



BRITISH MARTIAL ARTS
& BOXING ASSOCIATION

EST. 2012

TO HIGH PLACES BY NARROW ROADS

Calderdale Family Karate

ESCP Policy

Exit-Strategy and Covid-Policy

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Introduction

An ESCP Policy stands for **Exit-Strategy and COVID Policy**. It is a unique policy document aligned to the Club's governing body policy. It sets out how we as a Club intend to emerge from lock-down and run COVID-aware martial arts classes for our members.

This policy may evolve from time to time. We therefore ask that all students and parents read it fully and ask any questions if you are unsure about the current, or any amended content.

It is critically important that you take the time to ensure you are acquainted with our main form of communication, shown below. This is our principle communication channel for ESCP issues which we will strive to keep up to date. It forms the primary conduit for us to communicate with you on key issues.

Policy Version. **1.03**

Last Updated: **04/08/2020**

Primary Communication

In order to allow us to keep you properly updated throughout unfolding events, including to update you on any possible last minute alterations and cancellations, as well as policy changes by Government or our Governing Body that may affect the way we run classes we will select one primary form of communication.

Whilst we may be active on social media platforms and our website it is not possible to maintain a consistent and current position across all platforms. We will therefore only guarantee currency of our primary communication channel, via the News section of the Club website www.calderdalefamilykarate.com.

Going forward, whilst we may update more than one social media and communication channel with news and developments, we will maintain this chosen primary communication channel as our club's main voice to you for updates, last minute changes or other major news.

Please speak with us as soon as possible if this form of communication poses any problems.

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Maximum Class Sizes & Visitors

In response to COVID-19 we will need to monitor class sizes closely for safety and infection control. The following is our assessment for maximum class sizes permitted at each of our current venues:

- Brighouse Swimming Pool – 20 people (see note 1 below)
- The Inspire Centre – 20 people
- Halifax Swimming Pool – 8 people
- Brighouse Room for Yoga Studio - 5 people
- Brighouse Assembly Rooms – 20 people

Recent communication with Calderdale Leisure Services has highlighted the following issues though:

1. Their own assessment for the maximum class size at Brighouse Swimming Pool is just 9.
2. It is unlikely that the studio at Halifax Swimming Pool will reopen

With the exception of the Inspire Centre and Brighouse Assembly Rooms, the Club will need to cease running lessons at the above venues. This is because it will not be logistically, or financially viable to do so. The Club will continue to review the availability and suitability of venues. The majority of this Exit Strategy will continue to be relevant though irrespective of the venue.

We will liaise directly with students, and parents/carers on how we plan to allocate or schedule training to allow everyone access.

Drop Off & Collection

We are introducing new rules for dropping off and collecting students from lessons. This is to help ease over-crowding at our venues and to help us maintain social distancing. Future lessons will require students to arrive at least ten minutes early for lessons. Students will need to form a queue (maintaining an appropriate distance from others) while waiting to be admitted into the training hall (dojang).

The Club will limit the number of students attending lessons. It will also prohibit (unless absolutely necessary) spectators within the training hall. Parents/carers (those not training) must not enter the training hall as this could impact of the

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social distancing requirements. Arrangements should therefore be made to collect and drop off children outside of the venue.

It is very important you follow any instructions or signage at each venue and that you allow plenty of time to drop off and collect your child from lessons. Please communicate with us in advance if you need alternative arrangements made.

Payments & Administration

To help maintain social distancing as best possible, we provide contactless payment methods. These include credit card reader, and pre-payment via bank transfer, and standing order. The Club is also moving toward and encouraging a completely cashless system.

Remote Lessons

The Club is committed to providing a variety of training methods to its members. These include; live lessons via Zoom, and pre-recorded lessons/tutorials via the Club website. Details of how to access these is communicated directly with students when taking out membership with the Club.

Insurance

Coronavirus will mean changes to the way the Club's insurance works as well as the way any applicable student insurance is effective. Rest assured we remain fully insured as appropriate and directed by our Governing Body and any cover you have with membership remains fully active.

A major condition is that there will be no liability accepted for any parties, arising as a direct result of Coronavirus (COVID-19, also known as SARS-2). Please ensure you have suitable alternative arrangements in place for cover required arising from any COVID-19 risks relating to your training. If you are not sure what this means, please speak with us as soon as practical.

Please note that injuries sustained during online and remote learning sessions are not covered by any student personal accident insurance. They are therefore deemed as not applicable due to occurring outside of the dojang. Other insurance restrictions may also be enforced by the insurer as appropriate, noting the change to learning environments. Please be assured that all standard cover is in place for usual circumstances.

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We will continue to liaise with our insurers and will keep you updated on any further relevant changes.

Social Distancing

It remains Government Guidance that social distancing must be adhered to in a public place. This currently requires minimum distancing of two-meters at all times. We will risk assess social distancing where possible and will take steps to ensure this is followed during lessons. These steps include, but are not limited to:

- Clear signage
- Safety briefings prior to each lesson
- Reminders via our communication channels
- Tape or other markers on the ground to show directions of travel or placements for students

Social Distancing is going to be particularly challenging for our younger students. We therefore ask that you please speak with your children in advance and request that they do their utmost best to follow guidance from their instructor.

