

Covid-19 Activity Implementation Plan – NTC Derby



BT CLUB NAME:

National Taekwondo Club – NTC Derby

- This Covid-19 Activity Implementation Plan forms the basis of the Control Measures this BT Club is putting in place to protect its Members and Instructors from the Covid-19 hazard.
- This Plan will be reviewed after each session to ensure the Control Measures are being adhered to and are effective in use.
- We will also take note of any changes in UK Government advise

Review Dates & Signature		



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Things we need to buy/ prepare or ask Sunnyhill Community Centre to supply		
Product	Specification	Check
Awareness video to be shared with members	Published on Facebook and through WhatsApp groups	
BT Signage & Any Additional Signage needed	As required	
Warning Tape	Black/Yellow Type - as needed	
Hand Sanitiser Gel	Must have 60% Alcohol	
Detergent/Disinfectant	Must contain 1000ppm Chlorine	
Wipes for Equipment	Must contain 60% Alcohol or 1000ppm Chlorine	
Additional items for the club first aid kit	Masks & Gloves (get and keep a few)	
Mop for Floors	If needed	
Member Briefing	Copy of this completed Implementation Plan	



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This Plan forms the basis of the Control Measures this BT Club is putting in place to protect its Coaches, Members and Supporters from the Covid-19 hazard whilst attending our Taekwondo Activity.

Everyone planning to attend our Taekwondo Activity or their parents/carers should review this document carefully and adhere to all of the measures contained within this plan.

PLAN EDITION DATE:	15 July 2020
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BEFORE PEOPLE COME TO THE CLUB		
Club information about new Controls Measures and changes to the Club operation		
Control Measures	Effect on Club participants	Check
Any changes to the Days the Club will train?	Groups will be smaller and members are allowed to attend not more than once a week	
Any changes to Session Times?	The sessions will be one hour. Members will be allowed to enter only 5 minutes before session and will need to leave immediately after the session	
Any extra measures for members with higher risk and/ or with underlying health conditions?	Participants who have household member who belongs to the high risk group is advised not to attend the class at all.	
What should/can I wear?	Arrive at the venue in your training kit so use of changing rooms is not needed and contact minimised	
Can I bring a bag?	Yes, if you need to – but ensure it is wiped down thoroughly before coming to training and kept away from everyone else's bags whilst in the venue	
Should I bring my own hand sanitiser and wipes	Yes – sanitiser should also be available at the venue / club as you arrive but its better if you bring your own to minimise risk	
Should I bring my own First Aid kit?	It is recommended that participants bring their own first aid kit with them where possible (Containing plasters, tape, scissors, sling, towel, hand sanitiser, kitchen roll, anti-septic wipes, disposable rubber gloves and a face mask.)	



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	The club will also have one at the session as a last resort	
Do we need to wear Masks?	As per the government guidance regarding the wearing of masks	
Can I bring my own Water Bottle?	Members must bring their own drinks and must not share	
Do I need to bring my own Pads/Protectors?	Yes- equipment must not be shared between different household groups unless thoroughly cleaned before and after to minimise the risk of transmission	
Can I Change at the Venue?	No	
Can I Shower at the Venue?	No	
Can I pay in Cash?	Only in sealed envelop and to put in designated box	
What time shall I arrive	Participants are allowed to the centre only 5 minutes prior the start of the session	
Is there anything else I need to know or prepare before I come to the session?	Anyone who has a high temperature, a new, continuous cough a loss of, or change to, your sense of smell or taste must self-isolate and order or go for a test to see if they have the virus. If positive they should then let the contact tracers know who they have been in contact with. These people must self-isolate for 14 days and those they have been in contact with.	

TRAVELLING TO / FROM THE CLUB

Club information about new Controls Measures and changes to Arrival & Departure		
Control Measures	Effect on Club participants	Check
How should I get to the Venue now (Walk/Car/Bike/Public Transport)?	People should only travel in household groups and maintain social distancing with everyone else at all times	
Where do we Park if we are driving?	In the centre's car park	



ENTRY / EXIT AND USE OF THE VENUE		
Control Measures in place at the Venue		
Control Measures	Effect on Club participants	Check
Are there any Control Measures on entry to the Venue?	Ensure of a one- way circuit in and out of the centre to limit contact. All come in at the front door, but leave by the double doors in the Main Hall except for the last person to lock up.	
Are there any Control Measures inside the Venue layout?	<ol style="list-style-type: none"> 1. All windows and doors will be kept opened to increase the fresh air circulation and dilute the virus concentration that may be shed by an infected asymptomatic or sick person. 2. Organisers/ coaches will watch their hands once entering the centre for at least 20 seconds. 3. Main gate will be kept opened to reduce the risk of catching the virus by touching the door handles. 4. All participants to be advised to wash hands at home prior to leaving and cleaned with hand sanitisers, which have been put in the foyer, meeting room and main hall, in between the kitchen on entry, and when leaving. 5. All participants to keep Social Distance when coming into the centre of 2M which is marked outside and as you come into the centre. Ensure 2M rule is kept to wherever possible. Check that you are keeping to this 2M as depicted by the tape and signs throughout the centre 6. 3M x 3M square meter per participant unless they are from the same household. 	



