

SBTKD Covid-19 Taekwondo Implementation Plan



BT CLUB NAME:	South Bank Taekwondo
BT CLUB No:	910.006
CLUB AFFILIATION EXPIRY DATE:	30.06.2021

CLUB VENUE:	Ark All Saints Academy – 140 Wyndham Road, Camberwell, London SE5 0UB
CLUB DAYS:	Mondays and Wednesdays
CLUB TIMES:	19:00 – 20:00

PLAN COMPLETED BY (Name):	Richard Lymer
DATE OF COMPLETION:	15.09.2020

- This Covid-19 Activity Implementation Plan forms the basis of the control measures South Bank Taekwondo is putting in place to protect its members and instructors from the Covid-19 hazard.
- This plan will be reviewed after each session to ensure the control measures are being adhered to and are effective in use.
- We will also take note of any changes in UK Government advice.

Review Dates & Signature		
15.12.2020		
15.03.2021		
15.06.2021		

SBTKD Covid-19 Taekwondo Implementation Plan

This plan forms the basis of the control measures South Bank Taekwondo is putting in place to protect its coaches, members and supporters from the Covid-19 hazard whilst attending Taekwondo at Ark All Saints Academy.

Everyone planning to attend our classes should review this document carefully and adhere to all of the measures contained within this plan.

PLAN EDITION DATE:	15.09.2020
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BEFORE PEOPLE COME TO THE CLUB

Club information about new Controls Measures and changes to the Club operation

Control Measures	Effect on club participants	Check
Any changes to the days the club will train?	<ul style="list-style-type: none"> • None 	
Any changes to session times?	<ul style="list-style-type: none"> • None 	
Any changes to who can train?	<ul style="list-style-type: none"> • Booking system or invitation only session system will be put in place. This will ensure maximum numbers at any one session whilst maintaining social distancing at ALL times. • Activity Hall: maximum of 20 students (5 rows of 4 students or 4 rows of 5 students). Sports Hall: maximum of 50 students (5 rows of 10 students or 10 rows of 5 students). • Our club WhatsApp will be used to allow members to book their place ahead of forthcoming classes. 	
Any extra measures for members with higher risk and/ or with underlying health conditions?	<ul style="list-style-type: none"> • Members at a higher risk of infection should seek professional medical advice/clearance/guidance prior to returning to training. • Provide doctor's letter or other as required. • Inform club instructor of the nature of your health condition (this will not be disclosed) prior to returning to training. 	

	<ul style="list-style-type: none"> • Member will be instructed to wear PPE (mask/gloves) or will be refused entry to the venue. 	
What if my BT Membership has expired?	<ul style="list-style-type: none"> • Members must renew their individual membership before attempting to train. • Contact the club Chief Instructor in advance and arrange online via The Hub. • Payment can be made to the club in the usual way via bank transfer or PayPal. 	
What should/can I wear?	<ul style="list-style-type: none"> • Members arrive ready dressed to train. • Changing is not permitted at the venue. 	
Can I bring a bag?	<ul style="list-style-type: none"> • Members arrive ready dressed to train. • Changing is not permitted at the venue. 	
Should I bring my own hand sanitiser and wipes?	<ul style="list-style-type: none"> • Yes. • Sanitiser will also be available at the venue as you arrive, but it is better if you bring your own to minimise risk. 	
Should I bring my own First Aid kit?	<ul style="list-style-type: none"> • It is recommended that participants bring their own first aid kit with them where possible (containing plasters, tape, scissors, sling, towel, hand sanitiser, kitchen roll, anti-septic wipes, disposable rubber gloves and a face mask). • The club will also have one at the session as a last resort. 	
Do we need to wear a mask?	<ul style="list-style-type: none"> • The latest government guidance regarding the wearing of masks should be followed. It is currently not mandatory to do so. • All members are welcome to wear PPE (face mask/gloves) if they choose to do so. 	
Can I bring my own water bottle?	<ul style="list-style-type: none"> • Members must bring their own bottle/drinks and must not share with other members. • The use of on site water fountains or taps is not permitted. 	
Do I need to bring my own pads/protectors?	<ul style="list-style-type: none"> • Yes. • Personal equipment must not be shared between different household groups unless thoroughly cleaned before and after to minimise the risk of 	

	transmission.	
Can I change at the venue?	<ul style="list-style-type: none"> • The use of changing rooms at the venue is not permitted. 	
Can I shower at the venue?	<ul style="list-style-type: none"> • Unless social distancing measures and cleaning measures are in place after every user then it is advisable not to use shared facilities. 	
Can I pay in cash?	<ul style="list-style-type: none"> • Yes. However, this must be in a sealed envelope with the name of the student written on the front of the envelope. 	
Is there anything else I need to know or prepare before I come to the session?	<ul style="list-style-type: none"> • Temperature screening shall ensure that all members with a temperature of 37.4°C or more are restricted from entry into the class. Temperature screening will be conducted at the entrance to the class by the designated screener by use of a non-contact forehead thermometer. If a member's reading result is within the normal range of body temperature (equal to or less than 37.3°C) then it is considered safe to allow access to the venue. • If a member's temperature is equal to or in excess of 38°C the person will not be allowed to enter the venue. The designated scanner, upon recording a reading of 38°C degrees or higher, shall advise the member so recorded that they must seek immediate testing for the COVID-19 virus. • The screener will inform the club Chief Instructor of any member with a temperature 37.4°C or more immediately. 	

TRAVELLING TO / FROM THE CLUB**Club information about new Controls Measures and changes to Arrival & Departure**

Control Measures	Effect on club participants	Check
How should I get to the venue now (walk/car/bike/public transport)?	<ul style="list-style-type: none">• People should only travel in household groups and maintain social distancing with everyone else at all times.• Walking, cycle, motorbike or using private car is advised rather than using public transport.	
Is there a specific drop off and pickup point?	<ul style="list-style-type: none">• Anyone accompanying (example: parent) a member to the venue must drop off the member at the foyer entrance.	
Where do we park if we are driving?	<ul style="list-style-type: none">• Parking is available on Wyndham Road / Pitman Street SE1 subject to parking sign restrictions.	
What if my lift is late?	<ul style="list-style-type: none">• Under 18's to be supervised by the club Safeguarding Officer until collected.• Over 18 members expecting late pick will wait in the designated foyer area.• Social distancing guidelines apply.	
What if I am under 18 and left alone at the venue?	<ul style="list-style-type: none">• Under 18's to be supervised by the club Safeguarding Officer until collected.• Your next-of-kin will be notified by the club Chief Instructor.	

ENTRY / EXIT AND USE OF THE VENUE

Control Measures in place at the venue		
Control Measures	Effect on club participants	Check
Are there any Control Measures on entry to the Venue?	<ul style="list-style-type: none"> • Social distancing rules apply with 2m between members/parents and household groups. • All participants to be advised to wash hands at home prior to leaving and cleaned with sanitiser on entry to the dojang. • A designated sanitising station will be provided at the entrance to the dojang. • All students/parents/visitors must cleanse their hands at the station. 	
Are there any Control Measures inside the venue layout?	<ul style="list-style-type: none"> • Signage will be displayed to assist members. • Warning tape will be adhered to the dojang floor to indicate each member's dedicated training area. • Members must use/remain/return to their dedicated training area. • Doors (except fire doors) will remain open to avoid touching handles. This also adds ventilation to the room. • Windows will also be open wherever practicable. 	
Can the changing rooms be used? Are there any Control Measures inside the venue changing rooms?	<ul style="list-style-type: none"> • Members must arrive ready dressed to train. • Changing is not permitted at the venue nor is the use of the changing rooms. 	
Is there a special process for emergency evacuation?	<ul style="list-style-type: none"> • The building evacuation procedure will be followed whilst maintaining social distancing. • All members/parents and those present at the venue will vacate via the designated fire exit and form up outside on Pitman Street. 	

Are there any Control Measures inside the venue toilets?	<ul style="list-style-type: none"> • Members are advised to go to the toilet before they leave home prior to training. • Limit number of users at one time (1 per room, i.e. 1 female/1male) whilst using the venue facilities. • Sanitising wipes will be provided and members must ensure that all surfaces touched are cleaned and hands are cleaned with sanitiser at the designated sanitising station on returning to the dojang. 	
Can the venue showers be used?	<ul style="list-style-type: none"> • Unless social distancing measures and cleaning measures are in place after every user then it is advisable not to use shared facilities. 	
Are there any Control Measures for the showers?		
Are refreshments available in the venue?	<ul style="list-style-type: none"> • No. 	
Is water available in the Venue?	<ul style="list-style-type: none"> • No. 	
What happens when we leave the venue?	<ul style="list-style-type: none"> • Members must wait until the entrance/exit area is clear of other members/parents before attempting to leave the venue. Social distancing applies. • No. 	
Is there a separate exit to the way I came in?		
What other changes to the venue affect my Taekwondo club?	<ul style="list-style-type: none"> • Any changes to the venue that affect Taekwondo training will be examined and implemented accordingly. 	

