



A Safe Return to Sambo Guidance for Clubs



Contents Page

Chapter 1 - Introduction	Page
Introduction	3
Sport Specific Issues	4
Phase 1: Pre-Session	5
Phase 1: During Session	6
Phase 1: Post-Session	7
Chapter 2 - Returning	
Returning to training - Juniors	8
Returning to Training - Parents/Guardians	10
Returning to Training – Seniors	12
Injury Report Form	16
Chapter 3 - Cleaning	
Cleaning Guidelines	17
Cleaning the Club	18
Toilets & Changing Room Protocols	19
Club Declaration Form	21
A Safe Return to Sombo Declaration Form	22
Athlete Indemnity Form	23

Introduction

The UK Government have now relaxed some of the social distancing recommendations for indoor sport allowing participation in sambo to commence, albeit with some restrictions that will impact on how we deliver sambo throughout the organisation.

To continue to protect our sport, staff, clubs, membership, parents and guardians it is paramount that management, clubs and coaches prepare to adapt their training venues and practices where health and safety is practiced rigorously.

This document will layout criteria to support the sport of sambo and membership in delivering within Government restrictions. If the Government message changes, these guidelines will be adapted accordingly.

Overriding Principles

The British Sombo Federation (BSF) must:

1. Ensure all activity should be consistent with the Government's Public Health Guidelines regarding health, travel, social distancing and hygiene.
2. Consider safety first, particularly minimising the risk of infection/transmission. A thorough risk assessment should be undertaken, and appropriate measures put in place to ensure participants, staff and volunteers are protected.
3. Communicate clearly and regularly with members and participants setting out what they are doing to manage risk and what advice they are giving to individuals to do likewise. Think about how you can best do this.
4. Put in place measures to enable an activity or event to return needs to be capable of being flexed or changed quickly if tighter movement/social distancing is reintroduced further into the future or indeed if the restrictions are further relaxed.

We strongly recommend that EVERYONE follows Government Covid-19 guidelines.

Anyone planning to travel to a club session to practice, coach or support in anyway **MUST** ensure that they do not exhibit any symptoms or have not been in contact with Covid-19.

If you have a temperature 37.8C or above, a new continuous cough, loss or change to your sense of taste or smell or are within a self-isolation period due to having been in contact with coronavirus, you **MUST NOT** come to the training environment under any circumstances and should be advised to seek medical advice. Anyone they have been in contact should be tracked and traced as Any member who have Covid-19 should be advised:

- Not to exercise for at least 10 days or until 7 days after the symptoms have resolved, and take at least 7 days to return to training, using symptoms, fatigue and breathlessness as a guide to their response. If symptoms are ongoing, they **MUST** see a doctor to discuss if there are any ongoing underlying medical complications which need investigating.
- Athletes should be advised that even the fittest athletes are taking several weeks to return to full training and some of these are going on to develop later onset of fatigue and having to reduce their training load again.

Sport Specific Issues

Compliance Agreement

Clubs will be required to sign a compliance agreement confirming that they will adhere to the Government and the BSF guidelines and recommendations.

Modification to the Sport

Sombo is a sport with strict rules of hygiene and etiquette and at this time these rules should be strictly applied. The participants training kit must be washed between sessions and special attention must be given to personal hygiene.

As a close contact sport consideration will have to be given to how any form of social distancing can be applied. Activities must be modified using various practices and routines which allow the participant to work without a training partner unless the training partner is a member of the same household.

The sport is played on mats covering the practice area and these will be required to be disinfected after each practice session as advised by government guidelines.

Any other equipment used i.e. landing mats, rubber bands, cones, ladders etc. will also have to be sanitised.

Spectators will not be allowed to watch training sessions from within the same training room, unless there is enough space to allow for social distancing from the participants and other spectators.

Sections of the mat area can be cordoned off to give participants a safe working zone.

Changing Room Use

Participants should not use the changing rooms but to come to training prepared, wearing their kit and with their own personal equipment (water bottles etc.).

Following the session, they will be encouraged to leave the venue immediately with no social interaction and shower at home. Where it is necessary for participants to use the changing room, access will be restricted to numbers that will allow social distancing.

Access Arrangements

Numbers of non-participants (parents/guardians) will be restricted, this may mean children being dropped off and picked up after the session.

