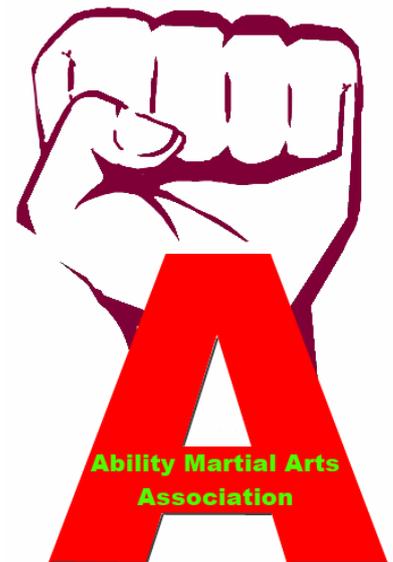


Ability Martial Arts Association.

AMAA

www.amaa.org.uk

info@amaa.org.uk



COVID-19.

Guidelines:

Reopening of Gyms, Sports Halls and Other training venues from July 25th 2020.

After the UK Government announced that facilities could reopen, we are pleased to announce that this document includes all the Legal & Social Guidelines that you need to know when planning your future classes, until Covid-19 is completely cleared from the world.

Please Note: This is a very large briefing with many sections, most copied direct from HM Government's own website, so please read it slowly and clearly. I suggest that you print this out, double-sided, and use a highlighter pen to mark relevant paragraphs, passages and points.

Wishing you all good health and staying safe.

Myke

Section 1.

NHS & UK GOV ADVICE.

Social distancing guidelines should be followed between people from different households wherever possible. This means a distance of 2m between people from different households, or 1m plus mitigations (such as face coverings or avoiding face-to-face contact) where 2m is not possible.

- Check in advance if the facilities you want to use have reopened.
- When exercising in the countryside remember to follow the countryside code and act responsibly.
- If possible, hand sanitise at intervals if your sport or recreation means you have to touch communal surfaces.
- Once you are home remember to wash your hands.
- Try to avoid using shared equipment such as racquets and bats.
- If catering facilities are open at the venue (for takeaway items) respect social distancing whilst queuing for food and drink. Do not share food items, cups, plates or eating utensils with anyone else.
- If you are symptomatic or living in a household with someone else who has a possible or confirmed COVID-19 infection you should remain at home and you should not have visitors to your household.

If you have been asked to isolate by NHS Test and Trace because you are a contact of a known COVID-19 case, do not exercise outside your own home or garden and do not exercise with others; you can spread the virus to others even if you never get symptoms.

It is important, as more sports and activities restart, that absolutely everyone is able to access these opportunities. This includes disabled people, for whom the health and well-being benefits of activity can be particularly important.

Section 2.

The guidance, published by the Department for Digital, Culture, Media and Sport, has been compiled with input from the trade body ukactive, the Sport and Recreation Alliance, Sport England and other sports bodies [including AMAA], and in consultation with Public Health England and the Health and Safety Executive.

It includes advice for providers of pool, gym and leisure facilities on cleaning, social distancing, and protection for staff to help venues get back up and running safely.

It also supports the re-opening of sports halls which are vital to the return of play for many sports, including badminton and volleyball. Guidance produced by National Governing Bodies will

complement the government guidance and help ensure indoor sports can be played safely from July 25.

Venues must ensure they can enable customers, staff and volunteers to maintain social distancing before, during and after participation.

Culture Secretary Oliver Dowden said:

“The reopening of gyms is the news millions across the country have been waiting for with many people desperate to jump on a spinning bike or dive into a pool.

Our comprehensive guidance will ensure gyms, pools and leisure centres have the support they need to reopen safely for their customers and staff.

Helping people return to gyms safely will also help the nation get match-fit to defeat this virus.

Measures set out in the guidance include:

- Limiting the number of people using the facility at any one time, for example by using a timed booking system;
- Reducing class sizes and allowing sufficient time between each class to avoid groups waiting outside during changeover;
- Ensuring an appropriate number of people are in a swimming pool at any one time;
- Spacing out equipment or taking some out of service to maintain social distancing;
- Enhanced cleaning and providing hand sanitizer throughout venues;
- Considering how the way people walk through their venue could be adjusted to reduce contact, with queue management or one-way systems;
- Ensuring adequate ventilation;
- Encouraging the use of outdoor spaces for individual, team or group activities, making sure to comply with the latest restrictions on public gatherings;
- Exercise or dance studios should have temporary floor markings where possible to help people stay distanced during classes;
- Customers and staff should be encouraged to shower and change at home wherever possible, although changing rooms will be available.
- Today’s announcement follows a recent visit by government, Sport England and public health officials, led by Deputy Chief Medical Officer Professor Jonathan Van-Tam, to a series of ukactive member sites. This allowed officials to see first-hand how the sector is preparing to reopen safely.

