

Combined Self Defence – COVID-19 Risk Assessment & Training Guidelines

Combined Self Defence recognizes that in the current COVID-19 climate that we are all adjusting to, we face new risks when returning to face to face training. Although risk cannot be reduced to zero, Combined Self Defence requires Instructors, Students and Parents/Guardians to follow the recommended Government guidelines, as well as any additional guidelines set out by our venue or our insurer to reduce the risk of the spread of COVID-19.

Combined Self Defence will do their utmost to provide a safe environment but take no responsibility for members who contract COVID-19.

Responsibility of creating a safe environment, as always, is the responsibility of the following groups: Instructors, Students and Parents/Guardians. It is the responsibility of the members to NOT train if they, any members of their household, or any one that they have come into contact with show any symptoms of COVID-19. If students or Parents/Guardians arrive at training with symptoms, Instructors reserve the right to turn you away from training to reduce the risk of the spread of COVID-19. If symptoms develop during the class, Instructors may also ask you to leave. If you do show symptoms, we ask that you inform Senior Instructor Lee Chapman as soon as possible (Contact details below) and follow the government guidelines (at time of writing, isolation for minimum of 14 days, and for symptoms of decrease). If the class Instructor shows symptoms, another Instructor will teach the class, or the class will be cancelled.

For students under the age of 18, it is the Parents/Guardians responsibility that their child understands social distancing rules before arriving at class, however, during the class Instructors will endeavor to enforce a minimum of 2m distance between the students. Any student no matter the age who repeatedly breaks this 2m distance, no matter the circumstance, will be asked to sit out/leave.

If any Student or Parent/Guardian has any concerns with any risks in class or outside of the class environment that we should be aware of, please talk to your instructor, or contact Lee Chapman as soon as possible and it will be addressed accordingly.

The below risk assessment on the second page of this document is not exhaustive or comprehensive, and other risks may emerge in the future. Combined Self Defence will update this risk assessment accordingly as is deemed necessary.

This document will be sent to all current and prospective members.

COMBINED SELF DEFENCE

Whistlers Lodge – Siddington Road – Cirencester – Glos – GL7 1PA

Tel: 01285 640500 – Mob: 07977 560086

Web: www.CombinedSelfDefence.co.uk – E-Mail: info@CombinedSelfDefence.co.uk

Risk Assessment

Significant COVID-19 Based Risks	Environment	Risk Group	Measures to Reduce Risk
Student or Parent/Guardian shows symptoms	Indoors and Outdoors	All	If any student, or member of their family show symptoms, please do not attend class. Email Lee Chapman to advise, seek medical advice and follow government guidelines.
Transmission of COVID-19 via airborne transmission	Indoors or Outdoors	All	Anyone with coughs, colds or any other COVID-19 Symptom must NOT train or enter the training Hall.. Email Lee Chapman to advise, seek medical advice and follow government guidelines. Temperatures will be taken before Students/Parents/Guardians can enter the training hall.
Increased risk of transmission through lack of social distancing between classes	Indoors	All	Allocate buffer time between classes to allow students to leave the training hall before students for the next class arrive. Combined Self Defence will ensure there is a minimum of 10 minutes between classes. We will work with venues, and obey their rules, such as one way systems, they may put in place. Venues are likely to have a limit on numbers in our training area. Instructors, Students and parents/guardians should adhere to this.
Transmission through air or physical contact while changing	Indoor Changing Room	All	Students should arrive for class in a freshly laundered and clean uniform. Changing in and out of uniform should happen at home as changing rooms at many venues will be closed.
Transmission through air airborne contact	Indoors and outdoors	All	Students can wear face masks and gloves while moving through the venue if they wish, although this is not compulsory, and a mask will not need to be worn for training. Open window and door policy to be used as much as possible to ensure good airflow.
Infection through physical contact	Indoors and outdoors	All	Use of hand wash and hand sanitizing stations at venue before, after and even during class. Students will be asked to hand wash before the start, after drinking and at the end. Students are required to bring and use their own hand sanitizer. It is recommended that students should avoid touching doors, door handles or any surface if possible. Combined Self Defence Instructors will sanitize door contact points on entering venues, between classes and on leaving venues where we are the only customer in the venue. In public venues we will sanitize the doors in and out of the area we have used. Students will be asked to wear trainers to train in for the foreseeable future.
Increased risk of transmission due to parents/guardians in attendance	Indoors	All	Where possible, we ask for parents/guardians to wait outside of the training hall and refrain from entering the hall wherever possible, unless they need to speak to an instructor. Please ensure you follow all guidelines set out by the government, our insurer, as well as the rules of the venue.

