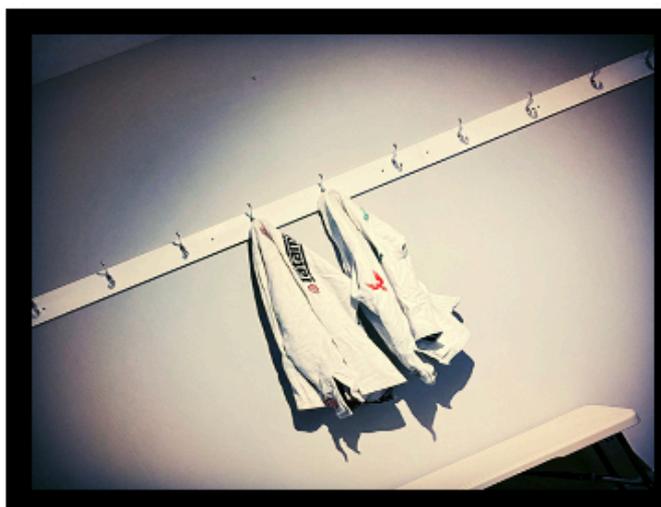


Newport
MMA



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EST.
2003

COVID-19 - A framework for the re-opening of Newport Mma during social distancing

Context Overview

This document sets out the framework for opening Newport Mma during an anticipated period of "social distancing" following the full closure of the sector due to COVID-19. It also provides the basis for operating guidance for visitors, staff, and students once the Government has said facilities, or parts of facilities, can open.

The framework has been developed in full of a health and safety officer.

The gym and fitness industry will have a vital role in ensuring the ongoing health and wellbeing of the nation following the lifting of COVID-19 restrictions. We believe this role has never been more important than at the current time in helping the country and British society regain its health. The Government realises how important 'exercise' is, and as the Chief Medical Officer stated: "There is no situation, no age, no condition, where exercise is not a good thing."

It is not intended to be exhaustive in covering every possible scenario but aims to provide a clear direction of travel for the sector. Nor is it intended to cover all aspects of every operator: there will be special undertakings for those with specific offerings. Operators can make their own decisions and can go above the standards within this document, but not lower. We are tailoring this as a two-stage opening approach – this document looks at the initial opening period and anticipated social distancing restrictions.

- GENERAL
- CLEANING
- COMMON AREAS
- TRAINING AREA
- CLASSES
- FIRST AID
- MISCELLANEOUS

Guidelines: Re-opening

General

- Public Health Wales (PHW) or equivalent posters will be on display informing customers and staff of social distancing and cleanliness/hygiene protocols throughout the facility.
- Newport Mma will commit to the wellbeing of their staff and customers, and if they show/have any signs of COVID-19 (temperature, cough and difficulty breathing), they will be sent home to follow Government regulations.
- Newport Mma will comply with any health designation documentation that the Government implements.
- Hand wipes/sanitisers will be on offer (or people will be directed to where they can clean their hands).
- Newport Mma will ensure that social distancing is adhered to, further criteria is below for certain areas.
- Face masks will not be mandatory for staff, unless their role requires this.
- It is down to the individual customer to take reasonable personal responsibility when taking part in physical activity.

BEFORE CLASS

- Hand sanitiser stations are to be used before entering the gym
- Classes can be booked on website
- Please arrive in your gym kit (Gi) ready to train to minimise use of changing rooms all kit should be freshly cleaned.
- When arriving please wait in car and only enter gym at the start time of class (please give time to fill in forms)
- All visitors must provide Track & Trace details
- A health questionnaire MUST be signed
- All water bottles are to be disposed of
- Please leave promptly and use hand sanitiser on way out taking all belonging with you

Cleaning

- Continue rigorous cleaning procedures.
- If there is a COVID-19 case in the gym, Newport Mma will follow the PHW Guidance – COVID-19 Cleaning in non-healthcare settings while cleaning all areas of the gym.
- Staff will carry out regular cleaning of high-contact touch points throughout the premises.