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	<p>7. visitors will be by appointment only to limit any transmitting of virus.</p> <p>8. If 2M rule cannot continue once inside, consider whether this need to happen first and foremost. Keep the time involved as short as possible. Ensure people stand sit back to back.</p> <p>9. We will make sure that sinks, taps, and door handles, door push plates, are cleaned. Before leaving the building, we will make sure as the last thing we do before locking up is to clean all these items wherever they have used including sinks in kitchen if they have been used.</p>	
Can the changing rooms be used?	No	
Are there any Control Measures inside the Venue Toilets?	Members are advised to go to the toilet before they leave home	
Is Water available in the Venue?	Participants are advised to bring their own bottle of water and to label it clearly	

TAEKWONDO GYM MEASURES

Control Measures we will use in the Taekwondo Club during the Session		
Control Measures	Effect on Club participants	Check
Have Coaches been trained in these Risk Assessments and implementation measures?	Yes coaches are trained in these risk assessment and implementation measures	
Will the club have a first aid kit	Sunnyhill Community Centre to ensure it has an up to date, well stocked first aid kit regardless of Covid-19 measures	

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	Containing plasters, tape, scissors, sling, towel, hand sanitiser, kitchen roll, anti-septic wipes, disposable rubber gloves and a face mask. This would be used as a last resort in case the participant has not brought their own first aid kit (recommended)	
Do coaches and club leaders need to wear gloves?	When handling any shared equipment or using cleaning items, gloves should be worn and then disposed in a secure manner.	
Will there be any Taekwondo specific Signs in place?	Yes – We will have advisory signs within the class setting	
What should I do with my shoes and bag?	Put them at least 1m+ away from other people's shoes and bags	
Is Hand Sanitiser available for Members use? How often will we break to clean our hands?	Yes – the club should provide hand sanitiser, and everyone should sanitise their hands as they enter the Taekwondo gym space. Its better if you can bring your own to minimise risk We will break at least once to clean our hands during the session	
Are the Mats/Floor clean?	The mats or floor should be mopped between sessions The mats or floor should be spot cleaned during sessions where sweat or other bodily fluids are apparent that could contain the virus.	
How often will the Mats/Floors be cleaned?	Between sessions	
Is the Training equipment clean? How often will equipment be cleaned?	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 sessions.	
Will you provide Disinfectant Wipes to clean equipment etc?	The Sunnyhill Community centre will provide will provide?	
What about waste materials that might be infected? (e.g.: tissues, PPE etc)	A separate bin should be provided Secure disposal at the end of a session should be arranged	
Will Track & Trace apply to the Class?	The club should keep a record of everyone attending each class. If any participant is subsequently confirmed to have the virus, they should	



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	contact the club for the list of people who they may have been in contact with and inform the local authorities	
What if things change before the next Class?	The club should review the most recent government guidance and update the risk assessment and implementation plan accordingly. They should reissue this plan to all participants each time there is a significant change to the lockdown rules that could impact on the safety of everyone.	

TAEKWONDO TRAINING

Information on how we will practise Taekwondo during the Class		
Control Measures	Effect on Club participants	Check
Warm Up/Cool Down/Stretching	This will be carried out at 2m distance from other training participants There will be no working in pairs or groups unless they are from the same household	
Basic Techniques (Up and Down or On the Spot)	This will be carried out at 2m distance from other Members (as above)	
Poomsae	This will be carried out at 2m distance from other Members (as above)	
Foot Technique/1-1 Kicking / 3 Step /1 Step Sparring and Self Defence	Simulated Practice at distance allowed as long as a 2m distance is maintained between Members unless from the same household	
Pad Kicking (e.g. Paddles/Bats/Targets etc.)	Not currently permitted unless working within a household group. Pads should be thoroughly cleaned before use and never shared between household groups All equipment should be cleaned between sessions or if wanting to be shared with a different household group	
Breaking	Not currently permitted unless working within a household group and qualified / suitable age to hold Plastic board targets should also be thoroughly cleaned before use and never shared between household groups	



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	All equipment should be cleaned between sessions or if wanting to be shared with a different household group	
Sparring / Full Contact Sparring	Not currently permitted unless between members of the same household	
Poomsae	This will be carried out strictly in accordance with social distance rules from other Members (in front/behind and to the sides)	
Club Gradings and other Assessments	Only in accordance with all the above restrictions	

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