

The British Council for Chinese Martial Arts



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The official Governing Body for Chinese Martial Arts in the UK

Recognised by Sport UK, The European Wushu federation and The International Wushu Fe

STEP 3

17 MAY – INDOOR TRAINING PERMITTED

Indoor and outdoor training in Chinese martial arts from 17 May 2021

Instructors who plan to be teaching their classes must adhere to the strict guidelines set out from 17 May. They must be practiced as safe as possible to minimise risks of transmission of COVID-19.

INDOOR TRAINING

Venue has confirmed it is fully Covid-19 secure.

Coaches to have prepared a Covid –19 Risk Assessment template approved by the venue.

Training venues are well ventilated.

Any person attending the class must undergo a self-assessment for any Covid-19 symptoms. They should not leave home or be allowed into the venue 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 smell or taste.

An individual who displays any such symptoms must follow NHS and PHE guidance on self- isolation. (<https://nhs.uk/conditions/coronavirus-covid-19/symptoms/>)

We remind all coaches / instructors that our sports carry a high risk and should avoid high risk behaviours outside the sports settings to reduce the risk to their fellow participants when they do attend.

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

INDOOR TRAINING PERMITTED

CHILDREN UNDER 18 YEARS

Children U18 years of age can continue to train indoors with group numbers adhering to venue capacity restrictions and should be limited by providing a minimum of 100 sq. ft per individual.

- Partner pad work is allowed.
- Sparring is also allowed.

- We encourage that children of 11+ years should wear mask and medical approved gloves during pad work or sparring.
- Children under 11 may be except from wearing masks.
- Household bubbles do not need to wear masks.
- Participants in a training groups bubble should not mix with others in different group bubbles in the same venue, before, during or after the training activity.
- 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.
- Adult coaches must maintain social distancing.
- Pads must be cleaned prior to use and after use.
- Adult coaches holding pads must wear a mask and medical approved gloves.
- Same pads should not be used for different partners.
- Where parents are allowed to sit and watch, they must be included in the capacity restrictions with 2m social distancing with mask worn throughout the duration of the class. They must not disrupt the class in any way or form.

We recommend that all coaches 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 over 18 can train indoors with group numbers adhering to venue capacity restrictions and should be limited by providing a minimum of 100 sq. ft per individual. Adult training must not exceed the capacity of people allowed.

- Sparring or any direct physical contact is NOT allowed at this stage.
- Pad work only is allowed.
- Personal training can take place within private homes in step 3.
- Where possible, pad work should be kept within partner bubbles, the pad holder must continue to wear a mask and medically approved gloves.
- Pads to be thoroughly cleaned before and after use.
- Where visitors are allowed to sit and watch, as they are in an enclosed public venue, we encourage they wear face masks with 2m social distancing throughout the duration of the class. They should not in any way disrupt the class, either verbally or physical contact

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

- Venue has confirmed it is Covid-19 secure.
- 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 separate groups.
- Coaches should, however, wish to limit the number of bubbles, or the classes they teach to limit exposure.
- Parents/spectators who are allowed to sit and watch should maintain 2m social distancing and be encouraged to wear a face covering.
- 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 be avoided and not be used unless in an emergency.
- Toilets should be avoided, and not be used 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.

We must all continue to do what we can to ensure we teach and train our students in an environment that is Covid-19 safe.

Train Safe, Train Hard.

Paniko Evagorou

General Secretary

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