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Contamination of student's yellow cards	Indoors and Outdoors	All	Instead of instructor signing date on student's yellow card, a separate register will be taken. Yellow cards are still required in class, to be kept with Student's named water bottle for Emergency Contact Details.
Transmission through physical contact during training	Indoors and Outdoors	All	There will be NO physical contact between students in class for the foreseeable future. Set Sparring will be practiced as line work, free sparring will be practiced at a distance with a partner, or in a 'shadow boxing' style. We will also not be practicing any pad-work. This will be the case until government guidelines allow and we deem it to be safe.
First Aid – When a student requires first aid attention and/or hospital visit	Indoors and Outdoors	All	Additional PPE measures in first aid will be taken. If an instructor is required to assist a student with first aid and make physical contact they should wear gloves (as standard) and a mask/face covering. If there are other first aiders in venues such as leisure centres, assistance from them will be requested and if professional help is required 999 will be called.
Toilet Facilities	Indoors and Outdoors	All	Instructors, Students and family members should make sure they use toilet at home before the session. Students should use hand gel before leaving the Training Hall to use the Toilet, and then on return.

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Training Guidelines

Below is a list of training guidelines for our face to face lessons going forward in a COVID-19 environment. This list is by no means exhaustive or comprehensive but serves as guide to the Instructors and Students. If any additional rules are enforced by the government or by the training venue, we must adhere to them. It is the responsibility of the Instructor and Students to follow these rules.

Instructors, Students and Activity	Guidance
Instructors	Instructors will have no physical contact with any students or anyone accompanying them. We will follow the rules and guidelines of the government, our insurer, and our venues, unless a first aid event requires physical intervention, where we will wear PPE as set out above.
Students	ALL students will be expected to follow all rules that are set out, in particular social distancing between instructors, other students and anyone else they could be in potential contact with (family members of other students or other users of the venue). Instructors will help to remind students, especially the younger ones in class. When students are not practicing they should be mindful of moving to free space around the outside of the class to create safety distance and room for students who are practicing.
Parents/Guardians	<ul style="list-style-type: none"> • Please drop your children outside the Training Hall door. • If you need to speak to an instructor please come into the Training Hall and move the middle of the hall away from students who will be on the outside. An instructor will approach when safe. You may be asked to leave the hall with the instructor if practical so training can start <p>We will not be offering space to spectators except for the following</p> <ul style="list-style-type: none"> • A students first 2 lessons providing we have safety space. • If we need to speak to parents we will send the student out for them. Please use the protocol above for entering the Training Hall. <p>ALL students will require the following items.</p> <ul style="list-style-type: none"> • Hand Gel. • Small Hand Towel – Bar Towel is ideal for this. • Pop Top drink bottle marked with your name. No Glass & No Screw Tops please. • All students will need to train in training shoes. Please do not wear crocs or flip flops. <p>Please remove your pad and use the pad bag for your personal items above.</p>
Line Work	Although our standard practice prior to COVID-19 was to give students space while practicing line work, instructors and students should be actively conscious of who is around them and the distances they are from each other.
Patterns	As with the above for line work, students will be given relevant space to perform and practice patterns. Students should be aware of their surroundings.
Set Sparring	Set sparring will be practiced as per as line work until we can partner up and make physical contact in line with government guideline when possible
Free Sparring	Free sparring should be practiced at a safe distance with a partner, with NO contact at all, and maintaining social distancing. As an alternative to this, free sparring may be practiced in solo in a 'shadow boxing style'.
Pad-work	Partnered pad-work will not continue until social distancing rules have been lifted.
Fitness	Fitness will able to continue as usual, as long as all participants abide by social distancing rules.

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