Leisure centres and indoor gyms, along with swimming pools and other indoor sports facilities, have been closed since Saturday 21 March as part of measures to prevent the spread of coronavirus.

Rules on exercise were initially relaxed from 14 May, to allow people greater access to local, outdoor physical activity. This allowed the public to go outside for unlimited exercise, alone or with their household, or one other person while adhering to social distancing rules. It also permitted outdoor sports facilities such as golf courses and tennis courts to reopen, with strict safety measures in place.

On 1 June the Government published guidance which allowed people to exercise outside with up to five others from different households, provided that strict social distancing guidelines were followed. This meant that people who play team sports could meet to train together and take part in conditioning or fitness sessions, although anything involving physical contact was not allowed. It allowed parents to accompany their children to coaching sessions carried out on a one to one basis or in small groups.

Outdoor gyms were permitted to reopen from 4 July while ensuring social distancing.

This latest guidance is part of the Government's carefully-designed package to ease the burdens of lock-down in a way that is expected to keep the R rate, the average number of secondary infections produced by 1 infected person, down. The phased approach is outlined in the Prime Minister's roadmap for easing lock-down. As the Prime Minister has always said, the Government keeps these measures under review, and will not hesitate to apply the handbrakes if required.

END SECTION 2.

Section 3.

Paragraph 3.a. Intro.

"This document sets out guidance on how to work, operate and participate in sport and leisure activities safely while minimising the risk of spreading COVID-19. It gives practical considerations of how this can be applied in a gym/leisure facility or area of sport.

Each business and/or organisation will need to translate this into the specific actions it needs to take, depending on the nature of their business and/or organisation, including the size and type of business and/or organisation, how it is organised, operated, managed and regulated.

This guidance does not supersede any legal obligations relating to health and safety, employment or equalities and it is important that as a business and/or organisation or an employer you continue to comply with your existing obligations, including those relating to individuals with protected characteristics. It contains non-statutory guidance to take into account when complying with these existing obligations. When considering how to apply this guidance, take into account agency workers, contractors, customers, visitors and other people, as well as your employees and volunteers.

To help you decide which actions to take, you need to carry out an appropriate COVID-19 risk assessment, just as you would for other health and safety related hazards. This risk assessment must be done in consultation with unions or workers and volunteers."

Paragraph 3.b.

"What do we mean by 'providers of grass roots sport and gym/leisure facilities'?"

Providers and operators of space enabling the following activities and facilities may reopen if they are ready to do so and can do so safely, following public health guidance:

- Indoor and outdoor sports courts

- Indoor and outdoor gyms
- Indoor and outdoor swimming and diving pools, including water parks
- Other indoor and outdoor sporting activities (including but not limited to) sports fields, rugby, football, hockey, cricket and other pitches, skate parks, climbing facilities, trampoline parks, boxing halls, ice skating rinks, horse stables and arenas, bowling lawns, golf courses, and snow-sport facilities, water-sports and sporting facilities, track and field facilities)
- Hot tubs, hydrotherapy pools, whirlpools, and jacuzzi, Saunas and steam rooms should stay out of use for the time being as the risk of transmission is unclear.

This guidance does not apply to children's playgrounds and soft play facilities.

This guidance should be read in conjunction with guidance issued by the Department for Business Energy and Industrial Strategy relating to the operation of related working environments, for instance for offices, shops and branches, working outdoors and bars and restaurants.

This guidance should be read in conjunction with any sport-specific guidance issued by *your* national governing body. (**Ability Martial Arts Association. UK.**)

For activities regarding school aged children, this guidance should be read in conjunction with the relevant sports safeguarding guidance and any other relevant guidance provided by the Department for Education. This guidance does not supersede any guidance provided by the Department for Education.

Paragraph 3.c.

Thinking About Risks – Risk Assessment.

“COVID-19 is a public health emergency. Everyone needs to assess and manage the risks of COVID-19, and in particular businesses should consider the risks to their workers / volunteers and customers.. As an employer or as an operator of sports or leisure facility, you also have a legal responsibility to protect workers, volunteers, customers and users from risk to their health and safety. This means you need to think about the risks they face and do everything reasonably practicable to minimise them, recognising you cannot completely eliminate the risk of COVID-19.

You must make sure that the risk assessment for your business and/or organisation addresses the risks of COVID-19, using this guidance to inform your decisions and control measures. You should also consider the security implications of any decisions and control measures you intend to put in place, as any revisions could present new or altered security risks that may require mitigation. A risk assessment is not about creating huge amounts of paperwork, but rather about identifying sensible measures to control the risks in your workplace. If you have fewer than five workers, or are self-employed, you don't have to write anything down as part of your risk assessment. Your risk assessment will help you decide whether you have done everything you need to. The Health and Safety Executive has [guidance for business and/or organisation on how to manage risk and risk](#)

[assessment at work](#) along with [specific advice to help control the risk of coronavirus in workplaces.](#)”

Note: “Failure to complete a risk assessment which takes account of COVID-19, or completing a risk assessment but failing to put in place sufficient measures to manage the risk of COVID-19, could constitute a breach of health and safety law. The actions the enforcing authority can take include the provision of specific advice to employers to support them to achieve the required standard, through to issuing enforcement notices to help secure improvements.

