



**RETURN TO PLAY**

# **KICKBOXING**

**ACTION PLAN**

8<sup>th</sup> April 2021

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## Executive Summary

On Tuesday 1<sup>st</sup> December 2020, Government agreed and published the Combat Sport framework – [found here](#). On the 25<sup>th</sup> March the guidance was updated to reflect the move from the Regional Tier System to a Nationwide Roadmap out of lockdown.

The Framework sets out guidance on how to work, operate and participate in recreational contact combat sport safely while minimising the risk of spreading COVID-19.

This document sets out the steps that allows kickboxing to take place with appropriate mitigations, whilst maintaining appropriate compliance with social distancing and legal gathering limits.

It is important to note that “England Kickboxing” is not an entity. Kickboxing within England does not have a recognised governing body and so the creation of this document has been a collaborative effort across the kickboxing community. The following bodies have approved this document for their respective organisations:

BKC – Paul Fowler – Chairman - [Paul.Fowler166@mod.gov.uk](mailto:Paul.Fowler166@mod.gov.uk)

ICO – Andrew Hennessy – ICO World President - [andyhennessyico@yahoo.co.uk](mailto:andyhennessyico@yahoo.co.uk)

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WAKO GB – Peter Edwards – GB President – [office@wako.com](mailto:office@wako.com)

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WKO – Jon Green – WKO World President -  
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As of the 8<sup>th</sup> April 2021 DCMS have formally approved this document as the single Action Plan for the sport of kickboxing within England. It is important to note that any club can follow this approved Return to Play policy WITHOUT being a member of any of the organisations listed above.

Version	Date	Author	Description
1.0	12 <sup>th</sup> December 2020	Gordon Mitchell WAKO GB National COVID Officer	First Draft of England Kickboxing Action Plan and Guidance as part of DCMS contact combat sport framework
1.1	14 <sup>th</sup> December 2020	Gordon Mitchell WAKO GB National COVID Officer	WUMA President added as Authorising Signatory
1.2	16 <sup>th</sup> December 2020	Gordon Mitchell WAKO GB National COVID Officer	BKC style Tier Summary table added to provide a tier by tier overview of the COVID restrictions as applied to Outdoor and Indoor activities
1.3	18 <sup>th</sup> December 2020	Jon Green WKO World President	Edits to layout, color coding, addition of usable tables, addition of Appendix 1 reference points, Rule of 6 queries, corrected/added page numbers
1.4	19 <sup>th</sup> December 2020	Gordon Mitchell WAKO GB National COVID Officer	Edits to Phase Introduction section to clarify rule of six and restrictions within each phase
2.0	21 <sup>st</sup> December 2020	Gordon Mitchell WAKO GB National COVID Officer	Introduction of Tier 4 restrictions, stakeholder emails updated
2.1	23 <sup>rd</sup> December 2020	Gordon Mitchell WAKO GB National COVID Officer	Amendment to Executive summary to clarify that England Kickboxing is not an entity and that this document is a collaborative effort between all organization's
3.0	26 <sup>th</sup> March 2021	Gordon Mitchell WAKO GB National COVID Officer	Document updated to reflect the new Spring Roadmap Guidance. Document resubmitted to DCMS and Sport England for approval.
3.1	31 <sup>st</sup> March 2021	Gary Spencer BKC National COVID Lead	Document updated to include Giovanni Soffietto as document approver. Also, re-send with Sport England as main recipient.
3.2	8 <sup>th</sup> April 2021	Gordon Mitchell WAKO GB National COVID Officer	Formal Approval of RTP document by DCMS. Relevant gov.uk links and guidance for Step 2 (12 <sup>th</sup> April) added.

## Phased Introduction of Kickboxing

The governments contact combat sport framework sets out a phased return utilising population control as the key mitigating factor to reduce the risk of transmission. DCMS will determine, in conjunction with public health officials and Sport England, when kickboxing can move between phases. Each phase is dependent on successful completion and evaluation of the previous phase not having led to an increase in cases within the participant groups. Kickboxing clubs should only allow activities within the relevant phase to take place.

The governments contact combat sport framework enables kickboxing to take place with appropriate mitigations, whilst maintaining appropriate compliance with social distancing and legal gathering limits. The local restriction tiers which apply to areas across England will determine which restrictions apply and how you can safely participate.

It is recognised that in the course of contact training it will be necessary to compromise the 2m social distancing. The increased risk of close contact will be mitigated by screening and sanitisation protocols and by keeping close contact to a minimum during training e.g. warm ups and stretching would still be 2m socially distanced.

