

The British Council for Chinese Martial Arts



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

8 April 2021

Hi all,

As from 12 April people will be able to participate in our Chinese martial arts indoors with strict guidelines. They must be practiced as safe as possible to minimise risks of transmission of COVID-19.

We have set out an action plan to be able to participate in our sports safely indoors.

A generic Risk Assessment template is available on our website.

The risk of any activity cannot be completely eradicated, but with the caution and care, risks can be reduced, and safely enjoy the benefits of our sports.

As to Team Sports and Contact Combat Sports the BCCMA have sent to DCMS our guidelines and includes implementation plans and Risk Assessments for approval for our organised Team Sports to be back in play.

STEP 2

12 APRIL – INDOOR TRAINING PERMITTED

CHILDREN UNDER 18 YEARS

Children U18 years of age can return to training indoors for supervised sports and activities. These should be limited to 15 participants, with social distancing measures in place.

1. Partner pad work is permitted.
2. Sparring is also permitted.
3. Children of 11+ years should wear mask and medical approved gloves when holding pads.
4. Children under 11 may be except from wearing masks,
5. Training bubbles for U18's may be up to 15 participants. Participants in a training bubble should not mix with others in different bubbles, before, during or after the training activity.
6. Participants who partner for pad work and or throws and takedowns should keep with the same partners throughout the duration of the session. Avoid mixing of partners to minimise risks.
7. Adult coaches must maintain social distancing.
8. Pads must be cleaned prior to use and after use.
9. Adult coaches holding pads must wear a mask and medical approved gloves.
10. Same pads should not be used for different partners.

We advise all coaches to use their judgement when children who are returning to sparring will be returning at different levels of fitness and not fully prepared due to the length of time away from their activity. Gradual stages should take place until they are prepared and ready.

Safety sparring equipment should also be always worn for sparring and thoroughly cleaned before and after use. They should not be shared.

To minimise the risks of transmission coaches should try to minimise mixing as much as possible by keeping those who will be sparring in consistent groups or bubbles.

ADULTS OVER 18 YEARS

INDOOR TRAINING

- Adults can train 1-2-1 with a coach for pad work only.
- Other adults training indoors should be training individually unless they are from the same household.
- Sparring is not permitted for adults.
- No other physical contact is permitted.
- No group classes.
- Face masks and medical gloves to be worn by pad holder.
- Pads to be thoroughly cleaned before and after use.

Please ensure the following guidelines are understood and in place before taking a class indoors.

- Risk Assessments to be in place for each venue.
- Hand sanitisers to be available when entering training area and when leaving. Minimum alcohol 60%.
- Adult coaches to maintain social distancing throughout the class, and cannot make any physical contact to adjust posture, stances etc.
- Participants who are in bubble groups should not mix with others in different bubble groups.
- A children's instructor cannot coach more than one group of children.
- A coach may not train with a bubble of 2 different groups.
- Coaches should, however, wish to limit the number of bubbles, or the classes they teach to limit exposure.
- Parents/spectators will not be permitted to enter the training room to stay and watch.
- Where possible one entrance in, separate entrance to leave.
- Participants bags to be kept separately from other participants, and be thoroughly cleaned before and after
- Participants should arrive in their kits/uniforms for training.
- Changing rooms should not be used unless in an emergency.
- Toilets should not be used, or for changing. If they must be used hands and surfaces must be thoroughly cleaned.
- Participants who show any signs of a high temperature, a new continuous cough, or a loss of taste or smell should not train and to be sent home.
- Registers to be kept of each session for 21 days in case any person proves positive to the virus and NHS Test and Trace to be applied.
- Where sweat and droplets fall to the floor, they must be cleaned with anti-bacterial floor wipes.
- Each participant to bring their own water bottle and should not be shared.

STEP 3: RETURN TO COMPETITION NO EARLIER THAN 17 MAY

We anticipate information of what entails for step 3 to be received no earlier than 10 May, we will provide you with updates as soon as we receive them.

To have a better understanding on how to stop the spread of the virus, please see the link below.

[How to stop the spread of coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/how-to-stop-the-spread-of-coronavirus-covid-19)

Train Safe, Stay Safe

Paniko Evagorou
General Secretary
British Council for Chinese Martial Arts
0333 772 1354
www.bccma.com