

# SOCIAL DISTANCING GUIDELINES



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## **Social Distancing Guidelines Version 1 01 06 2020.**

### Procedures In Dojo.

- \* Each person will be allocated a position of 2M away from the next person for placing their outside apparel (shoes , jacket etc ) as per Scottish Government guidelines.
- \* Each person will be allocated a training position on matted floor 2 M apart to train , as per Scottish Government guidelines.
- \* Classes will be taught taking into account the social distancing required and person to person interaction will discouraged.
- \* Students will be asked to abide by the social distancing required so that training can be done in a safe environment as possible.
- \* Your child will be encouraged to wash their hands or use sanitizer when they return to the training hall for whatever reason. It WOULD BE USEFUL IF YOUR CHILD HAD THEIR OWN SMALL SANITIZER for this purpose, if no sanitizer the washing of hands would be sufficient.
- \* Our style of karate involves the use of striking pads so to meet the social distancing guidelines, no person will be allowed to hold these pads. A holding frame will be provided for the use of these pads ensuring individual access to apparatus ensuring social distancing is provided.
- \* The above pad will be sanitized after each individual use with the antibiotic cleaner and single use towels provided.
- \* The training area within the community centres is such that there may be limited space available to students keeping in mind the social distancing of 2M. On this basis each instructor may have to allocate a place and day for your child to attend the class, they will endeavour to accommodate each person as much as possible
- \* To help in complying with the above class criteria attendance of your child / adult not turning up when allocated a slot would not be helpful and could result in this slot being

allocated to another person in future classes, therefore your help in attending at the allocated place and day.

## Procedures Drop Off

- \* Parents are asked to drop off their child in a manner that allows safe distancing by respecting the guideline of the Scottish Government.
- \* There may be guidelines set out by the Community Centre with regards to their Social Distancing Procedures with the drop off procedures they have introduced.
- \* Wearing of face masks coming into the Community Centre and Karate Hall would also help.

## Procedures Pick Up

- \*Your child can be collected from the main hall in a controlled manner respecting social distancing.
- \* There may be guidelines set out by the Community Centre with regards to their Social Distancing Procedures with the pickup procedures they have introduced
- \* Wearing of face masks coming into the Community Centre and Karate Hall would also help.

If any member of your household has been told to self isolate or has symptoms of COVID19 please refrain from attending class until being told it is safe to do so.

The aim of all the above guidelines is to ensure the safe practice of karate to all students and reduce as much as possible any chance of COVID 19 being present within the dojo and allowing your child/adult to practice the art of karate in as safe an environment as possible keeping in mind the social distancing guideline from the Scottish Government.

Link UK GOVERNMENT STAY ALERT GUIDELINES;

<https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing>