for training in their uniforms or approved club attire.

No one should leave home to participate in sport or to spectate if they, or someone they live with, have symptoms of COVID-19 currently recognised as any of the following:

- A high temperature
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste.

You are required to keep a register at each session for participating students.

## STEP 1: OUTDOOR TRAINING PERMITTED

### ADULTS

- 1. All styles of Chinese martial arts will be permitted to train outdoors and must be done as safely as possible.***
- 2. Direct physical contact is NOT allowed, i.e., no sparring (fixed or free sparring), No Sanda or Qingda, no Chi Sau, Tui Shou, Shuai Jiao or any form of 'sticking hands' to be used.***
- 3. Pad work is permitted, providing the pad holder is wearing mask and medical approved gloves.***
- 4. Adults should maintain Social distancing where partner pad training is not being done.***
- 5. Coaches should also maintain social distancing unless holding pads.***
- 6. Pads should be cleaned prior to use and cleaned again after use.***
- 7. Same pads should not be used for different partners.***

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***Please note: Two individuals may form a 'training bubble', whereby the two individuals can encounter each other and use training pads. The training bubble cannot change with different persons.***

***If there is a necessity to break the 2-metre rule, masks will need to be worn by both parties, throughout the duration of close contact.***

#### **JUNIORS U18**

- 8. All styles of Chinese martial arts will be permitted to train outdoors and must be done as safely as possible.***
- 9. Partner pad work is permitted.***
- 10. Sparring is also permitted (throws and takedowns should be avoided).***
- 11. Children over 11 years should wear mask and medical approved gloves when holding pads.***
- 12. Children under 11 may be except from wearing masks,***
- 13. Two juniors of similar age groups and should form a 'training bubble' for partner training and can include sparring. The training bubble should not be changed.***
- 14. Adult coaches must maintain social distancing.***
- 15. Pads must be cleaned prior to use and after use.***
- 16. Adult coaches holding pads must wear a mask and medical approved gloves.***
- 17. Same pads should not be used for different partners.***

#### **STEP 2 INDOOR TRAINING PERMITTED**

**12 APRIL (updated details expected from Government week before)**

Indoor training will be permitted for U18'S to return to train indoors, with social distancing measures in place. Limited to 15 persons.

It is unclear whether contact or direct physical contact will be allowed for U18; s until we receive clearer updated guidelines from Gov.UK, expected a week before.

This also applies to adults.

#### **TEAM SPORTS / CONTACT COMBAT SPORTS**

We will be submitting a guidance document / risk assessment to DCMS for approval for our sports to resume our national events and competitions.

Guidelines are subject to change we will inform and update you as we receive them.

Train Safe, Stay Safe

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