It is important to note that compliance with legal gathering limits and social distancing must be maintained at all times when not in training or competition. The maximum occupancy for each gym should be limited by providing 100sqft per person. For the purposes of calculation, the net useable gym space available to members to use is the training floor, spectator areas, changing rooms, toilets and wash facilities.

### Phase 0: non-contact socially distanced activity

At Phase 0, kickboxing may resume non-contact training. This means that they should only train individually and there should be no activity with others, including with equipment (such as pad work). Clubs, providers and participants must adhere to legal gathering limits, social distancing guidelines and venue requirements, as set out in government guidelines.

The following [Low Risk Activities](#) can be performed during phase 0:

- Exercise & Gym Workouts
- Linework
- Bagwork
- Forms

### Phase 1: return to equipment training

At Phase 1, kickboxing can resume training with equipment e.g. pad work. They can train with others and do not have to maintain 2m social distance. This is solely for the use of training with handheld and wearable equipment (such as pad work), and during this phase there should be no direct personal contact or contact with clothing.

During training individuals may only be part of a single training bubble at an individual club/gym. Coaches that hold pads for their students become part of the bubble and will not be able to work with any other bubbles.

Coaches or officials who operate socially distanced from bubbles and are not holding/wearing equipment can operate across bubbles or multiple gyms. However, even when socially distanced, coaches or officials may wish to limit the number of bubbles or facilities they work with to limit exposure.

All coaches should make it clear to facility operators if they work across multiple venues.

Whenever possible, socially distanced training should be maintained for all participants e.g. during warm ups, when performing non-contact training such as bag work or line work.

The following [Medium Risk](#) and [High Risk Activities](#) can be performed during phase 1:

- Pad Work (PPE) – indoors
- Partnered Training Drills
- Pad Work (No PPE) – outdoors

## **Phase 2: return to contact training**

At Phase 2, kickboxing may resume contact training which includes direct physical contact between participants. They can train with others and do not have to maintain 2m social distance during the activity.

During training individuals may only be part of a single training bubble at an individual club/gym. Coaches that do contact with their students become part of the bubble and will not be able to work with any other bubbles.

Coaches or officials who operate socially distanced from bubbles and not doing contact can operate across bubbles or multiple gyms. However, even when socially distanced, coaches or officials may wish to limit the number of bubbles or facilities they work with to limit exposure.

All coaches should make it clear to facility operators if they work across multiple venues.

Whenever possible, socially distanced training should be maintained for all participants e.g. during warm ups, when performing non-contact training such as bag work or line work.

The following [High Risk](#) and [Extreme Risk Activities](#) can be performed during phase 2:

- Pad Work (No PPE) – indoors
- Sparring
- Clinch Work
- Grappling

### Phase 3: return to competition

At Phase 3, kickboxing may resume competition between participants.

The provision of competition, including the number of participants permitted to take part, should be determined in accordance with government restrictions, adhering to legal gathering limits, and dependent on venue capacity.

The expectation is that grassroots competition will not start before Step 4 of the government roadmap. Currently no earlier than June 21<sup>st</sup>. At this point limits on social contact are expected to be lifted with indoor events operating at 1000 people or 50% of venue capacity.

## Assessment of Risks Within the Sport

Within the sport of kickboxing, there are high levels of contact for all athletes and coaching staff. These risks can be reduced during training by utilising the specific guidance laid out in the sections on COVID Secure Guidance and Protocols.

The return to competitive kickboxing will be managed in phases to reduce the risk of COVID19 spreading further than is necessary. The approach will be to start with strict social distancing protocols and low risk non-contact activities. After a review period to ensure all COVID19 secure protocols are working smoothly clubs will introduce activities that are appropriate to the phase the sport is allowed to operate at.

Kickboxing training can be broken into categories of COVID19 risk levels (for the purposes of this guidance all activities are assumed to be performed indoors with good levels of ventilation and [COVID19 secure hygiene protocols](#) in effect):

<b>LOW RISK</b>	These are non-contact activities where the sport can be practiced in a socially distanced space of 2m.
<b>MEDIUM RISK</b>	These are activities where partnered athletes come within 2m of each other but no contact with each other is made
<b>HIGH RISK</b>	These are activities where partnered athletes are typically at 1m distance and come into fleeting face to face contact with each other.



