

Appendix - JSK Southdown Church Halls Junior Classes
Version 001.1
25 October 2020

Training at Church Halls, Southdown.

Please notice the date and version number above as it may be necessary to revise this appendix at some time in the future, to remain compliant with government guidelines.

The JIN SEI KAI Covid-19 Risk Assessment document applies to all JSK clubs and this appendix contains specific & local notes that apply to the Southdown Church Halls Junior classes such as where to enter and exit the premises.

1. These notes are for students and students' parents/guardians

DO NOT ATTEND if you or any one in your household shows the basic symptoms of corona virus. You have a high temperature or a new persistent cough; loss of taste, loss of smell Or if you have been in recent contact with anyone who has been advised to self-isolate.

If Covid-19 symptoms develop within 14 days of attending a class, the student, member or parent/guardian must contact the instructor as soon as possible (so others can be contacted).

2. Parents and Guardians

Before a child can return to training at our Southdown Church Halls Junior Karate Classes;

Parents/Guardians and all persons accompanying children to and from the lesson have:

- a. Read and understood this document Appendix for JSK Southdown Church Halls Junior Classes
- b. Read and understood the JIN SEI KAI Covid-19 Return to Training Risk Assessments
- c. Ensured that all students have an up to date JSK Annual Membership, or completed and returned a renewal form if it has expired.
- d. Sign to acknowledge this – by completing and each signing the Appendix Agreement form

NOTE THIS APPENDIX AGREEMENT FORM MUST BE EMAILED TO michelle@jinseikai.co.uk BEFORE ATTENDING YOUR FIRST LESSON or RETURNED TO THE CLUB INSTRUCTOR AT YOUR FIRST LESSON

Note that if, for example, 3 different people will be involved with bringing the student(s) then each of them must read these documents, understand and sign to acknowledge same.

As places are limited each students place MUST have been pre-booked and paid for in advance. You can pre-book by emailing michelle@jinseikai.co.uk or calling Stuart directly. Payment can be made by cheque. Please see the New Term Letter November 2020, to find out more details.

Only one person is asked to accompany each student(s) from the same household up to the class.

Due to the limited space **No spectators** will be able to stay and watch the classes in the dojo.

3. Entering and leaving the premises

Entrance and exit to the premises will be via the back entrance, ie from the car park

Please use the hand sanitiser before entering.

Please scan the QR code on the wall opposite the door before you go up the stairs, to be used for NHS test and trace.

Please keep to the left when using the stairs up to and down from the dojo.

Please ensure that your child has been to the toilet before coming training.

Do not arrive upstairs at the dojo more than 5 minutes early for your class, other students may still need to exit before you can enter.
PLEASE REMEMBER SOCIAL DISTANCING RULES WHILE WAITING

Tuesday Beginners and Improvers Class: Earliest arrival time 3.55pm - Collection time 4.45pm
Tuesday Advanced Class: Earliest arrival time 4.55pm - Collection time 6.00pm

4. Students procedures on arrival to the dojo

Students will:

- Wait outside the dojo with their accompanying person maintaining social distancing
- Have their temperature taken. Provided the result of the temperature check is acceptable the student will be invited to enter the dojo.
- Sanitise hands before entering the dojo
- Remove their outdoor shoes
- Stow outdoor shoes in named bag or box
- Change into indoor training shoes or yoga socks (see below)
(Yoga socks could be worn with their outdoor shoes to save having to change into them)
- Place their bag or box containing their belongings at nearby designated area.
- Sanitise hands
- Wait to be directed to a position in the designated class area

Student waits until the class is ready to start

5. Students procedures in the class

At start of class the instructor will stress:

- Social distancing must be maintained at all times
- No kiai
- No physical student/student, instructor/student or instructor/instructor contact

Toilet breaks

- Only one person at a time is to visit the toilet (on a 1 in /1 out basis)
- Hands must be washed/ sanitised following a toilet break.

Drink breaks

- Students must get permission from the Instructor before having a drink
- Drink fountains can only be used to fill up water bottles
- Hands must be sanitised before re-joining the class

If anyone is feeling unwell, advise the club instructor immediately.

- Their temperature will be taken
- If necessary, their emergency contact will be contacted.

6. Student procedures at the end of the class

Students will

Be asked to sanitise their hands and collect their belongings

- Change from their yoga socks or indoor training shoes into their outdoor shoes
- Prepare to leave

7. Student and Parent/Guardian procedures on leaving the dojo and after a lesson

- Students will leave the hall in an orderly manner with two metre distancing.
Students must not exit the dojo until the Instructor gives them permission to leave
- Any congregating of people must be away from the door, whilst maintaining Social Distancing protocols.
- There must be no hugging or embracing between members at any point, but especially after a session when members are likely to have been perspiring.
- All members are advised to change out of their gi's on returning to home
- All members **MUST** clean their training clothes (gi or otherwise) between sessions.

8. Things to bring with you:

- Face Masks, For use entering the building.
- A bag with your name on it to store your personal belongings in. The name on it will enable us to know who the owner is should it be left behind.
- Clean Indoor training shoes **or** yoga socks to train in. Training in bare feet is not recommended at this present time
- Named water bottle if required
- Personal sanitising gel if preferred

9. Other information

Shared Responsibility

Responsibility for safe training environment is shared between instructors, helpers, students and members. Where the student is under 18 years of age, responsibility is shared with the parent/ guardian.

While Jin Sei Kai, its instructors and helpers will do their utmost to provide a safe environment they can take no responsibility for a student or member who contract Covid-19, however contracted.

Coughs and Colds

Anyone with coughs or colds etc must not train or enter the sports hall/Dojo

Social Distancing

Social distancing must be maintained at all times.

Karate Suits

Students and Instructors should arrive wearing their freshly laundered Gi. Beginners can wear loose training gear until they have a karate suit.