Where drop off is not possible, and suitable waiting area is not available, parents/guardians will required wait in their car.

Venue, Carparking & Avoiding Unnecessary Encounters

Class sizes will be required to be reduced to ensure that unnecessary encounters between people parking cars or accessing the venues is avoided. Staggering of session times will also be considered to footfall in entrances to the minimum acceptable numbers.

Parents/guardians must ensure when dropping of children that they are observed transiting to the venue and that the coach has taken over responsibility for them.

Phase 1: Pre-Session

PEOPLE

Preparation Information	<ul style="list-style-type: none"> • Ensure government safety and hygiene guidelines are available for members • Ensure all areas are in and around venue allow for recommended social distancing (includes carparks) to be maintained • Inform members and parents what a return will look like – dates, times, delivery method, what to bring, social distancing expectation etc. • Ensure everyone entering the training environment has completed a Covid-19 indemnity form – those in high risk groups should not return • Ensure there is an up to date register of club members and visitors entering the club environment (includes outdoor activity) • Ensure BSF membership is up to date – there is a membership extension in place to cover the lockdown • Ensure BSF coach award is valid – there is a coach revalidation extension in place • Slow phased return, appropriate volume and intensity relative to individual
Travel	<ul style="list-style-type: none"> • Abide by social distancing guidelines travelling to and from training. Includes public transport
Personal Items	<ul style="list-style-type: none"> • Clothing, footwear, training bags, water bottles etc. must be cleaned following government guidelines
Hygiene	<ul style="list-style-type: none"> • Cleaned sambo clothing washed with detergent at 60 OC • Handwashing before and on arrival, following government guidelines • Wear face coverings, following government guidelines • Take own tissues for wiping sweat etc.

ENVIRONMENT and VENUE

Signage	Government social distancing and hygiene guidelines must be clearly displayed
Social Distancing	<ul style="list-style-type: none"> • Adhere to government guidelines in social areas & training hall. • Participants to avoid changing areas • Organise session times to allow social distancing, mat cleaning, and limit participation numbers
Hygiene	<ul style="list-style-type: none"> • Cleanse all areas (club or facility owner) following government guidelines • For ventilation check government guidelines • Provide pedal bins for disposing of tissues etc.
First Aid	<ul style="list-style-type: none"> • Equipment/process for dealing with injury/illness must be available •

MAT AREA

Distancing	<p>Spectators/Parents (if allowed in)</p> <ul style="list-style-type: none"> - Two metre social distancing from non-family members - Three metre minimum from mat edge <ul style="list-style-type: none"> • Over 12's (including coach) - minimum 4 x 4 metre mat space available per person • Under 12's- minimum 3 x 3 metre mat space available per person
-------------------	--

SESSION

Session	Activities <ul style="list-style-type: none"> • Must allow for maintaining social distancing • Shadow technique options (unless living in same household) • Breakfalls • Non-contact fitness activities
Equipment	<ul style="list-style-type: none"> • Cleans equipment for technique training or ask people to bring own cleansing equipment • Use of visual aids to demonstrate where necessary – e.g. video

Phase 1: During Session

PEOPLE

Social Distancing	<ul style="list-style-type: none"> • Maximum of 10 participants on mat – player/mat ratio rules apply • Coach distancing rule – two metre from non-same household members • Maintain social distancing from non-same household members
--------------------------	---

ENVIRONMENT and VENUE

Hygiene	<ul style="list-style-type: none"> • Signage displayed related to government social distancing and hygiene guidelines
Handwashing	<ul style="list-style-type: none"> • Handwashing and/or anti-bacterial (60% alcohol) hand sanitiser available in toilets and training area

MAT AREA

Social Distancing Adherence	<ul style="list-style-type: none"> • Three metre space maintained between spectators and mat • Two metre space maintained between people participating on the mat (unless same household)
Hygiene	<ul style="list-style-type: none"> • Immediate mat cleansing with government recommended products between each session and if blood or other contaminants appear • Handwashing as per government guidelines if participants go to the toilet • Ensure all tissues or other waste products are immediately put in pedal bin provided

SESSION

Social Distancing to be Maintained	<ul style="list-style-type: none"> • No contact practice unless living in same household • Use of dummies, bands or other equipment for technique training • Use of visual aids to demonstrate where necessary
Content	<ul style="list-style-type: none"> • Begin with low volume and intensity relative to individual's current fitness level • Shadow technique options (unless living in same household) • Breakfalls • Non-contact fitness activities • Ensure fluid breaks

Phase 1: Post-Session

PEOPLE

Social Distancing	<ul style="list-style-type: none">• Maintain social distancing from non-family members (2m rule)
Hygiene	<ul style="list-style-type: none">• Shower and wash hair on return home• Clean sambo and training clothing - washed with detergent in 60c

Environment & Venue

Signage	<ul style="list-style-type: none">• Signage displayed related to government social distancing and hygiene guidelines
Handwashing	<ul style="list-style-type: none">• Ensure handwashing and/or anti-bacterial (60% alcohol) hand sanitiser available in toilets and training area is replaced• Mat area must be cleared and cleaned using suitable government recommended products• All additional areas should be cleaned with government recommended products after sessions• All pedal bins contents sealed in bag and disposed of carefully

Compiled with thanks to the British Judo Association and British Wrestling.

Stephen Sweetlove MBE, Master of Sport - BSF Coaching Development Officer



Returning to Sambo - Juniors

Before I leave home to go to training I will:

- ✓ If I exhibit any signs of infection – follow government guidelines on self-isolation and stay away from training.
- ✓ Ensure my membership is up to date
- ✓ I will have a shower or as a minimum ensure I am clean and have washed my hands.
- ✓ Ensure my training clothing has been washed after the last session and is clean to wear.
- ✓ Ensure I have washed my boots/training shoes, so they are clean.
- ✓ Expect to complete a Covid-19 indemnity form before returning to training.
- ✓ Go to the toilet just before I leave home.
- ✓ Put my training clothing on just before I leave.

Travel

- ✓ Travel to and from sambo training in my training kit (covered by track suit). Not essential but advised to wear rash guard and leggings to limit sweat transmission.
- ✓ Abide by social distancing guidelines travelling to and from sambo. Includes public transport and car parks, wear face coverings as per government guidelines.

I will bring the following items in my own personal bag with:

- ✓ A signed indemnity form from my parents/guardians to say I am fit, well and do not have any of the Covid-19 signs or symptoms or other illnesses
- ✓ A water bottle,
- ✓ Plasters,
- ✓ Tape,
- ✓ Scissors,
- ✓ Towel,
- ✓ Anti-bacteria hand sanitiser,
- ✓ Kitchen roll,
- ✓ Anti-bacterial wipes,
- ✓ Disposable rubber gloves (two pairs),
- ✓ Face mask,

On Arrival

- ✓ Follow training centre signage and social distancing rules.
- ✓ Limit use of toilets, changing rooms and shower facilities.
- ✓ Use hand sanitiser on arrival, per government guidelines (sanitiser supplied by club/sports centre at entrance).
- ✓ Parents/carers may be asked to wait in car park or return after session if social distancing from mat can't be observed.

In the Sports Hall

- ✓ Wait for the coach to invite me onto the mat,
- ✓ Rash guard and leggings may be worn to limit sweat transmission.
- ✓ Smaller class sizes limited to NGB guidelines on use of mat space available (social distancing).
- ✓ On the instruction of the coach move to my personal 3-metre square area,
- ✓ Have my water and personal belongings next to me within my personal area,
- ✓ Have no contact with anyone on the mat (unless from the same household),
- ✓ Stand in the middle of my personal area,

- ✓ On instruction of the coach, salute, knowing this means the class has officially started,
- ✓ Expect shorter sessions – (to allow for cleaning between sessions and more sessions to be run to accommodate more members).
- ✓ Train with no physical contact (unless with a person from inside your family – household bubble).
- ✓ Slow phased return, appropriate volume and intensity relative to individual.
- ✓ Individual drills – shadow drills – fitness training etc.
- ✓ Ask the coach first if need to leave the mat for any reason,
- ✓ **Sit down in the centre of my 3-metre space to attract the attention of the coach if I feel unwell**
- ✓ On the instruction of the coach salute knowing the class has now officially finished.

When the session has finished I will:

- ✓ Not go into the changing rooms,
- ✓ Not gather, meet up with my friends or socialise either inside or outside the Dojo or building,
- ✓ Go out of the building straight away without delay and into my parents/guardian's car,
- ✓ Not mix with anyone on my way home, if not in a car,
- ✓ Stick to the Government Guidelines if going home by bus or train.

