



Welsh Bushi-Kai Karate Association

COVID-19 Implementation Plan

WBK Club Name:	Margam Bushi-Kai Karate Club
WBK Instructors:	Jordan Hopkins
Date:	9/11/20

Hazard/Risk	Action	Who	Progress/Check
Virus Controls	Inform all instructors, students and parents/guardians of actions to be taken.	Club Instructor	✓
Social Distancing	Ensure 2 Metre distance is kept between student and student, instructor and instructor, and instructors and students. Limit class sizes to ensure 2 Metre distancing can be maintained.	All Instructors	✓
Members Personal Possessions	Minimize the need of possessions to be brought to the dojo.	Students and/or Parents/Guardians	✓
Hydration	Students to provide own water bottle. All water bottles should be labelled.	Students and/or Parents/Guardians	✓
Dojo Fees	Dojo Fees to be taken if possible via a contactless system. Cash payments MUST be submitted in a sealed and labelled envelope.	Club Instructor Students and/or Parents/Guardians	✓
Cleanliness	Students to wash/clean their hands before, during and after training. Hand sanitiser provided throughout the dojo/venue.	Students and/or Parents/Guardians	✓
Signage	Signage should be displayed by your venue.	Venue Completed	✓
One Way System	YCB have a one way system in place. Dojo will be following an additional one way system, visuals provided.	Venue Club Instructor	✓
Doors/Windows	Doors to be open where possible. No windows in the Sports Hall.	Club Instructor	✓
Changing Rooms	Not available. Students to attend training fully prepared.	Students and/or Parents/Guardians	✓
Toilets	Limited numbers allowed at any one time.	Club Instructor	✓
Spectators	No spectators allowed in the dojo.	Club Instructor	✓
Family Members	All family members to train together if possible.	Club Instructor	✓
Mats/Floors	Floors (if applicable) to be cleaned between training sessions, otherwise floors are to be cleaned by venue staff.	Venue Staff	✓
Spillages	All spillages to be cleaned immediately.	All Instructors	✓
Equipment	Equipment can be used if necessary. If equipment is used Equipment should be thoroughly disinfected & cleaned before and after sessions to minimise the risk of transmission. Equipment will not be shared.	All Instructors & Students	✓
PPE	Instructors and students are advised to provide their own PPE. Disposable masks and gloves will available if requested.	Students and/or Parents/Guardians All Instructors	✓
First Aid	Qualified first aiders to administer first aid, but must wear full PPE.	First Aider/Club Instructor	✓

Pick Up	Designated waiting area for students waiting for parent/guardian. Ensuring safeguarding is maintained.	Club Instructor	✓
Waste	Separate bins provided for potentially infected material. Secure disposal at end of session.	Venue Staff	✓
Test & Trace	Student details collected preferably online via the WBK Track & Trace Form. Otherwise can be collected upon entry to the venue using the WBK Track & Trace printed form.	Club Instructor	✓
Warm Up/ Cool Down	Completed with social distancing measures in place.	All Instructors & Students	✓
Basic Techniques & Combinations	Completed with social distancing measures in place.	All Instructors & Students	✓
Kata	Completed with social distancing measures in place.	All Instructors & Students	✓
Blocks	Completed with social distancing measures in place – in line structure (no partner). Blocks can be completed with partner, preferably from the same household, once interacting with each other, these students must stay with each other for the entire training session.	All Instructors & Students	✓
Sparing/Kumite	Not permitted.	All Instructors & Students	✓
Face Masks/Face Coverings	WG Legal Requirement: Students aged 11 years and over are to wear a face mask/face covering in any public area of the venue, for example entrances, exits, corridors, toilets etc. Parents bringing their child to karate must also wear a face mask/face covering. Students under the age of 11 or anyone who has health conditions are exempt from wearing a face mask/face covering.	All Instructors, Students and Parents/Guardians	✓
Indoor & Outdoor Training Capacities WG Guidelines 9/11/20	Instructors to ensure indoor training sessions that include students 11 years old or older not to exceed 15. Mixed groups of students over 11 and those 11 and under do not exceed the venues capacity.	All Instructors	✓