## EXTREME RISK

These are activities where there can be prolonged close contact of less than 1m between two athletes

### Low Risk Activities (LRA)

LRA's are non-contact activities where the sport can be practiced in a socially distanced space of 2m. Equipment such as the heavy bag and strength and conditioning tools may be used but must not be shared or sanitized between each individual use so as to reduce the risks of fomite transmission. These activities are allowed when the sport is at phase 0:



#### Exercise & Gym Work Outs – Phase 0

Standalone exercises are gym-based exercises where the focus is on technique, movement, strength and physical conditioning.



#### Line Work – Phase 0

The practice of movement, punching and kicking in the air. This exercise is done in equally spaced rows and involves no contact.



#### Bag Work – Phase 0

Practice of movement, punching and kicking techniques on a hanging or standalone bag.





### Practice of Musical Forms – Phase 0

Set martial arts movements put together to music (can be done empty handed or with a weapon).

## Medium Risk Activities (MRA)

MRA's are activities where the sport requires the athlete to come within 2m, typically operating at 1m with contact only on gloves and focus pads. These activities are allowed when the sport is in phase 1:



### Pad Work (PPE) – Phase 1

This is coach led pad work that allows the athlete to practice punching and kicking whilst maintaining a good fighting distance. Important for improving movement and accuracy this activity will typically be performed at 1m or more. The pad holder will be required to wear PPE in the form of a mask and a face shield to help reduce the risk of droplet transmission when face to face.



### Partnered Training Drills – Phase 1

Unique to point fighting, this activity typically involves partnered athletes in sparring equipment using each other's gloves as target areas. The drill is essential for recreating realistic distance, timing and movement patterns whilst allowing the athletes to land strikes without injuring their training partners. Contact is fleeting and typically on a partner's protective equipment. Fighters are typically spaced at 1m or more.

## High Risk Activities (HRA)

HRA's are activities where the sport requires the athlete to typically operate at 1m or less with higher levels of face to face contact and fleeting body to body contact. Examples of exercise are as follows:



### Free Sparring – Phase 2

This is the practice of competitive fighting. Contact will typically be fleeting with both athletes moving in and out of distance as they attempt to land punches and kicks without being hit in turn. This involves face to face contact and higher levels of respiration due to the stressful nature of the activity. Free sparring is the precursor to competitive matches, without sparring it would not be safe to restart competition.



### Pad Work (No PPE) – Phase 1

Athlete to athlete practice where pads are being shared as each person takes it in turn to punch and kick pad whilst maintaining a good fighting distance. Important for improving movement and accuracy this activity will typically be performed at 1m and needed for teaching larger groups as athletes will be able to hold focus pads for each other. Because athletes are working out, PPE is not suitable.

### Extreme Risk Activities (ERA)

ERA's are activities where two athletes may be in close contact for an extended period i.e. anything over 2 seconds. Examples of exercise are as follows:



### Clinch Work – Phase 2

This involves the tying up of an opponent in order to control their movement and prevent them from striking whilst positioning for an advantageous position. Clinch work is more prevalent in Ring Sports, particularly K1 where it is legal to clinch momentarily in order to land a knee strike.



### **Grappling – Phase 2**

Close contact work that requires body to body contact for a prolonged period. This type of activity will be common in self-defense and MMA classes.

### **Risk Mitigation**

As the sport progresses from outdoors to indoors training and through each phase of its return, the risks due to fomite, droplet or aerosol transmission will increase. This increased risk will be mitigated by the following hygiene and social distancing protocols that will be maintained at all times and throughout all phases.

- Athletes must go through screening and sanitise their hands prior to training.
- Only equipment specifically needed for the exercise will be allowed into the training area, personal belongings must be kept in a quarantine area.
- Social Distancing of 2m will resume upon leaving the field of play i.e. tatami or ring.
- During training social distancing will be observed whenever possible e.g. during warm ups, line work, bag work, strength & conditioning.
- Shared equipment such as focus pads and weapons must be sanitized between use.
- Athletes must sanitise their protective equipment before and after each training session. Sharing of personal protective equipment is not allowed.
- Test and trace measures must be followed, use of the QR code and NHS COVID19 App will be encouraged. A track & trace register of attendance must be kept for 21 days.
- Good levels of ventilation must be maintained, this may require doors and windows to remain open. During the winter months allowances in uniform will have to be made so as to ensure athletes can stay warm.
- All athletes must sanitise their hands and equipment upon leaving the field of play.

