

<b>BT CLUB NAME:</b>	<b>DAN TKD</b>
<b>BT CLUB No:</b>	<b>106.001</b>
<b>CLUB AFFILIATION EXPIRY DATE:</b>	<b>31-01-2020</b>

<b>CLUB VENUE:</b>	<b>LADY OF LOURDES PRIMARY SCHOOL</b>
<b>CLUB DAYS:</b>	<b>TUESDAY</b>
<b>CLUB TIMES:</b>	<b>17.45-19.30</b>

<b>PLAN COMPLETED BY (Name):</b>	<b>S PATTENDEN</b>
<b>DATE OF COMPLETION:</b>	<b>21-08-20</b>

- This Covid-19 Activity Implementation Plan forms the basis of the Control Measures this BT Club 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 advise

<b>Review Dates &amp; Signature</b>		

# Covid-19 Activity Implementation Plan



This Plan forms the basis of the Control Measures this BT Club is putting in place to protect its Coaches, Members and Supporters from the Covid-19 hazard whilst attending our Taekwondo Activity.

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

<b>PLAN EDITION DATE:</b>	<b>21-08-2020</b>
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<b>BEFORE PEOPLE COME TO THE CLUB</b>		
<b>Club information about new Controls Measures and changes to the Club operation</b>		
<b>Control Measures</b>	<b>Effect on Club participants</b>	<b>Check</b>
Any changes to the Days the Club will train?	No change	
Any changes to Session Times?	No change	
Any changes to who can train?	We have implemented an online pre book system, so we are aware of the number of students	
Any extra measures for members with higher risk and/ or with underlying health conditions?	Higher risk students will require additional protection/ face mask/ further distance	
What if my BT Membership has expired?	Members must renew membership before attempting to train. Contact the club in advance and arrange via the hub	
What should/can I wear?	Arrive at the venue in your training kit so use of changing rooms is not needed and contact minimised	
Can I bring a bag?	Yes, if you need to – but ensure it is wiped down thoroughly before coming to training and kept away from everyone else’s bags whilst in the venue	

Should I bring my own hand sanitiser and wipes	Yes – sanitiser should also be available at the venue / club as you arrive but its better if you bring your own to minimise risk	
Should I bring my own First Aid kit?	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 Masks?	The latest government guidance regarding the wearing of masks should be followed If you wish to wear face mask you can, but its not mandatory	
Can I bring my own Water Bottle?	Members must bring their own drinks and must not share	
Do I need to bring my own Pads/Protectors?	Yes- 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?	We recommend that you come ready to train, However changing rooms are available	
Can I Shower at the Venue?	<b>NO SHOWER FACILITIES ARE ON THE PREMISIS</b>	
Can I pay in Cash?	<b>ALL PAYMENTS TO BE MADE ONLINE</b>	
Is there anything else I need to know or prepare before I come to the session?		

**TRAVELLING TO / FROM THE CLUB**

<b>Club information about new Controls Measures and changes to Arrival &amp; Departure</b>		
<b>Control Measures</b>	<b>Effect on Club participants</b>	<b>Check</b>
How should I get to the Venue now (Walk/Car/Bike/Public Transport)?	People should only travel in household groups and maintain social distancing with everyone else at all times	
Is there a specific drop off and pickup point?	Please drop and pick your child at the entrance to the kitchen area. Wait until a member of the team has received your child NO PARENTS ALLOWED IN THE BUILDING. PLEASE ADHERE TO SOCIAL DISTANCING	
Where do we Park if we are driving?	Car park is available	
What if I arrive late?	Please ring bell at rear entrance and wait for team member	
What if I am Under 18 and left alone at the venue?	NO STUDENT UNDER 18 WILL BE LEFT ALONE AT THE VENUE	
Is there anything else I need to know about getting to/from the venue	IF ANY PARENTS ARE DELAYED TO PICK THEIR CHILD. PLEASE ENSURE THAT CALL TO NOTIFY US	