Serious breaches and failure to comply with enforcement notices can constitute a criminal offence, with serious fines and even imprisonment for up to two years. There is also a wider system of enforcement, which includes specific obligations and conditions for licensed Premises.”

Managing risk

Objective: To reduce risk to the lowest reasonably practicable level by taking preventative measures, in order of priority.

Employers and facility operators have a duty to reduce workplace risk to the lowest reasonably practicable level by taking preventative measures. Employers must work with any other employers or contractors sharing the workplace so that everybody’s health and safety is protected. In the context of COVID-19 this means protecting the health and safety of your workers/volunteers and customers by working through these steps in order:

In every workplace, increasing the frequency of hand washing and surface cleaning.

Businesses, organisations and workplaces should make every reasonable effort to enable working from home as a first option. Where working from home is not possible, workplaces should make every reasonable effort to comply with the social distancing guidelines set out by the government.

Where the social distancing guidelines cannot be followed in full, in relation to a particular activity, businesses and/or organisations should consider whether that activity needs to continue for the business and/or organisation to operate, and if so, take all the mitigating actions possible to reduce the risk of transmission between their staff.

Further mitigating actions include:

- increasing the frequency of hand washing and surface cleaning
- keeping the activity time involved as short as possible
- using screens or barriers to separate people from each other
- using back-to-back or side-to-side working (rather than face-to-face) whenever possible
- reducing the number of people each person has contact with by using ‘fixed teams or partnering’ (so each person works with only a few others)

Finally, if people must work face-to-face for a sustained period with more than a small group of fixed partners, then you will need to assess whether the activity can safely go ahead. No one is obliged to work in an unsafe work environment.

In your assessment you should have particular regard to whether the people doing the work are especially vulnerable to COVID-19.

The recommendations in the rest of this document are ones you must consider as you go through this process. You could also consider any advice that has been produced specifically for your sector, for example by trade associations or trades unions.

If you have not already done so, you should carry out an assessment of the risks posed by COVID-19 in your workplace as soon as possible. If you are currently operating, you are likely to have gone through a lot of this thinking already. We recommend that you use this document to identify any further improvements you should make.

1.2. Sharing the results of your risk assessment

You must share the results of your risk assessment with your workforce. If possible, you should consider publishing the results on your website (and we would expect all employers with over 50 workers to do so). Below you will find a notice you should display in your workplace to show you have followed this guidance.”

Section 3.d.

(In brief) “Manage contact

Objective: To minimise contact with surfaces, workers/volunteers, other customers and contractors within facilities or while participating in sport and physical activity.

Primary control for minimising transmission through contact is through hand washing and sufficiently frequent washing and avoiding sharing of objects.”

AMAA:

- * Do encourage members to bring their own 40% Plus Alcohol Hand Gel and use it before entering any premises and after leaving, as well as if any accidental contact.
- * Discourage people bringing Sports bags, handbags, or other non-essential things.
- * Discourage anyone with known Health Problems (heart/lungs/etc.) from attending.
- * Provide tissues if you can. If anyone sneezes, through pollen or dust, then encourage them to keep their used tissue and either flush it or dispose of when they get home, but always, wash their hands after blowing their nose!
- * Payments – not everyone will have access to Contactless Payments. The AMAA answer to the ‘cash’ problem is to make all your classes and even amount, say £5 or £10 (£10 especially if you have to provide gel/Tissues/Etc.) and ask members to literally “drop” the washable note into a plastic tub, without touching the Tub! These new type banknotes can be washed with soapy water when you get home: let them soak in soapy water for five minutes, then rinse with cold and leave to dry on Kitchen Roll Tissue.
- * Avoid paperwork being transferred by enabling such processes as bookings, leaflets, etc.

Manage capacity and overcrowding.

“Objective: To ensure distancing is possible by limiting the number of customers able to access the facilities at any one time.

Maximum capacity should be based on the government requirement for social distancing, nature of activities (i.e. if the activity is static vs. requiring a range of movement) and equipment layout and the configuration of facilities.

Particular attention should be given to ventilation and sufficient circulation space specially around equipment and between groups and classes and instructors.”

Provide clear guidance on social distancing and hygiene to people both before arrival and on arrival, for example, through signage and visual aids and on your website.