- Limits on class size are determined by the capacity constraint of the sports facilities and the need to ensure 2m social distancing is observed on the mats whenever possible so as to keep “allowed contact” to a minimum.
- Social interaction before and after training must be in line with government restrictions on legal gatherings. <https://www.gov.uk/coronavirus>

## Grassroots Sports Guidance – Step 1B (29<sup>th</sup> March 2021)

From the 29<sup>th</sup> March outdoor sport for adults and children is permitted in larger numbers, provided it is formally organised (for example, by a national governing body or a qualified instructor).

Outdoor organised sessions can take place in any number, but people must maintain the rules on social contact before and after the training session.

All participants should adhere to social distancing when not actively participating e.g. during breaks. Coaches must take steps to ensure the level of contact is reduced as much as possible. E.g. social distancing should be maintained during warm ups and solo training.

Under 18's can resume at phase 2 of the contact combat sports framework. This means the following activities are allowed:

- Exercise & Gym Workouts
- Linework
- Bagwork
- Pad Work (PPE)
- Partnered Training Drills
- Pad Work (No PPE)
- Sparring
- Clinch Work
- Grappling

Adults can return at phase 1 which allows for the use of equipment. This means the following activities can take place:

- Exercise & Gym Workouts
- Linework
- Bagwork
- Pad Work (PPE)
- Partnered Training Drills
- Pad Work (No PPE)

Note that spectators are not allowed in any sport facility, exceptions can be made for carers of disabled and where adult are needed to supervise under 18's in a safeguarding role. Restrictions on social gatherings must be maintained at all times.

## **Grassroots Sports Guidance – Step 2 (12<sup>th</sup> April 2021)**

**Outdoors**, organised contact combat sport activities can resume at phase 2 for children, and phase 1 for adults. Organised sessions can take place in any number, but people must maintain the rules on social contact before and after the training session.

**Indoors**, organised contact combat sport activities can resume at phase 2 for children. Adults can resume indoors at phase 1, note that adult may only train indoors as individuals. Organised adult group sessions are NOT allowed.

All participants should adhere to social distancing when not actively participating e.g. during breaks. Coaches must take steps to ensure the level of contact is reduced as much as possible. E.g. social distancing should be maintained during warm ups and solo training.

The number of participants set out in legal gathering limits does not include coaches, officials and others attending for work purposes. This allows for 1-12 coaching indoors with adults. It is recommended that PPE Pad Work is used in this context.

Note that spectators are not allowed in any sport facility, exceptions can be made for carers of disabled and where adult are needed to supervise under 18's in a safeguarding role. Restrictions on social gatherings must be maintained at all times.



## COVID Secure Guidance & Protocols

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus disease COVID19 is now a pandemic affecting many countries globally. Governments and health authorities around the world have instigated social distancing requirements, restrictions on public gatherings, quarantine measures and limited travel to and from other countries to slow the spread of the disease and to enable health care systems to cope with the potential increased demands associated with managing the disease. The kickboxing community has a responsibility to support these efforts. Coaches and clubs in particular must adhere to the principles of safeguarding people's health at all times and take into account and adhere to the latest regulations set out by the UK governments regarding social distancing and hygiene.

### Screening

All Clubs should have a process in place to confirm and record that participants and parents have undertaken a COVID19 self-assessment. Ideally this should be completed prior to arrival at the venue to prevent participants with symptoms coming into contact with other participants. There are a number of different options in the way in which clubs could collate this information:

- Paper based: Each participant is asked to print off, complete and bring with them a hard copy of the self-screen checklist prior to training or competition.
- Online form: Clubs set up a form online using a platform such as survey monkey or google forms to collate responses. Self-declarations could also be incorporated into online booking systems when athletes register for classes or competitions.

Whichever system is implemented clubs and competition promoters must take the necessary precautions to ensure this data is stored securely. The following check list/questions should be included in any paper-based/online forms:

Each participant should self-screen prior to leaving home for training/matches to ensure they do not have any of the following symptoms (confirmed by a parent for those under 18 years old).		
Potential indicators of COVID-19 infection:	Check Negative	Check Positive
A high temperature		
A new continuous cough		
Loss of or change in normal sense of taste or smell		
Been in close contact with /travel from a high risk region / living with a suspected or confirmed case of COVID-19 in the previous 2 weeks.		



**Data Protection** - In general, individuals do not need to consent to the club collecting data for the test and trace process, and clubs should not need to seek consent. This information is collected under the “Legitimate Interests” requirement for processing. Further guidance can be found on the Information Commissioner’s Office website. Clubs must be clear to individuals as to why it is collecting that data and delete this data after 21 days.