Common Areas

- Hand wipes/sanitisers will be on offer (or directed to where people can clean their hands).
- Gloves are not mandatory as the World Health Organisation (WHO) advice is that it is preferable not to wear gloves but to regularly wash your hands.
- Processes to make sure social distancing remains in place for reception staff/or screens are in place.
- Queue management - markings on the floor and if necessary, outside the entrance.
- Extra care/signposting will be provided to maintain social distancing when in these areas.
- Spray and cloths will be available for customer use for touch points.

Training Area

- Only equipment that is 2m apart will be used
- Touch points of equipment should be cleaned after use – this can be done either by the customer or staff using spray and cloths provided. is is in addition to the cleaning schedule.
- Extra signage regarding social distancing will be in place
- Maximum gym capacity will be based on 2m x 2m area per person.
- Social distancing guidelines must be followed.
- There will be no 'waiting around' in groups between classes.
- Equipment (including mats etc) will be cleaned in between use. This can either be done by students or staff member using spray and cloths provided.
- Markings will be made on the floor to show the area for individuals.
- Cleanliness protocols must be followed.
- Only one parent/carer per child will be allowed to supervise their child if necessary if not please drop your child off and collect after class.
- The parent/carer/spectator must follow social distancing guidelines.
- Considerations should be made to ensure limited time is taken in changing areas, especially during the changeover of group activity to maintain social distancing.
- Social distancing and cleanliness will be promoted by the instructor(s) at the beginning and throughout classes.

Classes

- Group classes will be organised in a series of formations to comply with social distancing, with appropriate spacing between participants monitored by the instructor throughout the class.
- Nothing will be passed to/from the instructor to the customer – including personal items, water bottles
- Students should not cluster in groups before/after sessions.
- Children under 11 will form 'group bubbles'
- All beginners class will be solo exercises
- Groups of families and 'bubbles' will be put together where possible (if you wish to stay solo please inform instructor at start of class)
- We will use fixed partners to limit the amount of contact between students
- When more relaxing of social distancing takes place we will look to put groups of training partners together these groups will stay together until we feel its safe to change your 'group'.

First aid

- Although there may be heightened concerns around first aid, this will continue as normal, with the below aspects to be used when needed:
 - Gloves.
 - Face masks for general first aid.

Miscellaneous

- Newport Mma will follow Government guidance for all staff.
- Towels/'sweat towels' will not be taken onto the gym floor
- Personal training sessions can continue as long as social distancing is in place.
- Card/contactless payment will be promoted.
- Newport Mma may want to consider additional steps for any students over 70/with underlying health conditions.
- All contractors must follow social distancing and cleanliness guidelines.
- PPE will be provided and used were needed
- Further Sport Guidance (will be updated when available)
- Health and Safety checks pre-opening
- Training of staff in the above procedures.
- How to limit the number of people in a facility.
- Pre-opening – Newport Mma will commit to a level of communication to students explaining the nature of re-opening, advising them of the responsibility they have regarding cleaning touch points, providing Q&A, and ultimately reassuring customers.
- risk assessment covering all the above and relevant other information will be available.

Thank you
Newport Mma

NEWPORT MMA
COVID -19. TRACK & TRACE

NAME-

ADDRESS -

**CONTACT
NUMBER -**

EMAIL -

**DATE OF
VISIT -**

STUDENT HEALTH QUESTIONNAIRE

PRIOR TO START OF CLASS I CONFIRM THAT:

I have not been diagnosed with or cared for someone diagnosed with COVID-19 in the past two weeks.

I have not shown symptoms of COVID-19 or come into contact with anyone exhibiting these symptoms in the last two weeks.

I have not travelled outside of my immediate daily routine for past two weeks.

I do not have a cough, fever, shortness of breath, or loss of taste or smell.

If I begin to show symptoms of COVID-19 I will inform Newport Mma as soon as possible and follow Track and Trace guidelines.

I will follow all guidelines provided by Newport Mma.

Signature -

Print name -

Date -

Phone no -