



Summary of safety measures – please read thoroughly

Social Distancing

- Social Distancing must be followed at all times (this means no contact training or use of shared equipment unless students are from the same household and use their own equipment)
- Arrive no more than 5 minutes early for the lesson, this is to avoid lots of people waiting in one area
- Where possible we will implement a one-way system for you to follow throughout the venue. Please be aware we may have a designated entry and a separate designated exit point – follow signage
- Where possible limit the amount of accompanying family members to just 1 per student. Where possible the parent/guardian should remain outside the venue or in their vehicle on-site whilst the child is training in the class
- Where possible we will have a socially distanced designated waiting area before admittance into the venue or training area, this is to allow previous class members to leave in a safe manner
- Attendance will be tracked and recorded by the instructor electronically – **this will enable us to give relevant information for NHS track and Trace if requested.**
- Our online class booking system **must be used** in order to comply with capacity restrictions in-line with government guidance – if you have not booked you will not be able to attend the class
- Use of showers or changing facilities is NOT permitted
- When walking into class, make sure to stand 2 metres behind the person in front of you and walk straight to an available space 2 metres away from others – remain in this place for the duration of your visit
- Stay on your designated spot throughout class
- At the end of class, wait for your Instructor to advise you when and how to leave
- Please try not to touch anything on the way in or out of class

Cleaning & Hygiene

- Instructors, Clients & Students will complete self-temperature check prior to arrival, must be under 100F (37.8 °C) Instructors may also implement the use of Infrared Temperature checks of students on arrival to class
- Where possible we will leave doors and windows open for ventilation and to reduce contact points on door handles
- A sanitizing station (table with alcohol hand gel, anti-bacterial wipes, spray and tissue) will be provided PLEASE use it upon arrival.
- Use only the bin provided as it will be double bagged before taken to waste.
- Personal hygiene is critical, clean and fresh clothes to be worn for each class
- Toilet use should be monitored with a 'one in one out' process and users encouraged to wash hands in the correct manner immediately afterwards and re use the sanitizing station
- Admin will remain paperless where possible
- Cash transactions are NOT permitted
- Wellbeing questionnaire to be completed before attending



KEY POINTS:

1. PLEASE YOU MUST BOOK EACH CLASS BEFORE YOU ATTEND
2. Sanitize on entry
3. If you feel in any way unwell before class it's very important that you stay at home
4. You must Self Certify using the questionnaire below before attending each class

Wellbeing Questionnaire

Name:	

The main symptoms of COVID-19 are:

- **High Temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **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)
- **Loss or Change to your Sense of Smell or Taste** – this means you have noticed you cannot smell or taste anything, or things smell or taste different to normal
- Most people with coronavirus have at least one of these symptoms

		YES	NO
Q1	I am displaying symptoms of Covid-19 as described above		
		YES	NO
Q2	I should be self-isolating as I suspect I may have been exposed to or have been suffering from COVID-19 in the last 14 days and have not yet received a negative test result.		
		YES	NO
Q3	I have been notified by the NHS track and trace service or the NHS COVID-19 App that I should self-isolate and have not yet received my test result.		
		YES	NO
Q4	I am living in the same household as someone who is self-isolating		
		YES	NO
Q5	I should be self-isolating after travelling from outside the Common Travel Area of the UK, Ireland, the Isle of Man, and the Channel Islands within the last 14 days.		
		YES	NO
Q5	I am considered “clinically vulnerable” as defined by the government’s COVID-19 guidelines and should be “shielding”.		

If you have answered YES to any of the above questions, we regret that we cannot admit you to our premises today.

We have a legitimate interest in collecting this personal data to protect the health of our instructors, clients, students, and visitors. This information will be recorded and securely stored in accordance with our data protection and privacy policies [available on request/available online]. This data will be deleted after [30] days.



Martial Arts & Fitness

Your support and understanding in assisting Martial Arts & Fitness managing the risks and protecting all staff by reducing the risk of spreading Covid-19 is appreciated.

I declare that the answers to these questions are correct to the best of my knowledge and belief.

Date

Signed