## **Staying Safe**

To stay safe and protect others we must minimise the opportunity for Coronavirus (COVID-19) to spread from one person to another. The following practises should be encouraged before, during and after every training session.

- Wash your hands – regularly and thoroughly clean your hands with soap (for a minimum of 20 seconds) or an alcohol-based (minimum 60% alcohol or 70% isopropanol) hand rub. Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain social distancing rules - maintain at least 2 metre distance. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus, if the person coughing has the disease.
- Avoid touching hands to the face, mouth or nose - hands touch many surfaces, and surface to hand transfer can spread the virus. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- Catch it, bin it, kill it - Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze.
- Should a teammate or opponent in a recent training session or competitive bout develop COVID-19 symptoms and subsequently test positive, all of those who have participated in the session will require isolation for 10 days. You should only get tested if you then present with symptoms because should you test without symptoms and it is negative, there is still a possibility of becoming symptomatic as the virus is known to be dormant for up to 10 days after contact.

## **Signs & Symptoms**

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result. The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

If you have any of the main symptoms, get a test to check if you have coronavirus as soon as possible. Stay at home and do not have visitors until you get your test result – only leave your home to have a test. Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

## Test & Trace

The NHS Test and Trace service (Test and Protect in Scotland) aims to prevent the spread of coronavirus in the community by:

- identifying cases of coronavirus through testing
- tracing the people who may have become infected by spending time in close contact with them
- supporting those close contacts to self-isolate, so that if they have the disease, they are less likely to transmit it to others

## What to do if you notice symptoms?

You and everyone in your household must self-isolate if you or anyone you live with has any of the coronavirus symptoms – High Temperature, New Continuous Cough, Loss of Smell or Taste. If you've got symptoms, even mild ones, get a test immediately to find out if you have coronavirus:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

If you have problems using the online service, call:

- 119 if you're in England, Wales or Northern Ireland
- 0300 303 2713 if you're in Scotland

Lines are open 7am to 11pm.

It's vital that everyone with symptoms of coronavirus, regardless of their age, gets a free test.

Do not leave home if you or anyone in your household has symptoms, unless it is to get tested.

## **Safeguarding**

The lockdown period will have affected children in many different ways. While most will have had a positive time with family, others may have had negative experiences and could be at increased risk.

There are a few simple steps clubs can take to support children at this time:

1. All safeguarding concerns should be reported to the club welfare officer in the first instance. If that is not appropriate, then they should be escalated to the National Governing Body for the club.
2. Remind all staff and volunteers how to respond if a child or adult at risk talks about a concern.
3. Continue to share contact details of key support services through your social media and other channels:
  - Childline - Tel: 0844 892 0220 (9am-Midnight) - Web: [www.childline.org.uk](http://www.childline.org.uk)
  - NSPCC - Tel: 0808 800 5000 (9-6 Mon-Fri) - Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk) Web: <https://learning.nspcc.org.uk/>
  - Child Exploitation and Online Protection Command - Web: <https://www.ceop.police.uk/safety-centre/>

For more information please visit: <https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/coronavirus-abuse-neglect-vulnerable-children/>

## **Covid Secure Club Operations**

### **Risk Assessments**

Before training starts back each club should take a consultative approach to developing it's risk assessment. Once drafted, the risk assesment should be discussed and shared with everyone at the club (employees and members). All issues must be resolved and an operational plan to migitate any risks or concerns must then be documented – BEFORE training starts back. A COVID19 Specific Risk Assessment is available in Appendix 1.

All club health & safety officers must maintain awareness of the evolving COVID-19 environment and align current practices with informed decisions for member safety. The

plan should be reviewed and updated regularly. Please note that it is a coaches/business owners responsibility to conduct a full risk assessment on each type of activity being taught/lead (e.g. adult kickboxing class / fitness class / kiddies class etc).

Facility owners must adhere to government guidance for workign safely during the pandemic:

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>

## **Operational Plan**

Once a risk assessment has been completed, clubs are then required to produce an operational plan which defines what steps are being taken to protect all participants and customers coming to your venue. This process must be carried out for both outdoor and indoor locations. Clubs with multiple sites must produce an operational plan for each site. This section reflects a typical operational plan for clubs in phase 0:

