

CROYDON TAEKWON-DO ACADEMY
COVID-19 SAFETY METHOD STATEMENT

General

- This method statement details the measure that will be taken to minimise risk to students, spectators, instructors and staff at the centre.
- The maximum capacity for students is 25.
- 2m social distancing should be adhered to at all times.
- There will be no spectators allowed.
- All regular class times will be reduced by 5 minutes to allow students to leave before the following class begins.
- Anyone feeling ill, or experiencing COVID-19 symptoms, or have been in close contact with someone suffering from COVID-19 should not attend the class.

Entering the Class

- Students should arrive 5 minutes before the lesson and not earlier.
- Keep to the right lane when arriving via the main entrance (there will be arrows marked on the floor to guide you).
- Only 4 people are allowed in the changing room at one time. One for each corner of the room. If possible, students should arrive in Dobok so they do not need to use the changing room.
- Everyone must wash or sanitize their hands prior to the class using the facilities provided.
- Students should place their bags at the side of the hall and take a position on the floor, which will be marked in tape.

During the class

- There will be no sparring, or self defence.
- Students must bring their own sparring gloves and boots, or they cannot use the punch bags, kick shields or focus targets.

- Power test and special technique can be practised, but the pads, boards and frame have to be cleaned after each contact.
- There will be a break for a water drink. Students must bring their own drink.
- Students can take the opportunity to sanitize their hands during the break. They are encouraged to bring their own hand sanitizer and keep it with their equipment for future use.

Leaving the class

- After the lesson students should leave the premises within 5 mins.
- Keep to the right lane when leaving via the main entrance (there will be arrows marked on the floor to guide you)
- Parents should wait for their child outside the premises.