



Kingswinford Kickboxing Academy

NEW KKA TRAINING GUIDELINES DUE TO COVID 19.

We have completed a Covid 19 online training course for instructors gaining the relevant certification and have put together our own Covid 19 plan as follows:

1. On arrival at the centre all students, parents and guardians will need to sign in and leave contact details for track and trace purposes, these will be destroyed after 3 weeks. We will also need to give a copy to the Church Wardens as part of their Covid 19 plan, again these details will be destroyed after 3 weeks.
2. Everyone attending the centre will be required to have their temperature tested upon arrival, if anyone has a raised temperature they will be asked to leave. It will also be stipulated that no one is to turn up to classes with any symptoms, or if they feel ill.
3. Face coverings must be worn at all times when in the outer and inner part of the centre, this includes arrival, waiting and leaving the centre. Face covering will not be required when you are actually in the hall training.
4. A booking system is now operating on our website as we have limited space in each class due to social distancing. A second evening has been obtained and we are hoping that we can spread the classes over the two evenings.
5. All classes will have a 15 minute interval between them, we already have this between the Ninjas and Dragons but will also be implementing this between the Dragons and Adults, this will enable social distancing between lessons.
6. Mats and any touched areas in the centre will be cleaned or steam cleaned at the start, between and at the end of each lesson and all equipment will be cleaned as well.
7. We will supply hand sanitiser stations on entry, exit and around the centre and hall during all lessons.
8. Parents will be asked to just drop their children off if at all possible for training, as there is very limited space in the waiting area because of social distancing and we ask if you could please wait outside, again practicing social distancing, or return to your car until the end of the lesson.

9. All students must bring their own equipment with them as they will no longer be able to use ours. This is not a priority at the moment as it will be all syllabus and fitness work on their allocated square until we can move forward with the lessons.
10. The kitchen is closed to everyone, so all students will need to bring their own drinks with them.
11. The disabled toilet will be the only one in use and will be cleaned between lessons and at the end of the evening.
12. The training area will be marked out, our mats are a metre square, so it makes life a bit easier.
13. Student bubbles/groups will be implemented at a later date as things progress.
14. Train and go. We are sorry to have to say that could you please only turn up no more than 5 minutes before your lesson and leave immediately at the end of the lesson. You must arrive in uniform and leave in uniform, unfortunately, this means no stopping at the end of the lesson to chat and catch up and please remember to wear a face covering as soon as you come out of the training hall. We are really sad about this because we like to catch up with our students and family members.

Updated August 2020