## Before Opening The Club

<i>WHAT</i>	<i>WITH</i>	<i>WHO</i>	<i>DATE</i>
<b>Develop a written operational plan</b>			
Obtain cleaning supplies	<ul style="list-style-type: none"> <li>• Household bleach</li> <li>• Detergent</li> <li>• any other recommended cleaning agents</li> <li>• Spray bottles</li> <li>• Disposable cloths</li> <li>• Mops, buckets</li> <li>• Paper towels / wipes</li> </ul>		
Clean all equipment and confirm it is in working order			
Pre-entry deep clean of facility	Cleaning equipment, disposable cloths, gloves, sanitisers		
Designated zones and routes in/out/around club to be clearly visible prior to reopening	Tape, signage, barriers		
Establish and isolate “out of bounds” areas	Signage, barriers, locks		
Signage relating to hygiene, Covid-19 symptoms and sanitation throughout the facility	Samples provided; create additional as required		
Determine max safe numbers for each club facility. Re-assess and refine with experience on a regular basis.			
Disinfectant spray/wipes, sanitiser and paper towels spread through the dojo, replenished as needed	Disinfectant spray/wipes and paper towels, “non-touch” rubbish bins		
Contact Tracking sheets / registers available	Contact tracking Logs, suitable apps, registers, QR technology, etc		
Contact-Tracing Registers <b>MUST</b> be available to be accessed quickly for contact tracing purposes and for up to 4 weeks after the contact was recorded.	Secure, centralised storage		
Plan training sessions not longer than 2 hours.			

## As/Before People Arrive

<i>WHAT</i>	<i>WITH</i>	<i>WHO</i>	<i>DATE</i>
Establish and maintain social distancing (2m where possible) at entry point	Markings, cones, barriers, signage		
Single point of entry	Signage		
Complete contact tracing form on entry	Contact tracking Logs, suitable apps, registers, QR technology, etc; pens, cleaning product for pens after use		
Hand sanitiser on entry; wash hands and forearms up to elbow for 20-30 seconds duration and dry using own or paper towels	Sanitiser, hand-washing poster, paper-towels, touch-free bins,		
Follow designated routes / zones	Signage, tape, cordons		
Only essential visitors allowed on site			
No “drop-in” spectators. Third-party access the club will be by appointment only. To plan your appointments, liaise with club administrator.			
Limit numbers of non-participants to “essential ‘ - dependant on room size / seating availability so physical distance can be maintained – preferably 2m			
Ensure there are enough people present to maintain safety and carry out sanitation duties, etc			
Advising participants to bring their own water bottles and ensure they are labelled or highly distinguishable. Water bottles or other refreshment containers should not be shared under any circumstances.			

## Before Starting Activity

<i>WHAT</i>	<i>WITH</i>	<i>WHO</i>	<i>DATE</i>
Limiting the time spent congregating at the venue.	Implement staggered start times and finish times to reduce overlap of students across classes. Advise participants to arrive in kit and ready to warm-up.		
<p>Explain safe practice protocols (verbal / checklists / signs / demonstrate)</p> <ul style="list-style-type: none"> <li>• Social distancing</li> <li>• coughing or sneezing into a tissue or elbow and then performing hand hygiene</li> <li>• hand hygiene – that is, washing hands regularly with soap and water for at least 20secs, or cleansing with hand sanitiser</li> <li>• staying at home if you are sick</li> <li>• Going home if you feel sick before or during</li> <li>• cleaning surfaces regularly</li> <li>• Good toilet etiquette</li> <li>• Flush the toilet after use.</li> <li>• Wash your hands when finished. Rubbish goes in the bins.</li> </ul>	Checklists, signs		
Soap, hand sanitiser and paper towels checked regularly and replenished. Regular removal of rubbish from toilets	Soap, hand sanitiser and paper towels “touch-free” bins		
Define “out of bounds” areas. No access to club office or non-club space within the facility	Signage, barriers		
Establish “training bubbles” that maintain consistent training days in the week and train with each other. If a member in a training bubble is sick, they must inform the club administrator, who will then inform others in the same training-bubble.	Record training bubble members and contact information		



## During Activity

<i>WHAT</i>	<i>WITH</i>	<i>WHO</i>	<i>DATE</i>
Use alcohol hand gel before and after using towels or water bottle and before training with partner.	Spray sanitiser, paper-towels, wipes, bins		
Each participant to have a personal towel to be used frequently to minimise droplet dispersal, and for hand-drying after washing			
Maintain 2 metre distance between training bubbles, it may help to tape out training squares on mats to assist distancing.	Tape		
Even when use of equipment and sparring is allowed, social distancing should be maintain as much as possible.	Maintain distance during warm-ups and when not participating in partnered training e.g. when doing linework or bag work.  Limit higher-risk activities like shouting (particularly when facing each other).		
Minimising use of changing rooms and shower facilities. Changing rooms and shower facilities can be used, but participants must adhere to gathering limits while indoors, and maintain social distancing wherever possible.	Encourage participants to avoid or minimise use where possible (e.g. by arriving in kit and showering at home) and to minimise the time they spend in the changing area.  Team talks/briefings and other gatherings should not take place in changing rooms under any circumstances.  Access should be maintained for those with disabilities.		
Avoid equipment-sharing where possible.	Limit the number of participants handling the same equipment during warm-ups, and ensure equipment is frequently sanitised.		

