

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

Step 4

As from 19th July there are no set restrictions on how many people can take part in sport and physical activity, indoors and outdoors.

Health and safety measures should still be considered before attending any activity. All participating members and spectators should self-isolate for symptoms of Covid-19.

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

If you or anyone you live with, have one or more of these symptoms you should not attend any sporting activity, even if your symptoms are mild.

If you have large numbers in your class where people are likely to be near to others outside their household, encourage the use of the NHS COVID Pass.

Venues you use will have their own safety measure in keeping them Covid free, please adhere to their guidelines too.

Coaches should also update your own risk assessments for their clubs

Additional Recommendations.

- Your risk assessment to be updated to continue Covid safe training.
- People who are returning to training on 19th July must have up to date BCCMA membership.
- Ensure maximum numbers recommended for those training in hall / venue
- Signage to be clear in venue if safe distancing is required by clubs for participants.
- Training equipment should still be thoroughly cleaned and sanitised after each use.
- Changing rooms / showers to be thoroughly cleaned after each touch points.
- Sanitising stations to be available when entering the training venue.
- Consider face masks for spectators or if space is confined and maintain a safe distance if required..
- Face masks worn in enclosed spaces as much as possible
- Keep training halls well ventilated.
- Full contact sparring to be maintained where possible with minimum sparring partners
- No handshaking, Minimise unnecessary contact.
- No sharing of water bottles.
- Maintain sparring bubbles where possible to mitigate the risk of cross contamination.

- Consider pad holder wears a face mask
- Consider people who may be anxious about returning to class activity and cater for their needs sensibly
- We recommend adult coaches to wear face mask when teaching a class. Avoid contact as much as possible
- Encourage Participants bags to be kept separately from other participants.
- We recommend 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 recommend that all coaches use their judgement when adults & 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.

Let's be safe when training