

## Returning to training: Our Covid-19 safety practices and requirements.

WYSKA are now able to resume training thanks to a relaxation in Covid-19 restrictions by the government. Training at both Dewsbury and Batley karate clubs will resume from Sunday the 9th of August on their respective regular schedules. We are eager to get back into the swing of things, but understandably we must have guidelines in place to protect our members, instructors, and play our part in hopefully preventing a second wave or any localised outbreaks. As such, below are steps we have taken, changes in classes, and procedures relating to classes that must be followed in order for us to move forward with training again. These will be reviewed as the situation develops, and also as we see what works for the club too. **Please make sure you familiarise yourself with the below guidance:**

- All our qualified instructors have been certified on the "Prevent Covid-19" course.
- If you or anyone you have had contact with has any symptoms, no matter how mild, then DO NOT COME TO CLASS. Consider your fellow student's health. If you develop symptoms after training resumes and have already attended a class by the time you present them, then you are required to inform the instructors so we can take action as appropriate. Obviously if you are part of a family and symptoms occur within your household then keep your entire family at home.
- Our registers will be used to aid track and trace where necessary.
- For the immediate future, Dewsbury karate club will be operating from the BCA (British Combat Academy) facility in Horbury. While Dewsbury Sports Centre has re-opened, it is a phased re-opening

and private classes have not been permitted. The BCA is, however, a fantastic facility that is a purposefully outfitted dojo. Several of the instructors do their own training there regularly and many of the black belts should be familiar with it as it is where we have held black belt gradings. It has its own measures in place to help prevent Covid-19, which will be outlined below. Also, this is a members only venue that is not in continuous use throughout the day, so this will limit the risk of contamination from sources outside the club.

- Batley club will operate from its normal venue. For the remainder of the summer we will be the only people using the building, further limiting the potential for contamination. Visitors must use the rear entrance only (car park side).
- Mats at both clubs are cleaned after every lesson. For BCA, this will be done by the venue proprietor. At Batley, Sensei John Ryan will be undertaking the cleaning of the mats and room himself before he leaves.
- Lessons for the time being will be non-contact based.
- There will be no kia-ing (shouting) at the moment. This is to limit the potential spread should anyone be unwittingly carrying the virus.
- Class numbers will be limited to keep spacing at an effective level. This will be a maximum of 8 students at Batley and 10 at Horbury, not including instructors.
- Payment must be made online via the [wyska.co.uk](https://www.wyska.co.uk) website to avoid cash transactions. The new payment system will inform you if the class is already full.
- Classes will be first come, first served.
- Unfortunately, the limiting in numbers and the online payment system means we need to put the prices up, and suspend group discounts for the time being. The rooms don't get any cheaper even if we have an enforced limited turn out, and the online payment system takes a

cut of every transaction. For some of you this will be negligible as it will only be a few pence. For those who often have concessions we can only apologise. We will revisit this once classes return to normal, as well as taking cash payments again once it is safe to do so. As of right now the price will be £5.50 per person per lesson across the board, regardless of age, grade or group size.

- If you book a lesson and do not turn up without prior notice, sorry but no refunds. Simply put that is a lesson space that could have gone to someone else, and as already explained the financial implications at the moment are making life difficult.
- Students must arrive promptly to avoid interfering with the class layout once class has started, and to also make sure we have people checked off who are booked in and can get everyone onto the matts in an orderly and safe fashion. Students must also leave promptly.
- Children whose parents do not also attend the class must be escorted into the care of the instructors personally and collected from the care of instructors personally and promptly. Please do not let your child enter the venues unattended. Parents are asked to not remain at the venues once their child is in our care, and only return for the end of class. While there are spaces to wait in at both venues, we do not have the time or resources to regulate these areas also. Parents who arrive in time for the end of class will be required to wait in these areas for the brief time they are there, and avoid touching any surfaces as well as maintain distancing from others.
- All students at either club must arrive clean, dressed, and ready to train. There will be no changing at either club.
- Hand sanitiser will be provided at Batley club and must be used on entry and exit of the room. At the BCA, there are hand sanitisation stations both at the entrance to the dojo and on the entrance point to the matts. You are required to sanitise on entrance to the dojo. If you leave the matts for any reason (toilet etc) aside from any hand washing you may do you must also use the sanitiser station by the

matts before you re-enter the training space.

- When you enter a venue, proceed quickly and with limited interaction to the training room/area.
- This is standard, but particularly pertinent now. Shoes are strictly forbidden on any matted area. Remove them before you step onto the matts at either club.
- When you enter the room/matted area, after checking in you must proceed to a free "spot" (these will be outlined to you as you arrive) and wait for training to begin. Place your belongings directly behind your training spot/lane so that you have a direct, unobstructed route to them and to prevent crossing paths with other students during water breaks etc (double check that you and those around you have left adequate distancing space between your respective belongings). Due to this, we will be forgoing the usual lining up in grade order. Children must not run around playing games, and adults must not mull around chatting or do personal warm ups/training that strays out of their area. Stay in your spot.
- **NO FOOD PERMITTED IN THE VENUES.** You may bring one **CLEARLY MARKED** water bottle for hydration. Those familiar with the vending machines at Batley club will find they are not available for use at this time.
- You must bring a personal towel to prevent (as much as possible) perspiration contaminating surfaces.
- Face masks will be required. This may change over time. While we appreciate that masks aren't the most comfortable things, even when you're not exercising, it is necessary at this point. Warm ups will be less vigorous and lessons will be more technical in nature in the short term to prevent potential overheating and lessen discomfort. Also, all non-training visitors (eg parents of students) must wear a mask while in the venues.

- If you have any exemption from wearing a face mask we must be informed with proof prior to any class you attend.
- Any participants who repeatedly do not follow our guidelines will be asked not to train again until social distancing and Covid-19 prevention guidelines relax to a point where their behaviour is no longer a risk. In severe cases the individual will be asked to cease training and leave the venue mid session. Parents, it is important you make your child understand that they must behave responsibly.

Aside from the above procedures, we have also planned for the gradual relaxation of distancing measures prior to the proverbial all clear. These measures are as follows:

- When training with partners resumes, personal equipment (mitts, pads etc) must be your own, no sharing. Where a student has no access to their own equipment, they will be asked to take part in activities that do not involve use of equipment.
- There will also be the implementation of a "buddy" system, where students will partner with the same individual each week to limit contact with other students, therefore reducing the risk of infection and increasing the ease of track and trace. Where possible this will be another attending family/household member.

We appreciate that this is a lot of information, but at the moment this is the situation we find ourselves in and it is unfortunately necessary for this to be in place so we can run the clubs in any capacity at all. We all want to get back to what we love doing, and we thank you in advance for your patience and your co-operation. We hope to see you at training soon.