Amaa – the Hall Hirers should do this and have notices up where applicable, ‘Do Not touch’ signs on doors, markings on floor, etc. However, it is not unreasonable for all Instructors to send email or post Facebook advice, for example, on what will be expected of the returning members.

If you can, it would be wise to delegate at least two members of your group who will be Social Distancing Guides. They can look for and speak to anyone who appears to be risking getting too close to another person, or touching something such as a table, door handle, etc.

Consider the particular needs of those with protected characteristics, such as those who are hearing or visually impaired.

Section 4.

All facilities and Hall Hirers should provide at least one member of staff to advise arrivors or leavers on the procedure to follow. There should also be adequate signage, floor markings, and doors should already be open so users do not have to touch surfaces.

UK Gov. “You must maintain social distancing in the gym/leisure facility wherever possible.

Where the social distancing guidelines cannot be followed in full in relation to a particular activity, businesses and/or organisations should consider whether that activity needs to continue for the business and/or organisation to operate, and, if so, take all the mitigating actions possible to reduce the risk of transmission between their staff.”

Amaa.

- * Discourage people from chatting closely or in small groups.
- * When leaving, ask your group members to maintain safe distancing as they leave, and not attempt to leave virtually side-by-side whilst chatting.
- * If possible, anyone who feels the need to do so could wear a face mask; although these have not been proven effective and may just reduce risk by a percentage.
- * You may need to reduce numbers in order to maintain Safe Distancing. This means that the organiser should contact his/her group members a week beforehand, and ask for a firm commitment to come to that named class/session. Failure to do so may result in unexpected people turning up and potential overcrowding! It may also reduce numbers of the next session due to disappointment and negativity.
- * **Reduce Heavy Breathing!** Some classes may cause laboured breathing. Make plans to avoid this and also avoid using “Spirit Shouts” in any Martial Art classes. As we know, some people can have no symptoms but still transmit the disease. Shouts or panting breath may transmit any virus in tiny droplets, or mist, in an area where there is air-flow; and movements create air-flow!

Section 5.

Paragraph 5.a.

Accidents, security and other incidents.

Objective: To prioritise safety during incidents.

In an emergency, for example, an accident, provision of first aid, fire or break-in, people do not have to stay appropriately distanced if it would be unsafe.

People involved in the provision of assistance to others should pay particular attention to sanitation measures immediately afterwards including washing hands.

Instructors and/or First Aiders should carry a mask and Gloves at the very least.

Obviously the need to call an Ambulance is not eradicated under any circumstances if you think there is a serious problem.

Paragraph 5.b.

Visiting Instructors.

The situation here comes under the same common sense and safety guidelines as for everything else above. Follow all measures and keep everyone safe.

Steps that will usually be needed:

- Considering limiting the number of classes that rotating instructors teach in order to minimise exposure.
- Determining the number of facilities they are comfortable with instructors rotating amongst in order to minimise exposure and establishing a system for monitoring this.
- Given the high risk of transmission from visiting instructors, where possible, establishing a private testing programme for rotating/visiting instructors.

Section 6.

Training for returning to activity

Objective: To make sure all volunteers are trained on COVID-19-related safety procedures and feel safe to return to activity.

Steps that will usually be needed:

1. Identifying which roles need new processes and procedures, such as for hygiene or social distancing. Core training is available for free for all volunteers through [CIMSPA](#).

2. Using the guidance produced by national governing bodies of sport to provide sport-specific guidance for volunteer coaches and leaders. This information can be accessed through the Sport England [Return to Play](#).
3. Considering what new training needs to be offered to volunteers to support them to adapt to new ways of working, or if they are undertaking a new role.
4. Providing training materials for volunteers prior to returning to their activities, for example, what procedures are there for arrival at the venue or facility and how to safely run their sports.
5. Providing clear, consistent and regular communication to improve understanding and consistency of ways of working.
6. Engaging with volunteers to continuously understand any fears or challenges and agree any changes required.

End of Summary.

Ability Martial Arts Association is your Governing Body, is responsible for your Professional Indemnity and Public Liability insurance. As an Associate Instructor, you are representing the AMAA and therefore are expected to abide by our simple rules, be respectful of any guidelines we may public at any time and also act in a responsible way with members of the public. Anything that you do wrongly will reflect back not only on the AMAA itself, but all other Associate Instructors.

AMAA asks you to read this document carefully and to implement the necessary changes so that you may enjoy running safe sessions. Safe sessions means happy and returning members!

As usual, if you wish to discuss anything herein, or need help with forms, documentation or representation, please do not hesitate to call.

Warmest Regards

Prof. Myke Symonds – Grand-Master of T'ien Ti Tao P'ai.
Chief Coach @ AMAA.

Mobile: 07941 077 119

info@amaa.org.uk



**Ability Martial Arts
Association (UK)**

www.amaa.org.uk