TAEKWONDO DOJANG MEASURES

Control Measures we will use in the Taekwondo Club during the Session		
Control Measures	Effect on Club participants	Check
Have instructors been trained in these Risk Assessments and implementation measures?	<ul style="list-style-type: none"> All instructors are fully aware of the risk control measures within this plan and are expected to apply them at all times. 	
Will the club have a first aid kit	<ul style="list-style-type: none"> The club will ensure it has an up to date, well stocked first aid kit at all sessions (regardless of Covid-19 measures) containing plasters, tape, scissors, sling, towel, hand sanitiser, kitchen roll, anti-septic wipes, disposable rubber gloves and a face mask. This would be used as a last resort in case the participant has not brought their own first aid kit as recommended. 	
Do instructors and club leaders need to wear gloves?	<ul style="list-style-type: none"> When handling any shared equipment or using cleaning items, gloves should be worn and then disposed of in a secure manner. 	
Will there be any Taekwondo specific signs in place?	<ul style="list-style-type: none"> Yes. We will display the BT advisory signs within the class setting regarding social distancing and safe training. 	
What should I do with my shoes and bag?	<ul style="list-style-type: none"> Put them at least 1m+ away from other people's shoes and bags. 	
Is hand sanitiser available form member use? How often will we break to clean our hands?	<ul style="list-style-type: none"> Yes. The club will provide hand sanitiser and everyone should sanitise their hands as they enter the Taekwondo training area. It is better if you can bring your own hand sanitiser to minimise risk. We will break for hand cleaning whenever it is deemed necessary depending on the activity involved. 	
Are the mats/floor clean? How often will the mats/floors be cleaned?	<ul style="list-style-type: none"> The mats or floor should be mopped between hall use. We are currently attaining this information from our venue manager. This information will be updated here as soon as this is confirmed. The mats or floor will be spot cleaned during sessions where 	

	sweat or other bodily fluids are apparent that could contain the virus.	
Will there be any taped/marked off areas I should know about?	<ul style="list-style-type: none"> All members, instructors and parents should be a minimum of 2 metres away from anyone else whilst using the venue and training (who is not from their household). Tape will be adhered to the floor inside the dojang to indicate the designated spot for each member to train. This must remain the same member's area throughout training. 	
Is the training equipment clean? Will you provide disinfectant wipes to clean equipment etc?	<ul style="list-style-type: none"> Equipment will be thoroughly disinfected and cleaned before and after sessions to minimise the risk of transmission and must not be shared between different household groups during sessions. Yes. 	
What about waste materials that might be infected? (e.g.: tissues, PPE etc)	A separate bin will be allowed. Secure disposal at the end of a session will be arranged.	
Will Track and Trace apply to the Class?	<ul style="list-style-type: none"> The club will keep a record of everyone attending each class. If any member is subsequently confirmed to have the virus, they should contact the club for the list of people who they may have been in contact with and inform the local authorities. 	
What if things change before the next Class?	<ul style="list-style-type: none"> The club will review the most recent government guidance and update the risk assessment and implementation plan accordingly. We will reissue this plan to all members each time there is a significant change to the lockdown rules that could impact on the safety of everyone. 	

TAEKWONDO TRAINING

Information on how we will practise Taekwondo during the Class

Control Measures	Effect on Club participants	Check
Warm Up/Cool Down/Stretching	<ul style="list-style-type: none"> • This will be carried out at 2m distance from other training participants. • There will be no working in pairs or groups unless they are from the same household. 	
Basic Techniques (Up and Down or On the Spot)	<ul style="list-style-type: none"> • This will be carried out at 2m distance from other members (as above). 	
Poomsae	<ul style="list-style-type: none"> • This will be carried out at 2m distance from other members (as above). 	
Foot Technique/1-1 Kicking / 3 Step /1 Step Sparring and Self Defence	<ul style="list-style-type: none"> • Simulated practice at distance is allowed as long as a 2m distance is maintained between members unless from the same household. • No grappling, locks, chokes, throws or wrist locks unless from the same household. • No prearranged 1 step sparring unless from the same household. 	
Pad Kicking (e.g. paddles/bats/targets etc.)	<ul style="list-style-type: none"> • Not currently permitted unless working within a household group. • Pads should be thoroughly cleaned before use and never shared between household groups. • All equipment should be cleaned between sessions or if wanting to be shared with a different household group. 	
Breaking	<ul style="list-style-type: none"> • Not currently permitted unless working within a household group and qualified/suitable age to hold. • Plastic board targets should also be thoroughly cleaned before use and never shared between household groups. • All equipment should be cleaned between sessions or if wanting 	

	to be shared with a different household group.	
Sparring / Full Contact Sparring	<ul style="list-style-type: none"> • Not currently permitted unless between members of the same household. 	
Poomsae	<ul style="list-style-type: none"> • This will be carried out strictly in accordance with social distance rules from other members (in front/behind and to the sides). 	
Club gradings and other assessments	<ul style="list-style-type: none"> • Only in accordance with all the above restrictions. 	