

Joint Aikikai Council

Return to Aikido (After COVID 19)

Unlock Process for JAC Member Organisations' Clubs, Instructors and Members

The Coronavirus has been a challenging time for martial arts practitioners and uncertainty still exists regarding the safe return to practice during 2020.

In July 2020, the UK Government identified recreational sports may be able to return to practice in England, however restrictions may still apply in Wales and Scotland and at a regional level. These restrictions may increase and decrease depending on the level of contagion and R rates.

To help JAC member Organisations' clubs, instructors and teachers plan and return to practice the following guidelines have been created in concordance with our insurance providers. **It is essential to apply these guidelines to ensure continued coverage of the venue and PI insurance.**

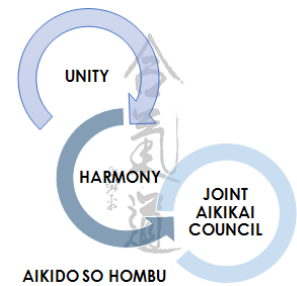
Before restarting practice

- A venue open for training and the process surrounding practice should be open in accordance with the government guidelines.
- If practicing outside, still consider these guidelines applicable.
- If practicing indoors, use these guidelines to enable continued coverage of venue insurance.
- Be familiar with venue rules, they override recommendations and must be followed for venue insurance to remain valid.
- Find out if a venue offers hand sanitizer or if you need to provide your own.
- If room sizes limit the number of students, you may ask students to pre-register for a class (possibly with pre-payment).
- Where possible practise should be on vinyl or washable mats that can be cleaned before and after each session.
- Ensure adequate time for the laying of mats and sanitising where required.

C19 - Covid 19 Unlock Process - V1.0 - 22 July 2020

Adapted from the UKA "Return to Aikido Advice" document <https://ukaikikai.org.uk/news/uka-news/return-to-aikido-guidelines>

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On arrival

- If mats need to be laid, students should handle mats they will practice on, a student is responsible for laying and returning their mats.
- If space permits and jigsaw mats are used, do not interlock socially distant areas.
- If possible, mark the tatami with tape to identify student practice areas.

During class

- Ensure a path exists for those who need to leave, so students are not boxed in by other students practicing.

Before restarting practice

- Do not run a class if you have been contacted by track and trace, need to shield or show Covid-19 symptoms. Cancellation is mandatory in these circumstances.
- It is important to follow risk infection advice to ensure regular PI insurance remains valid.
- Ensure students provide up to date emergency contact information.
- Class sizes should be restricted to follow government guidance around social distancing space between students.
- Be aware of Covid symptoms versus injury. A detailed list of Covid symptoms can be found here: <https://www.nhs.uk/conditions/coronavirus-covid-19/>.
- If possible, offer hand sanitiser for practice.
- Include resuscitation face masks, gloves and hand sanitizer in first aid kits.

On arrival

- The instructor is responsible for registering each person at practice and ensuring contact details are up to date in the event of tracing.
- Confirm with students before practice, they do not have any Covid-19 symptoms.
- You may use an infrared thermometer to check a student is within normal temperature range.

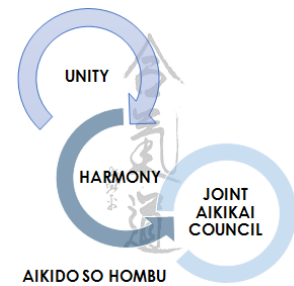
During class

- A student may keep weapons and water near their own practice area to reduce movement throughout class.
- Starting and finishing Rei (bow) should be conducted with the appropriate social distance separation.
- If required, use three sides of the mat to distance students.
- Instructors must remain social distant from students, do not make contact.

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- Encourage students to stay in the centre of designated areas.
- If limited partner practice is allowed through government guidelines, segment the class to only allow pair practice with the same person for the whole of the class, creating ‘partner bubbles’

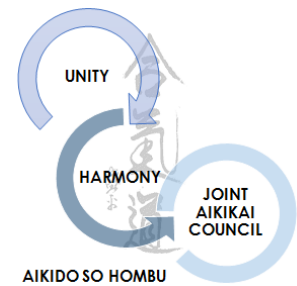
Before restarting practice

- An instructor may choose to broadcast a class via social media (Zoom/Facebook live, etc.) to those who are still shielding. If that is applied, please note that coaches/instructors can coach/instruct remotely, including uploading general videos, on the basis that:
 - The coach/instructor should be suitably qualified to instruct on the activity
 - The activity being suitable to be undertaken in someone’s home
 - The coach reminds participants to check their surroundings are clear and to keep any pets of distractions away during exercise
 - The coach should specify at the start of any video that this is general guidance and anyone doing the exercise should be aware of their own capabilities and only do what they are comfortable to do or seek medical advice if in any doubt
 - The coach should remind participants to stay hydrated.
 - The coach/instructor should be mindful with regard to the use of copyrighted music/material
- If coaching vulnerable adults or anyone under 18 there are potential safeguarding points we need to consider
 - Gain written consent from parents and explain what the purpose of the training is, when it will be done, on what platform etc.
 - Use an online-share platform – that way the coach will not necessarily need access to the children’s contact details and only use it for the purpose of the training.
 - Do not make contact with athletes outside of the training unless with parental consent.
 - Ensure that you and the athletes wear appropriate clothing at all times.
- This may not be a suitable time to encourage beginners to start aikido, be cautious advertising the start of classes until it is safe for new people.
- An instructor may choose to change the class times, either shorten them to acknowledge a reduced teaching syllabus, or half the class times to enable twice as many students in a small area e.g. Instead of a 90-minute class, 2 x 45 minutes if only a small number of students can be accommodated.

On arrival

- Ensure students have access to equipment they will need during class, close to their training area.

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During class

- Face covering should be worn and no full ukemi undertaken until safe to do so.
- Classes should consist of stretching exercises, solo ukemi practice, tai sabaki practice and bokken jo fundamental solo exercises.
- When initial contact is allowed, technique should be received by stretching. This will avoid laboured exhalation.
- A few minutes break every 15 minutes to calm students breathing. If breathing exercises are undertaken at the end of class then there should social distance between students.
- Frequent, 5 minute breaks after 15 minute training will reduce laboured breathing.

Before going to practice

Return to practice is the choice of the student, those wishing to continue levels of isolation are welcome to return when they feel appropriate.

- Students must be insured, confirm insurance is up to date.
- Students should arrive separately.
- Please arrive in keikogi (uniform) apart from hakama.
- Those who wish to, are welcome to wear a face covering or mask.
- Students are welcome to bring their own supply of hand sanitizer.
- Be aware instructors and teachers may need to adapt class times to support smaller classes or additional procedures regarding sanitation and arrival/departure. Be aware of these changes.
- It may be difficult to support late arrivals (or early leavers), ensure your teacher is aware of any needs before attending the practice.

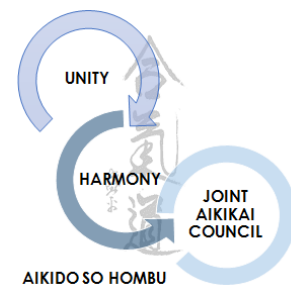
On arrival

- You will be required to register for each class and must do so before class starts.
- Avoid handling cash, either pay via bank transfer, contactless or bring exact fee to class.
- Bokken, Jo and Tanto should only be handled by their owner, do not use communal weapons.

During practice

- You may keep weapons, water and hand sanitizer near the area you practice, to avoid the needs to move around during class.
- Practice with awareness of distance, try to co-ordinate movements with those around you to avoid the risk of closing social distances.

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Title: Example risk assessment additions for Covid-19 management

Date: 025/07/2020

Version: 2.0

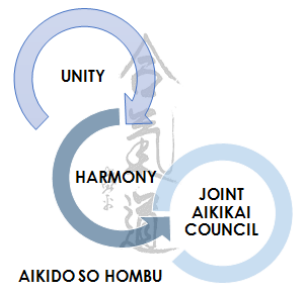
The following would be added to your existing risk assessment for practice:

What are the hazards?	Who might be harmed and how?	What are you already doing?	What further action is necessary?	Action by whom	Action by when	Done
Spread of Covid-19 Coronavirus	All club members/visitors.	<ul style="list-style-type: none"> Frequent cleaning and disinfecting of objects and surfaces that are touched regularly in areas of high use such as door handles, light switches, reception areas using appropriate cleaning products and methods. Social distancing to comply with the 2M (6.5 ft) gap recommended by the Public Health Agency in social areas. PPE – Public Health guidance on the use of PPE (personal protective equipment) to protect against Covid19 relates to health care settings. In all other settings individuals are asked to observe social distancing measures and practice good hygiene measures. 	<ul style="list-style-type: none"> Cleaning of facility to be increased to a minimum of once daily. Identified touch points to be cleaned twice daily (on opening and closing). Members/Visitors to be reminded of the importance of social distancing. Changing rooms to be designated as closed for all participants, with the exception of those that have a requirement due to a disability. Multi-use equipment to be removed from the facility. Only equipment owned by a participant can be used by that person. No equipment i.e. weapons, will be stored on the premises. Communal/bar area to be closed. Fridges and tea/coffee making facilities to be emptied. Participants to be advised to bring their own refreshments. Hand sanitiser/cleaning products to be checked daily to ensure a minimum of a week's stock is available. Number of bins to be reduced to one. This is to be emptied during the cleaning process. Cash payments will no longer be taken, participants will be given the option of making a card payment or bank transfer. 			

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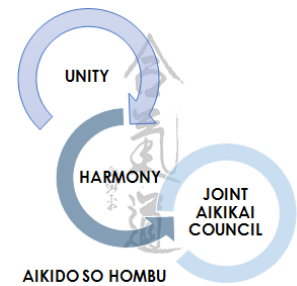
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		<p>SYMPTOMS OF COVID-19</p> <p>If anyone becomes unwell with a new continuous cough or a high temperature, they must not attend the dojo.</p>	<ul style="list-style-type: none">• All club members are responsible for communication of any change in circumstance or situation.• Class register will be taken to include contact details (email, phone, address) for all participants. This will be stored in line with GDPR guidelines and destroyed after 21 days.• Should an attendee be diagnosed with COVID19 following attendance at the dojo the facility will be closed 72 hours to enable a deep-clean to be undertaken.• Records will be used to assist government Test and Trace initiative.			
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Resources

World Health Organisation advice & information

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

UK Government information

<https://www.gov.uk/coronavirus>

NHS England

<https://www.england.nhs.uk/coronavirus/>

St. Johns advice for first aiders <https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>

British Judo general advice

<https://www.britishjudo.org.uk/wp-content/uploads/2020/07/Return-To-Judo-Guide-GeneralAdvice.pdf>

HSE Risk assessment templates <https://www.hse.gov.uk/simple-health-safety/risk/risk-assessment-template-and-examples.htm>

HSE Risk assessment advice for work and Coronavirus

<https://www.hse.gov.uk/coronavirus/working-safely/risk-assessment.htm>

Sky News

<https://news.sky.com/story/coronavirus-lockdown-what-you-can-and-cant-do-after-changes-across-uk-12013295>