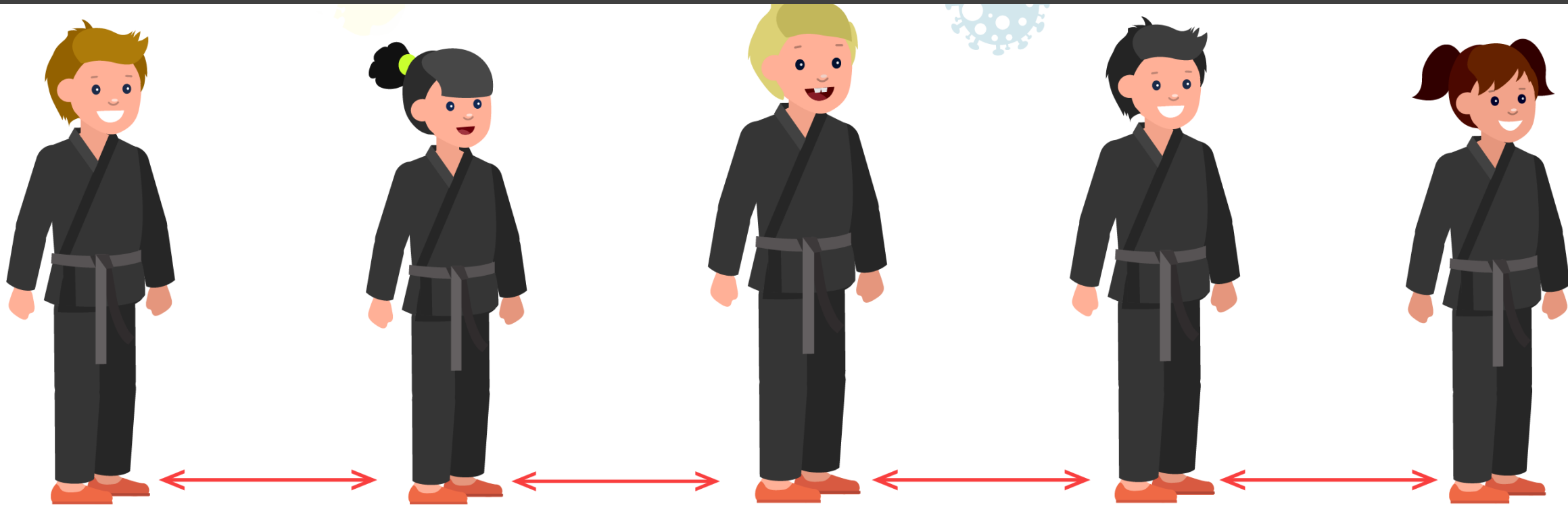




Claygate Martial Arts  
Centre [CMAC]  
Protective measures  
for safe training

Please read this guide carefully  
so you/your child understands  
how to follow CMAC's protective measures

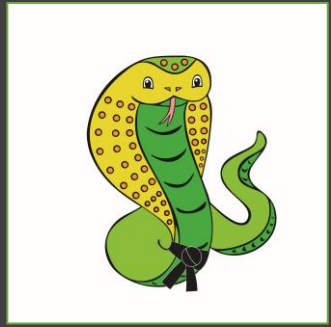


# An overview...

- Marked waiting and training areas
- One-way system through building
- Extensive cleaning procedures (including disinfecting all training areas between classes using an electrostatic sprayer)
- Touch-free sanitising dispensers
- Improved ventilation  
(all doors and windows will remain open)
- Adapted training practices



# Class attendance



- Students can turn up (without pre-booking) to any relevant class, any day of the week.
- An instructor will be positioned outside the building to count students in, ensuring that we meet government guidelines. In the very rare occasion that too many students arrive at class, we may ask students to return on a different day, or alternatively join an outside class at Claygate Recreation ground (**please always wear trainers to class**). If this situation does occur too often, we plan to use an online pre-booking system.
- We will continue to offer online Zoom classes on Saturday lunchtime (see timetable) for those needing to isolate, shield or preferring to train from home
- As always, attendance will be tracked and registered (including parents/carers waiting on site and new trialists) to assist with NHS test and trace system

