



Union Karate Do ESCP Policy

Exit-Strategy and Covid-Policy



Union Karate Do

Introduction

An ESCP Policy stands for **Exit-Strategy and Covid Policy** and is a unique policy document to our club's governing body that 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, but we ask all students and parents to read it fully and ask any questions where you are unsure both now and upon any republishing when changes are made.

It is critically important you take the time to ensure you are acquainted with our main form of communication, shown below. This is the only communication channel we will guarantee to be up to date to the best of our abilities and will form a major channel for us to communicate with you on key matters.

Policy Version. **1.05.**

Last Updated: **10/04/2021**

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.

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Mail: unionkaratedoclub@gmail.com

Tel: 07736936738

Web: www.unionkaratedo.com



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Whilst we may be active online, it is not possible to ensure a consistent and constantly up to date position across all platforms. Therefore, we will only be able to guarantee our primary communication channel, which is the Website announcement page. Please ensure we have your up to date contact details on file (or that you follow our page, facebook.com/unionkaratedo and check this before attending a class etc if you choose a different form of communication etc).

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 you think this form of communication may pose a problem or if you are not sure if your contact details are up to date.

Maximum Class Sizes & Visitors

In response to COVID-19 we will need to monitor class sizes closely for safety and infection control. For all our venues at Kingsacre school, Southmead school, Caen school & Croyde village hall or any other venue that we may be using in the future. The following class sizes will be the maximum number of students and, where applicable, spectators at any one time.

Max Students: **JUNIOR CLASS, 15 INTERMEDIATE CLASS, 15 SENIOR CLASS, 15 FAMILY CLASS 15**

Max Spectators: **5 PER CLASS**

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We respectfully request that anyone over 11 years of age attending any of our venues as a spectator wear a face covering whilst indoors to help reduce the risk of Covid 19 infection.

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

Drop Off & Collection

In order to ease over-crowding at our venue and to help us maintain social distancing, we need to enforce a temporary change to our drop off and collection policy. From now on, please ensure you arrive ten minutes early for your class and form a socially distanced queue outside the venue, waiting for the instructor to signal it is safe to enter. When leaving the premises, you will be asked to leave via the fire exit to enable safe distance for the next class to begin.

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

Payments & Administration

To help maintain minimal cash handling, control class sizes and collate information required for any potential track and trace scenario an on-line class booking system has been implemented.

Access is available via the "BOOK A CLASS" button within the Union Karate Do website or Facebook page.



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Currently we are only able to admit students to classes who have previously booked through this on-line service.

Remote Lessons

To help us continue to add value to your club membership and to enable you to make the most of your time with Union Karate Do we endeavour to continue offering challenges via flip grid and pre-recorded content too.

Zoom virtual classes may also be booked with us.

To access this content, please visit our website; unionkaratedo.com.

If you require any passwords to access content, please contact us.

We will keep you updated on how to access any new content as it is introduced.

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 is practical.

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Please note, for all online and remote learning, any student personal accident insurances will not be applicable as it is occurring outside of the dojo and other insurance restrictions may 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.

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 always requires distancing of at least 2 meters (during training). We will risk assess social distancing where possible and will take steps to ensure this is followed during class. This will include but is not limited to.

- Clear signage
- 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, so we ask that you please speak with your Children in advance and request that they do their utmost best to follow guidance from their instructor.

As with all aspects of public life, we cannot guarantee a completely distanced experience within our club but we will endeavour to do all possible to adhere to Government Guidelines at all times.

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Equipment

In line with guidance from the Department for Digital, Culture, Media & Sport (DCMS) and our Association (the British Martial Arts & Boxing Association) the use of shared equipment is strictly prohibited during all our classes.

Where we usually provide equipment (such as gloves etc) we are recommended to try and minimise such provisions wherever possible. This means you should, where possible, attend with your own protective equipment and training aids. We can discuss with you what this might be and where you can obtain these items. This is for your own protection and hygiene.

Where it is unavoidable and our equipment is to be used, we will thoroughly disinfect all equipment before and after use with an antibacterial solution. You must not share equipment on this basis – it must be kept by you throughout the lesson and returned with the instructor's acknowledgement at the end of your session. This will help us keep all equipment as sterile and clean as possible.

First Aid

Your instructor will continue to provide emergency first aid as usual and where required. We ask that you please consider whether you would prefer to self-treat basic or 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.

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Syllabus & Grading

Under the specialist guidance of our Association, we have decided to run an adapted syllabus for the duration of social distancing, as several techniques would be unsafe to perform at close quarters. The adapted syllabus is designed to ensure you get the most from your training and still have the best opportunity to develop as a martial artist along an accepted route of techniques and training.

We will be following BMABA policy and guidance on the matter but intend to.

- Adapt our syllabus to make it safe and appropriate for distanced classes, focusing on techniques that are relevant to your overall progression and working to improve technical ability as much as possible ready for contact training to resume.
- We will provide an accrued grading system which is fully endorsed by the BMABA. This means we will safely adapt gradings during the pandemic as social distancing will make the integrity of the grading difficult to maintain as techniques will need to be removed. We will consider other factors as set out in the UKD Grading Policy before, during and after the course of the grading examination. Gradings will revert to normal as and when government guidance permits.
- We will discuss all of this with our students and parents over the coming weeks and welcome any questions you may have.
- We will be led by our Governing Body to ensure your grades and hard work progressing within 'MARTIAL ARTS' are fully recognised and ratified.



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Designated Club Covid-Contact

For the duration of Coronavirus, we have a dedicated Covid-Contact. They will be responsible for adapting and evolving our Coronavirus policies to adhere to new rules and to help us ease back to 'normality' as restrictions lift. They will also be best placed to follow evolving guidance from 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 them on any matters relating to Covid-19 and how this affects your martial arts, including safety concerns or additional requirements you might need.

The Union Karate Do Covid-Contact is.

NAME: Gary Blake

POSITION: Chief Instructor

CONTACT EMAIL: unionkaratedoclub@gmail.com

TELEPHONE: 07736 936738

Safeguarding

Our respect for and adherence to strict Safeguarding measures remains unchanged throughout Coronavirus. In-line with BMABA regulation, Safeguarding is still our top priority and we will stop at nothing to ensure our young person's / adults at risk are properly protected. You should continue following any safeguarding guidance as appropriate just as you usually would,



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and concerns should still be raised with us or the authorities in the usual way. To clarify, our Safeguarding Officer is **Aaron Blake**, class instructor, and can be contacted on **07368 993673** with any concerns. If you have concerns that cannot be raised at club level please contact our association the BMABA, on safeguarding@bmaba.org.uk for confidential support. Please take the time to re-acquaint yourself with the BMABA national safeguarding policy. In an emergency or where you feel someone is in immediate danger please contact the Police on 999.

Outdoor Training

We may make use of the Government's policy that permits outdoor training. This is subject to an update within our risk assessment and internal viability determinations. We will clarify and provide further details to our members via our primary communication channel and class booking information receipt. Please contact us for further details.

Final Considerations

It is imperative that you remember that **Union Karate Do**, whilst doing everything within our power to adhere to guidance and keep you safe, can make no guarantees regarding our ability to prevent Coronavirus from infiltrating a club structure. This is in part due to symptoms taking up to 7 days to show in some infected people.

If you are of a particular high-risk status, please consult official guidance or your GP before attending and speak with our instructor to discuss any specific concerns or requirements.



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There is a risk to all participants, just as there is within the wider community, whilst Coronavirus remains in transmission. We will, however, do everything we can to control the risk of the virus 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 over the coming weeks and months.

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