## As People Leave

<i><b>WHAT</b></i>	<i><b>WITH</b></i>	<i><b>WHO</b></i>	<i><b>DATE</b></i>
Hand sanitiser on exit	Sanitiser, hand-washing poster, paper-towels, touch-free bins,		
Control departure to maintain required physical distancing — extend the time interval between sessions (e.g. use different exit and entry doors if available).	Signage, tape, cordons		
Avoid interacting at communal points such as entries and car parks. Phasing of sessions should be used to allow time for people to pass through these areas safely.			
Ensure all personal equipment and clothing is taken home. Advise students to sanitise and wash before their next session.	If possible use a dedicated quarantine zone for the storage of personal belongings. Student should only bring equipment needed for the class onto the training area.		

## Between Sessions

<i><b>WHAT</b></i>	<i><b>WITH</b></i>	<i><b>WHO</b></i>	<i><b>DATE</b></i>
Cleaning of high-frequency touch points and surfaces (e.g.; switches, door handles, bag storage areas, mats)	Checklist, disinfectant, disposable cloths, gloves		
If using reusable cloths, these should be disinfected and then dried after use, as bacteria and viruses can still survive on damp cloths. Disposable cloths should be binned after use. Disposable gloves should be worn when cleaning and placed in the bin when finished. Physical distancing should be practiced when cleaning facilities.			
Contact-tracing records collected and stored securely			
All equipment used to be sprayed with disinfectant and wiped down after each session			

## **Covid Secure Competition**

The running of COVID Secure competitions ultimately requires our sport to be in phase 3 of the return to kickboxing roadmap. At that point it is feasible that small competitive matches could be run (without spectators) at an interclub level in covid secure business venues. Under these circumstances no further measures are deemed necessary for an event of this type.

For larger regional and national level events or competitions such as running National Team Squad Training or National Level Competitions, the restart of our sport is subject to government guidance on the running of live events. It is our expectation that this will happen at step 4 of the government roadmap out of lockdown:

<https://www.gov.uk/government/publications/covid-19-response-spring-2021/covid-19-response-spring-2021-summary>

## APPENDIX 1 – COVID19 Risk Assessment

Note that this template will help you think about the potential risks to clubs and all participants coming to your sessions. **THIS IS NOT A DEFINITIVE OR COMPLETE LIST** – as there may be things unique to your environment or club operation that might also have a risk attached and the need for additional control measures.

Identified Risks	Control Measures	Check
Members unaware of new Virus controls	Communication of operational plan prior to restart.	
Too many people attending the session for adequate social distancing requirements	Booking system or invitation only session system put in place	
Members risk infection travelling to/from the Class	Suggest walking, Bike, Private car rather than Public Transport People should only travel in household groups and maintain social distancing with everyone else. All members must adhere to government travel restrictions between tiers.	
Members Bags and Pads cause additional areas for transfer of virus	Minimise bags, reduce necessity for personal equipment and belongings, Whenever possible – ensure anything brought to the club it is wiped down thoroughly before coming to training and kept away from everyone else whilst in the venue (quarantine area).	
Members need Water	Members bring their own Water Bottles	
Members arrive with contaminated hands	All participants to be advised to wash hands at home prior to leaving and cleaned with Sanitiser on entry to Training Room. Provide Sanitiser (Sanitiser Gel to be over 60% Alcohol).	
Members are confused by new layouts	Provide Signage to assist Members and/or add Warning Tape to Floors	
Doors to Training Room spread contamination	Doors remain open to avoid touching – Also adding ventilation to the training area. If possible, open windows too.	
Changing Rooms increase infection risk	Members come ready dressed to train	
Use of Toilets increases risk of infection	Limit number of users at one time, provide Wipes and ensure Members clean all surfaces touched and clean hands with Sanitiser on returning.	
Venue size affects Social Distancing	Review Class capacity and/or training times	
Social Distancing measures	Maintain 2m in all directions when training	
Members with higher risk and/ or with underlying health conditions	Detail additional risks and what you will do to provide additional social distancing and hygiene protection for specific cases if needed	