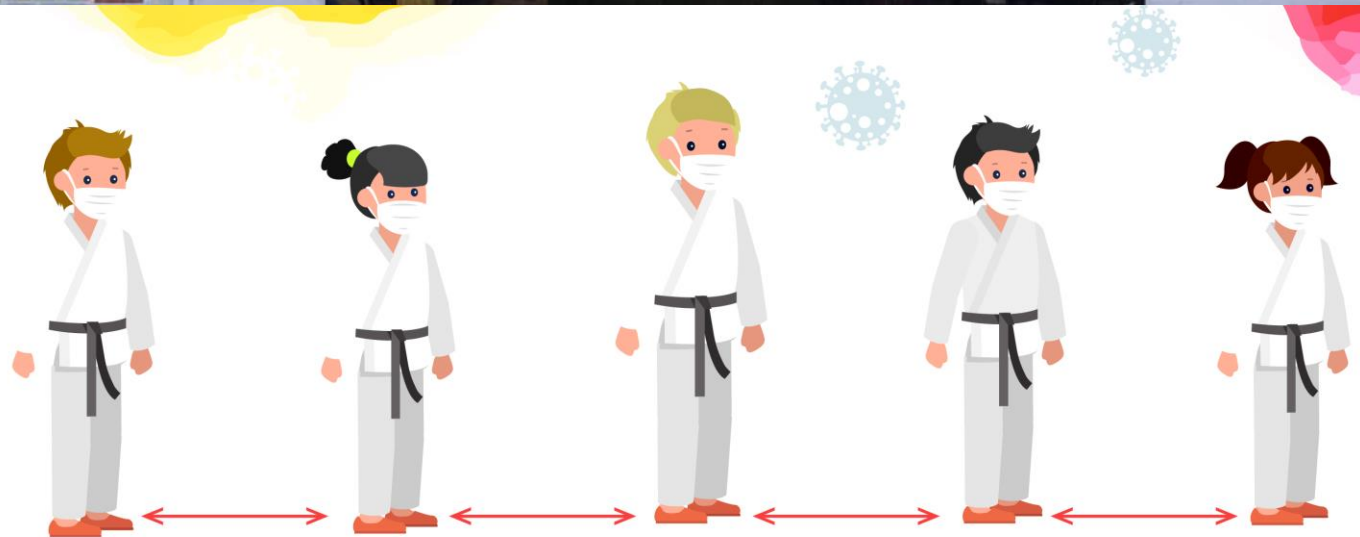
# Before leaving for class



- If you or your child feel in any way unwell before class, please **STAY AT HOME**
- Do not leave home to participate in Kuk Sool if you, or someone you live with, has symptoms of COVID -19 currently recognised as any of the following: A high temperature; a new continuous cough; a loss of, or change to, sense of smell or taste. Should you have demonstrated any such symptoms, you must follow NHS and PHE guidance on self-isolation
- Please use your toilet at home (our toilets will be open but we would like to minimise the use)
- Please wash your hands
- It is advised that only one parent/carer accompanies a child to class
- Avoid using public transport to travel to class, use your own vehicle and do not car share. Try to walk or cycle if possible.

# Arrival at class

- Please arrive no more than 5 minutes early for your class
- Please arrive in your full uniform (no changing at the building)
- Make sure you are **wearing socks for training**
- If you are **11+ years you will need to wear a mask when you are in the Reception area**
- Follow the signs to line up for class via the side gate
- Make sure to use the markers to keep your distance when lining up
- We will ask parents not to stay in the building during class, there will be outside seating available at the back of the building should you prefer to stay on site
- Depending on attendance numbers there may be some inside waiting areas available for parents, please ask the Instructor at the front of the building for instructions on how to enter. You must wear a mask in Reception.
- Place your shoes in the cubby hole for your class time
- Use the sanitising station on the way into class
- Listen to your instructor for which training area to use





## When you are in class

- You may bring a bottle of water for your cubby hole and your weapons (if applicable) onto the mats at your designated training area
- Stay on your designated training area throughout the class
- Ask an instructor if you need to use the toilet and follow the one-way system



## At the end of class

- Wait for your instructor to advise you when and how to leave
- Follow the one way system out of the hall
- Use the sanitising station on your way out
- Collect your shoes and belongings from the cubby hole
- Students 11+ yrs please put on your mask in reception
- Follow the signs to a marked waiting area in reception
- Please try not to touch anything on your way out
- Wait for the instructor at the front door to dismiss you to your parents



# Collecting your child

Yale

**Kuk Sool Won<sup>TM</sup>**  
**Family Martial Arts Centre**



07973 173892 [www.kswclaygate.co.uk](http://www.kswclaygate.co.uk)

- **Classes will finish five to ten minutes before the hour to allow for essential cleaning to take place between lessons**
- **Please line up behind the markers along the front of the building**
- **Please do not enter the hall**
- **An instructor will send your child/ren out to you at the front door**

# Additional protective measures

- Socks: no bare feet allowed! All students must wear non slip socks, for examples [FOLLOW THIS LINK](#)
- Masks: Must be worn in Reception area by anyone 11 years+
- First Aid: We would like parents to provide First Aid where possible, please stay local during class. If not possible our certified First Aid Instructors will provide care using additional protection including masks, gloves and eye protection.
- Training practices: Quiet ki ahps (martial arts yell), less contact with floor, zero contact with others (unless from same household), no equipment unless disinfected
- Ventilation: All doors and windows will remain open
- Risk assessments: We have a number of new risk assessments including a Covid-specific risk assessment. These are available to view on our [WEBSITE](#)
- Our new Standard Operating Procedures are also displayed on the notice board outside CMAC
- You can check in to the centre using the NHS App
- No cash policy: Card only transactions at Reception

Zoom classes  
are still  
available for  
those shielding  
or preferring to  
train online



**ONLINE**  
*and*  
**OFFLINE**  
**CLASSES**