Note: Everyone should shower and wash sambo clothing on return home.



Returning to sambo - Parents/Guardians

The BSF have prepared a range of resources for clubs to use to ensure the safety of all participants on their return to training. Clubs and coaches will be required to follow the strict protocols put in place by the BSF which are all based on government guidelines. The protocols provide the clubs with detailed health and safety guidelines that ensure the venue and the mats are cleaned as government guidelines after each session.

The protocols require your child's club provides you with details of when and how your child can safely return. The club will also provide detailed instructions letting you know what special measures and restrictions are in place and what your child can expect on their return to their class.

Class sizes will be reduced, and each child will be allocated a space on the mat that will ensure that there will be no contact with others during the session. It is important that your child adheres to the instructions given by the coach and stay within their designated area on the mat.

Activities will be restricted non-contact movement for the first few weeks and will gradually be widened to allow contact as social distancing measures are relaxed.

Changing rooms may not be available and your child should put on their kit before leaving home. Access to toilets may be limited, so please ensure that your child goes to the toilet last thing before leaving home so they not need to go during the session. If they do have to use the toilets, ensure they wash their hands properly with soap and water and use the bins provided.

These guidelines along with any information provided by your child's club will help you ensure your child can make a safe return to training.

Important: It is vitally important that you contact your child's club before you let them return to training - do not just turn up at the club!

Before leaving home to take your child to sambo please ensure:

- ✓ They have had a shower or as a minimum that they are clean and have washed their hands.
- ✓ Their kit has been washed after the last session and is clean to wear.
- ✓ They always wear something on their feet up to the mat edge.
- ✓ They have gone to the toilet just before leaving home.
- ✓ Your child has changed into their kit before leaving home.
- ✓ Please re-enforce to your child that they must not share their personal items.

Note: Where possible please avoid using on public transport and please be reassured a full risk assessment has taken place at the training hall to BSF Standards.

When you arrive at the training hall please ask your child to:

- ✓ Wash their hands with recommended hand sanitiser before going into the building.
 - ✓ Put their mask/face covering on before going into the building (if required).
 - ✓ Keep two metres away from everyone else.
 - ✓ Avoid going into the changing rooms.

- ✓ Wash their hands properly with soap and water and use the bins provided when they go to the toilet.
- ✓ Remember that it is one in and one out for going to the toilet.
- ✓ Sign the attendance register and hand in the signed declaration form.
- ✓ Pay attention to all signs related to social distancing and health and safety.
- ✓

When your child goes into the training hall, this will be the procedure they should follow:

- ✓ All instructions given by the coach and other club officials.
- ✓ Have their water and personal belongings with them.
- ✓ Your child will stand in the middle of their DTA unless instructed otherwise by the coach.
- ✓ Ask the coach if they want to leave the mat to go the toilet or other reason.
- ✓ Put something on their feet when they leave the mat.
- ✓ Tell the coach and sit down in DTA if they feel unwell.
- ✓ If your child needs first aid the coach/club member will come and fetch you to look after your child.

When the session has finished you and your child are asked to:

- ✓ Leave the building without delay.
- ✓ Not go into the changing rooms.
- ✓ Not gather, meet up with my friends or socialise either inside or outside the building.
- ✓ Not mix with anyone on my way home, if not in a car.
- ✓ Follow the Government Guidelines if going home by public transport.



Returning to Sambo – Adults

Before I leave home to go to Sambo I will:

- ✓ If you exhibit any signs of infection – follow government guidelines on self-isolation and stay away from training.
- ✓ Ensure BSF membership is up to date
- ✓ Possible booking-in system due to low numbers expected to be allowed on the mat.
- ✓ I will shower or as a minimum ensure I am clean and have washed hands before travel to training.
- ✓ Expect to complete a Covid-19 indemnity form before returning to training.
- ✓ Cleaned kit washed with detergent at 60 degrees (before every session).
- ✓ Clothing, footwear, training bags, water bottles etc. must be cleaned per government guidelines (only essential kit to be taken to training to include hand sanitiser, wipes and towel).

Travel

- ✓ Travel to and from training in kit (covered by track suit). Not essential but advised to wear rash guard and leggings under kit to limit sweat transmission.
- ✓ Abide by social distancing guidelines travelling to and from training. Includes public transport and car parks, wear face coverings as per government guidelines.

I will bring the following items in my own personal bag with me to training:

- ✓ A signed indemnity form from my parents/guardians to say I am fit, well and do not have any of the Covid-19 signs or symptoms or other illnesses
- ✓ A water bottle,
- ✓ Plasters,
- ✓ Vape,
- ✓ Scissors,
- ✓ Towel,
- ✓ Anti-bacteria hand sanitiser,
- ✓ Kitchen roll,
- ✓ Anti-bacterial wipes,
- ✓ Disposable rubber gloves (two pairs),
- ✓ Face mask,

On Arrival

- ✓ Follow training centre signage and social distancing rules.
- ✓ Limit use of toilets, changing rooms and shower facilities.
- ✓ Use hand sanitiser on arrival, per government guidelines (sanitiser supplied by club/sports centre at entrance).
- ✓ Dojo and mats to have been cleaned following government and NGB guidelines.

In the training hall

- ✓ Hand and feet sanitising pre entry to training hall (sanitiser supplied by club at entrance).
- ✓ Smaller class sizes limited to NGB guidelines on use of mat space available (social distancing).
- ✓ Shorter sessions – (to allow for cleaning between sessions and more sessions to be run to accommodate more members).
- ✓ Individual training areas may be marked out on the mat.
- ✓ Training with no physical contact (unless with a person from inside your family – household bubble).

- ✓ Slow phased return, appropriate volume and intensity relative to individual.
- ✓ Individual drills - fitness training etc.
- ✓ On the instruction of the coach move to my personal 3-metre square area.
- ✓ Have my water and personal belongings next to me within my personal area.
- ✓ Have no contact with anyone on the mat (unless from the same household).
- ✓ Stand in the middle of my personal area.
- ✓ Know when the class has officially started.
- ✓ Expect shorter sessions – (to allow for cleaning between sessions and more sessions to be run to accommodate more members).
- ✓ Training no physical contact (unless with a person from inside your family – household bubble).
- ✓ **Do not continue if I begin to feel unwell.**

When the session has finished I will:

- ✓ Not go into the changing rooms.
- ✓ Not gather, meet up with my friends or socialise either inside or outside the building.
- ✓ Go out of the building straight away without delay and into my car/public transport.
- ✓ Stick to the Government Guidelines if travelling home by public transport.

Note: Everyone should shower and wash their kit on return home.



First Aid Protocols

The following protocols will ensure that there are clear guidelines for dealing with injuries on the return to training where abiding by government social distancing and hygiene rules will be essential in reducing the risk of Covid-19 being transmitted in BSF clubs.

First Aid

Individuals

It is recommended that players to bring their own first aid equipment with them to training

- Personal First Aid Kit (PFAK):
- Water, plasters, tape, scissors, sling, towel, hand sanitiser, kitchen roll, anti-septic wipes, disposable rubber gloves, face mask.

First Aid Qualifications:

The club must ensure anyone administering first aid has up to date minimum qualifications recognised by the BSF.

Personal Protection Equipment (PPE):

The club must ensure they have face mask and disposable gloves available for anyone who is going to administer first aid.

Reporting an Injury:

All injuries must be recorded as per BSF Guidelines using the report form below.

If a player needs administration of First Aid:

- They will sit down if possible, in their Designated Training Area (DTA).
- Attract the attention of the Coach and/or Designated First Aider (DFA).
- If they cannot attract the attention of the Coach/DFA, they will ask a player next to them to do so or a parent/guardian nearby to them.
- Ideally, they will administer first aid themselves using their own PFAK and carry on with the session if safe to do so ensuring they have put any equipment used in their personal bag that will be in their DTA.
- If they cannot treat themselves the Coach will arrange for their parent/guardian/DFA to come into the training hall to treat them and carry on with the session if safe to do so.
- The person administering first aid must wear face mask and disposable rubber gloves.
- If a player is unlikely to be able to carry on with the session, they should leave the mat as soon as possible if safe to do so, go home and/or to hospital as advised by the Coach/DFA.
- They should not hang around, socialise or interact with people inside or outside the club.
- If they came to training with other family's members who are participating in the session they should go into their parents/guardian's car and wait for the session to finish or ensure they comply with Government Social Distancing Guidelines if they need remain in the building.
- The players parent/guardian are responsible for a them once they have left the club.
- If a player cannot move off the mat the Coach will ensure the adjoining DTA are cleared.
- The Coach will assign responsible people to stand on the mat 3 metres away from the player facing outwards to ensure they do not get injured further.
- The player should be encouraged to move off the mat if capable as soon as possible.