	(Remember to protect people's data or hide personal information when recording individual persons risks.)	
Spectators bring additional risks to Members	Exclude all spectators from class or detail here how you will keep spectators separate from each other and participants under social distancing rules	
Family Members	Can train together in household groups	
Mats/Floors are infected	Cleaning of Mats/Floor before Classes Detergent or disinfectant solutions containing 1000ppm Chlorine should be used and spot cleaned during sessions where sweat or other bodily fluids are apparent that could contain the virus. Detail anything else you might be doing to keep the floor clean	
Spillages on floor	Spillages are to be cleaned	
Pads/Equipment are infected List the equipment you have in the club and potential transmission risks  Detail all other possible transmission risks through sharing of equipment	Equipment should be thoroughly disinfected & cleaned before and after sessions to minimise the risk of transmission and must not be shared between different household groups during session Detergent or disinfectant solutions containing 1000ppm Chlorine should be used Detail which equipment you would not use as it is too high a risk Detail which equipment you will clean Detail how you will clean Detail what you will clean with and who will do it Detail how often you will clean Detail anything else you will do to minimise the risk of virus transmission and to keep the equipment clean	
Members leaving increases contact risks	Each Member cleans their hands with Sanitiser on leaving and takes all their possessions with them. Members leave immediately. Implement transition times between training sessions.	
Member Pick Ups are late	Members wait in a quiet area with 2m social distancing if possible or 1m+ minimum	
Safeguarding risk for under 18's if pick up late	Under 18's to be supervised by Instructors until collected.	
Leaving behind contamination	Mats/Floors are cleaned, Pads/Equipment is wiped clean as per cleaning regime	
Instructor Test & Trace	Keep a list of Names and Tel Nos. in case of Instructor or Member infection	
Add rows as needed for new risks	Add rows as needed for new control measures	
<b>Kickboxing Specific Activity Identified Risks</b>	<b>Control Measures</b>	<b>Check</b>

Physical Conditioning	At least 2 metres between each member (unless from same household) No sharing of equipment unless cleaned between use	
Line Work	Maintain 2 metre distancing as above except for people from same household	
Bag Work	Maintain 2 metre distancing as above except for people from same household	
Partnered Training	Allowed in Tier 1 – Rule of six applies	
Sparring	Currently Not Allowed	
Grappling / Clinch Work	Currently Not Allowed	
Pad Kicking (e.g. Paddles/Bats)	Allowed in Tier 1 – Rule of six applies	
Add rows as needed for new risks	Add rows as needed for new control measures	

## APPENDIX 2 – ENGLAND KICKBOXING INFOGRAPHIC

### COVID19 Guidance for kickboxing activity in ENGLAND



From 29 March the rule on social contact will change. People will not be required to stay at home, and will be permitted to meet outdoors in groups of up to 6 people, or as a group of two households, for exercise or recreation.

Outdoor sports for adults and children is permitted in larger numbers provided it is a formally organised coach led session that follows the COVID Secure guidance defined in the Return to Play Kickboxing Action Plan.

#### NUMBERS

Organised sport and supervised children's sport and physical activity can take place outdoors in any number.

People should maintain the rules on social contact before and after sporting activity i.e. rule of 6 or two households applies before and after training sessions.

Personal trainers or coaches are exempt from the legal gathering limits for work purposes

#### SOCIAL DISTANCING

Participants should adhere to social distancing when not actively participating e.g. during breaks.

Social interaction before and after playing any sport should only take place outdoors, and in separate and distinct groups consisting of up to 6 people or two households.



#### UNDER 18 YEARS

Phase 2 restrictions of the combat framework apply. This means under 18's will be allowed to do pad work and spar.

Hygiene protocols apply.

Indoor training is allowed in formal education or wrap-around childcare settings.



#### ADULTS

Phase 1 restrictions of the combat framework apply. This means Adults may use equipment i.e. pad work.

Sparring and close contact training is not allowed.

Hygiene protocols apply.



#### Wash hands

Keep washing your hands regularly



#### Cover face

wear a face covering in enclosed spaces



#### Make space

stay at least 2 metres apart - or 1 metre with a face covering or other precautions



All organised training sessions must adhere to the Return to Play England Kickboxing Action Plan which documents the COVID Secure guidance and protocols that must be followed by all WAKO GB club coaches and members.