In common with all aspects of public-life, we cannot guarantee a completely distanced experience within our Club. We endeavour though to adhere to Government Guidelines.

Equipment

The use of shared absorbent shared equipment is strictly prohibited during all of our lessons. This is to help the Club comply with guidance from the Department for Digital, Culture, Media & Sport (DCMS) and our Association (the British Martial Arts & Boxing Association).

Where we have previously provided equipment, we are now removing this provision. This means that students are required to attend lessons with their own protective equipment and training aids. We can discuss with you which items of equipment you require and how to obtain these items. This is for your own protection and hygiene.

Where it is necessary to use Club owned non-absorbent items of equipment these will be thoroughly cleaned with anti-bacterial solution before and after use. Students must not share this equipment with other members throughout

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the duration of lessons. All such equipment is also to be safely returned to the instructor acknowledgement at the end of each lesson. This will help us to keep all equipment as sterile and clean as possible.

The Club may wish to issue students from the same household with a personal target. This must only be used by members of the same household and not shared with any other students. Targets must remain in the possession of a single household and thoroughly cleaned with anti-bacterial solution before and after use.

First Aid

Your instructor will continue to provide emergency first aid as and when required. We ask though that you consider whether you would prefer to self-treat basic and minor abrasions and bumps etc., under the guidance of a qualified instructor.

Where we must provide first aid to you, we will endeavour to use gloves and a mask to reduce the risk of infection. Please be aware that depending on the nature of your injury we may not have the time to undertake thorough distancing measures before giving emergency treatment. Speak with us in advance if this may be of a concern to you.

Syllabus & Grading

The Club is currently operating a revised syllabus. This has been developed using the specialist guidance from the British Martial Arts & Boxing Association. This syllabus will operate while social distancing is necessary. The revised syllabus excludes techniques which are unsafe to perform at close quarters. The adapted syllabus presents the best development opportunities though while using an accepted and viable methodologies.

We will be following British Martial Arts & Boxing Association policy and guidance but intend to:

- Use a syllabus that is safe and appropriate for distanced classes
- Focus on techniques that are relevant to each individuals overall progression and that improve technical ability
- Introduce a revised system for promotion. This will include smaller gradings, and tests conducted during lessons

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- Ensure that all grades are fully recognised and ratified
- Prepare students for the reintroduction of normal training and a return to a more comprehensive syllabus

Designated Club COVID-Contact

For the duration of Coronavirus we have a dedicated COVID-Contact. He/she is responsible for; adapting and evolving our Coronavirus policies, helping the Club adhere to new rules, and to help us ease back to “normality” as restrictions lift. Our contact is best placed to follow evolving guidance from the Government and the BMABA on how to keep our training as safe as possible. This person has undergone the BMABA “COVID-Aware Martial Arts Readiness Award for Instructors.”

You should speak directly with the designated contact about anything relating to COVID-19. This includes; how it affects your martial arts training, any safety concerns you have, or additional requirements you need.

Our Club COVID-Contact is:

Martyn Greenwood

Chief Instructor

mastermgreenwood@gmail.com

Safeguarding

Our respect for and adherence to strict Safeguarding measures remains unchanged during the Coronavirus pandemic. In line with BMABA regulations, Safeguarding is still our top priority. We therefore continually strive to ensure that both children and adults at risk are properly protected. Irrespective of the pandemic, you should continue to raise any Safeguarding concerns with us and the Local Authority in the normal manner. The Club Safeguarding Officer is **Martyn Greenwood (Chief Instructor)** and can be contacted using the above details with any concerns. Please direct any concerns that cannot be raised at Club level to the British Martial Arts and Boxing Association at **safeguarding@bmaba.org.uk**. This is an entirely confidential service, however please acquaint yourself with the BMABA national safeguarding policy. **Always request the Police (999) where you believe an individual, or individuals are in immediate danger.**

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Outdoor Training

We are making use of Government policy that permits outdoor training. This currently limits teaching a maximum of five people outdoors. This training is subject to a separate risk assessment process. This risk assessment ultimately determines whether is appropriate and safe to deliver this training and whether to reduce the number of individuals receiving tuition.

Final Considerations

Calderdale Family Karate is taking appropriate and feasible steps to comply with guidance and keep its members safe. Unfortunately it is not possible to guarantee Coronavirus from infiltrating the Club. This is partially due to the virus symptoms taking up to seven days to present in some infected people.

If you are in an elevated risk group for contracting the virus please consult your GP regarding training. Additionally, please speak your instructor to discuss any specific concerns or requirements.

In common with the wider community, all of our participants are at risk from transmission of this virus. We will however do what is reasonable and practicable to reduce the level of risk within our Club. By continuing your training with us you must understand that you are giving your informed assumption to those risks.

Thank you for your help and co-operation. We are always open to questions or queries on this policy or anything else relating to your membership with us.

We look forward to working with you during these challenging times.