- If a player moves off their DTA it should be cleaned as per the guidelines before anyone else uses the DTA.
- If the player cannot move from their DTA for example due to a dislocation/fracture the Coach will ensure the adjoining player designated areas will be cleared and if safe to do so the session may continue.
- If an ambulance has been called the Coach/DFA will assign a responsible adult to meet the ambulance outside the training hall and show the NHS Staff etc to the injured player.
- If the injury is serious for example a player has hurt their neck/spine or they are having a seizure the Coach will stop the session, call an Ambulance and clear the Building apart from essential people who need to stay.



Injury Report Form

Please use this form to report any injuries that occurred in an organised session of the British Sombo Federation (BSF) where it was required to administer First Aid (FA) to a player or a player was advised to go to hospital or a player did go to hospital due to an injury

Name of reporting person	
Date of report	
Position/Role of reporting person	
Contact details of reporting person	
Time and Date of injury	
Venue of injury	
Name of coach in charge of session	
BSF registered of coach	
Nature of suspected injury	
What activity was taking place when injury occurred	
Name of player injured.	
Date of birth of player injured or age	
Players contact number	
Name of players emergency contact	
Number of emergency contact	
Relationship of emergency contact	
Did the player receive first aid treatment	
Who administered first aid	
Where was first administered and describe first aid treatment given	
Did the player continue training?	
Did the player retire from training	
Was an ambulance called for	
Was the player advised to go to hospital	
Did the player go to hospital	
Who accompanied them to hospital	
How did they get to hospital	
Did the player report back to the Coach/ Club after attending hospital	
What was the outcome of attending hospital	
Name of witness/es	
Contact details of witness/es	
Signature of reporting person	

Cleaning Guidelines

The risk of infection depends on many factors, including:

- the type of surfaces contaminated
- the amount of virus shed from the individual
- the time the individual spent in the setting
- the time since the individual was last in the setting

The infection risk from Coronavirus (Covid-19) following contamination of the environment decreases over time. It is not yet clear at what point there is no risk. However, studies of other viruses in the same family suggest that, in most circumstances, the risk is likely to be reduced significantly after 72 hours.

What you need to know?

- Cleaning an area with normal household disinfectant after someone with suspected Covid-19 has left will reduce the risk of passing the infection on to other people.
- Wear disposable or washing-up gloves and aprons for cleaning. These should be double-bagged, then stored securely for 72 hours then thrown away in the regular rubbish after cleaning is finished.
- Using a disposable cloth, first clean hard surfaces with warm soapy water. Then disinfect these surfaces with the cleaning products you normally use. Pay particular attention to frequently touched areas and surfaces, such as bathrooms, grab-rails in corridors and stairwells and door handles.
- If an area has been contaminated, such as with visible bodily fluids, from a person with Covid-19, use protection for the eyes, mouth and nose, as well as wearing gloves and an apron.
- Wash hands regularly with soap and water for 20 seconds, and after removing gloves, aprons and other protection used while cleaning.

Principles of cleaning after the case has left the setting or area - Personal protective equipment (PPE)

Although this information is generally for situations, where Covid-19 is suspected or confirmed, from a general club perspective PPE may include items used to, clean-up to remove the chances of cross infection, treat bodily fluid spills, injury or illness (e.g. gloves, masks, aprons etc).

The minimum PPE to be worn for cleaning an area where a person with possible or confirmed Covid-19 is disposable gloves and an apron. Hands should be washed with soap and water for 20 seconds after all PPE has been removed.

If a risk assessment of the setting indicates that a higher level of virus may be present (for example, where unwell individuals have slept such as a hotel room or boarding school dormitory) or there is visible contamination with body fluids, then the need for additional PPE to protect the cleaner's eyes, mouth and nose might be necessary. The local Public Health England (PHE) Health Protection Team (HPT) can advise on this.