**ENTRY / EXIT AND USE OF THE VENUE**

<b>Control Measures in place at the Venue</b>		
<b>Control Measures</b>	<b>Effect on Club participants</b>	<b>Check</b>
Are there any Control Measures on entry to the Venue?	When you drop your child at the rear entrance, wait for a team member to sign your child in before leaving. Please ensure that leave a safe distance AL ALL TIMES	
Are there any Control Measures inside the Venue layout?	MATS WILL BE LAID OUT AT A SAFE DISTANCE & CLEARLY LABELLED	
Can the changing rooms be used?	YES	
Are there any Control Measures inside the Venue Changing Rooms?		
Is there a special process for Emergency Evacuation?	FIRE DRILLS MUST BE FOLLOWED	
Are there any Control Measures inside the Venue Toilets?	Members are advised to go to the toilet before they leave home	
Can the Venue Showers be used?	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?	NO SHOWER FACILITIES	
Are Refreshments available in the Venue?	NO	
Is Water available in the Venue?	WATER IS AVAILABLE BUT WE RECOMMEND THAT BRING YOUR OWN	
What happens when we leave the Venue?	PLEASE FOLLOW THE SAME PROCEEDURE AS ARRIVING MAINTAINING SAFE DISTANCE	
Is there a separate exit to the way I came in?	WAIT OUTSIDE UNTIL YOUR CHILD IS BROUGHT TO THE ENTRANCE	
What other changes to the venue affect my Taekwondo club?	SAFE DISTANCING AND NO CONTACT THROUGH OUT TRAINING	

## TAEKWONDO GYM MEASURES

<b>Control Measures we will use in the Taekwondo Club during the Session</b>		
<b>Control Measures</b>	<b>Effect on Club participants</b>	<b>Check</b>
Have Coaches been trained in these Risk Assessments and implementation measures?	All coaches and club leaders should be fully aware of these risk control measures and expected to apply them at all times	
Will the club have a first aid kit	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 (recommended)	
Do coaches and club leaders need to wear gloves?	When handling any shared equipment or using cleaning items, gloves should be worn and then disposed in a secure manner.	
Will there be any Taekwondo specific Signs in place?	Yes – clubs should display the BT advisory signs within the class setting	
What should I do with my shoes and bag?	Put them at least 1m+ away from other people’s shoes and bags	
Is Hand Sanitiser available for Members use?  How often will we break to clean our hands?	Yes – the club should provide hand sanitiser, and everyone should sanitise their hands as they enter the Taekwondo gym space. Its better if you can bring your own to minimise risk	
Are the Mats/Floor clean?  How often will the Mats/Floors be cleaned?	The mats or floor should be mopped between sessions The mats or floor should 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?	All participants, coaches and spectators should be a minimum of 2 metres away from anyone else whilst training who is not from their household. <ul style="list-style-type: none"> <li>• DURING THIS PHASE 1 NO SPECTATORS ALLOWED</li> </ul>	
Is the Training equipment clean?  How often will equipment be cleaned?  Will you provide Disinfectant Wipes to clean equipment etc?	Equipment should be thoroughly disinfected & cleaned before and after sessions to minimise the risk of transmission and must not be shared between different household groups during sessions.	
What about waste materials that might be infected? (e.g.: tissues, PPE etc)	A separate bin should be provided Secure disposal at the end of a session should be arranged	
Will Track & Trace apply to the Class?	The club should keep a record of everyone attending each class. If any participant 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?	The club should review the most recent government guidance and update the risk assessment and implementation plan accordingly. They should reissue this plan to all participants each time there is a significant change to the lockdown rules that could impact on the safety of everyone.	
Are there any other measures relating to the Taekwondo gym that I need to know about		

## TAEKWONDO TRAINING

Information on how we will practise Taekwondo during the Class		
Control Measures	Effect on Club participants	Check
Warm Up/Cool Down/Stretching	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)	This will be carried out at 2m distance from other Members (as above)	
Poomsae	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	Simulated Practice at distance allowed as long as a 2m distance is maintained between Members unless from the same household	
Pad Kicking (e.g. Paddles/Bats/Targets etc.)	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	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	Not currently permitted unless between members of the same household	
Poomsae	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	Only in accordance with all the above restrictions	



