

**Instructor and Student Training Guidelines**

The purpose of this advice is to safeguard against the spread of Covid-19 virus and it is based on government guidance, Support England’s directives and Community Centre regulations. Instructor and all students must read and understand all guidelines before training.

* Due to student number restrictions, all students must pre-book their training sessions.
* If any student has symptoms of Covid-19 they must not come to the Dojo and should arrange to be tested immediately
* Social distancing must be obtained before, during and after training
* All students must have their temperature checked before training. If they are above the admissible temperature, they must return home and self-isolate for 7 days. If symptoms deteriorate, they should call 111 for medical advice
* People accompanying students must remain outside the Dojo and adhere to social distancing guidelines.
* The community Centre foyer is for drop off ONLY. No spectating or waiting until further notice and guidelines change
* Instructors and students must arrive for training in their Gi or sportswear prepared to train. No showers or changing rooms are to be used. Toilets are accessible although please try to use the toilet before you leave for training.
* Hands must be cleansed with alcohol sanitiser gel at the sanitation station, before and after training
* Students should be encouraged to be aware of personal cleanliness especially in the present situation
* All payments must be contactless (bank transfer/PayPal/ping). If cash is given it must be in a sealed envelope
* Training shoes must be worn during training
* Participants should not Kiai, shout or exhale forcefully unless a mask in worn.
* If first aid is administered, face mask and gloves must be worn
* All students must fill out a KKC members form before their first session in order to assist with the government track and trace programme
* All student must arrive 10 minutes before session start times for temperature readings and hand sanitisation
* No large gym bags to be brought into the Dojo
* All students under 16 must be collected by an adult outside the Community Centre main door. The main door will be locked to avoid gatherings in the foyer and community centre security, so please be prompt in time.
* All students must bring their own water bottles
* All guidelines are subject to change in line with the government