Non-healthcare workers should be trained in the correct use of a surgical mask, to protect them against other people's potentially infectious respiratory droplets when within 2 metres, and the mask use and supply of masks would need to be equivalent to that in healthcare environments.

Cleaning and disinfection

Public areas where a symptomatic individual has passed through and spent minimal time, such as corridors, but which are not visibly contaminated with body fluids can be cleaned thoroughly as normal.

All surfaces that the symptomatic person has come into contact with must be cleaned and disinfected, including:

- objects which are visibly contaminated with body fluids
- all potentially contaminated high-contact areas such as bathrooms, door handles, telephones, grab-rails in corridors and stairwells

Use disposable cloths or paper roll and disposable mop heads, to clean all hard surfaces and floors.

Cleaning the Club

What you need to know?

- Wear disposable or washing-up gloves and aprons for cleaning. These should be double-bagged, then stored securely for 72 hours then thrown away in the regular rubbish after cleaning is finished.
- Using a disposable cloth, first clean hard surfaces with warm soapy water. Then disinfect these surfaces with the cleaning products you normally use. Pay particular attention to frequently touched areas and surfaces, such as bathrooms, grab-rails in corridors and stairwells and door handles.
- If an area has been contaminated, such as with visible bodily fluids, from a person with Covid-19, use protection for the eyes, mouth and nose, as well as wearing gloves and an apron.
- Wash hands regularly with soap and water for 20 seconds, and after removing gloves, aprons and other protection used while cleaning.

We would strongly recommend that on a weekly basis all water outlets (taps / showers etc) are run for a minimum of a minute for the duration of the lock down. This will prevent Legionella!

Any Gi's, clothing, washable equipment should be removed and washed to prevent mould.. It is highly unlikely that Covid-19 is on any surfaces of a club that has been closed for a week or more. This is because the virus will be dead after 72 hours (please feel free to use government web sites to confirm this)

Deep clean prior to opening club

Self-Care - Please use appropriate Personal Protective Equipment (PPE), Disposable Gloves (marigolds will suffice) and it is best practice to have a spare set of clothes just in case.

Post clean you must remove clothing, place into a bin liner and tie. Wash hands and face thoroughly and change into fresh clothes. Dirty clothes should be washed immediately when home.

Venue Care

1. Vacuum all carpets and the mat (brushing often disperses dust into the air which will then settle post clean).

2. Using a damp mop, mop the mat to collect the remainder of the dust. Please ensure as much dust as possible is removed as you will be introducing moisture to the area.
3. Open any windows and doors-this will allow quicker drying time for the Disinfectant.
4. Using a solution of household thin bleach and water- 3 full caps to a litre of water should be enough to kill any bacteria, germs. Wipe down all hand contact point, remember, door handles, handrails, tables, doors, vending machines, showers, toilets, sinks, seating, window ledges, etc
5. Once cleaning is complete, pour away remainder of solution as this will be none effective approximately 6-12 hours later. Always use fresh solution each day.
6. As the club has now been empty for many weeks, you may start to see mould spores growing on walls and surfaces. It is imperative that these are cleaned as a build-up will be harmful to students - effecting lungs in particular!
5. Please do not use bleach on your mats as regular use of Chlorine will corrode surfaces.
7. Using a pump spray, dilute a solution of disinfectant and water. We would recommend Dettol or a good off-the-shelf product- Please see bottle for dilution recommendations.
8. Using a pump spray, starting at the furthest point from entry. Evenly coat the mat with the solution. Best practice is to keep the nozzle 18 inches from the surface and ensure the nozzle is turned to mist. This will aid even distribution.
9. Exit your training hall and allow to dry. Your training hall will now be ready for a session.

Post Session Clean

Ensure all hand contact points are wiped with the chlorine solution. Using a clean damp mop and disinfectant, mop the mat.

You are relying on club members to be honest about whom they have come into contact with but in the eventuality that a member is infected then at least the club will remain clear. We would recommend, if clubs open to allow drop off and pick up (perhaps develop a procedure). We would not allow spectators unless it is necessary, and government social distancing rules can be adhered to.

Toilets & Changing Room Protocols

For the purposes of this document these instructions are specifically for clubs and other factors may influence activities depending on whether the venue is in a building shared and controlled by other users such as a leisure centre.

Toilets and Changing Rooms

Clubs have a responsibility to ensure the toilets are cleaned either before or at the end of each session. There must be personal cleaning and sanitising equipment available. Shared facilities such as in a leisure centre will be the responsibility of the leisure centre management, coaches should obtain confirmation that cleaning has taken place. Changing Rooms are not to be used at any time - apart from emergencies.

Access

Access to toilets and changing rooms should be restricted as much as possible to minimise any transmission of infection, but may be required for medical reasons, menstruation, emergencies and unforeseen circumstances. For clubs, people must access the rooms

singularly whilst the numbers are to be restricted and controlled by the coach or designated person, to maintain the 2 metre social distancing rules. Shared facilities will have their own access rules in line with government guidelines.

Signage

Clubs must have appropriate social distancing and hygiene signage clearly displayed inside and outside the rooms.

- Cleaning an area with normal household disinfectant after someone with suspected coronavirus (Covid-19) has left will reduce the risk of passing the infection on to other people.
- Wear disposable or washing-up gloves and aprons for cleaning. These should be double-bagged, then stored securely for 72 hours then thrown away in the regular rubbish after cleaning is finished.
- Using a disposable cloth, first clean hard surfaces with warm soapy water. Then disinfect these surfaces with the cleaning products you normally use. Pay particular attention to frequently touched areas and surfaces, such as bathrooms, grab-rails in corridors and stairwells and door handles.
- If an area has been contaminated, such as with visible bodily fluids from a person with Coronavirus (Covid-19), use protection for the eyes, mouth and nose, wear gloves and an apron.
- Wash hands regularly with soap and water for 20 seconds, and after removing gloves, aprons and other protection used while cleaning.





Club Declaration Form

To ensure a safe return to sambo, all the British Sambo Federation (BSF) affiliated associations on behalf of their clubs must sign this declaration form to say that they will abide by the UK Government and BSF guidelines related to Covid-19 social distancing and hygiene requirements at all times.

It is important that once your designated club representative has completed and signed this form that you send it back to the BSF before opening for business. To avoid virus transmission, an electronic version should be submitted using email to Colin Carrott

Date	
Club Representative Name	
Club Representative Role	
Contact Email	
Contact Telephone Number	
Club or Registered Venue Address	

I declare that at all times our BSF registered association and our member clubs we will adhere to the UK Government and BSF guidelines related to Covid-19 social distancing and hygiene requirements.

Signature	
Affiliated Association	



A Safe Return to Sambo

Before re-opening my club, I will:	Tick
Read and understand all British Sambo Federation documents regarding a "Return to Sambo"	
Prepare my club venue for the return and consult with venue owners	
If applicable, ensure that our venue owners follow government and BSF Guidelines	
Complete a Risk Assessment for my club; venue, mat and equipment cleaning; signage; social distancing; hygiene; general safety	
Complete and sign the "BSF Club Declaration Form" before opening for indoor sambo/fitness sessions. I will then send this form to Colin Carrott	
Contact parents and participants to inform them of what to expect when returning to sambo/fitness sessions	
Ensure all participants complete and sign 'BSF Indemnity Form' before each session	
Follow general BSF Safeguarding Guidelines	

Typed/Electronic Signature	
----------------------------	--

Athlete Indemnity Form

This form must be utilised to ensure that you are free from Covid-19 symptoms and pose a limited risk to others. It is important that once you have completed and signed this form that you send to or hand over to the person at your club or venue responsible for processing. To avoid virus transmission, an electronic version of the form is recommended and where possible sent back to the club via email or other electronic means.

Date	
Name	
Contact email	
Contact phone	
Are you currently diagnosed with or believe you may have Covid-19? Delete as appropriate	Yes/No

Do you currently display any of the following symptoms?

Symptom(s)	Yes	No
High Temperature (fever)		
A new or continuous cough		
Loss or change to your sense of taste or smell		
New unexplained shortness of breath		

Have you been in contact with a Covid-19 confirmed or suspected case in the previous 14 days?

Yes	No	Maybe

Typed/Electronic Signature* (Parent/Guardian if under 18 years old)	
---	--

If you have answered YES to any of these questions you should stay at home and inform your coach and/or club Covid-19 contact person and medical practitioner. You should follow current UK Government Public Health guidelines. Only return to training once you have sought medical advice and considered not to be at risk of infecting others with Covid-19.