



RED DRAGONS MARTIAL ARTS – STAGE 2 SAFE RETURN POLICY

Introduction

By law, fitness and dance studios in the UK were permitted to reopen from the 25th July 2020.

This document outlines the new safe return policy measures implemented by the Red Dragons Martial Arts School, Bristol; with the purpose of continuing to provide a fitness service under the guidance of the UK Government during the Coronavirus Pandemic. All members must adhere to the policy measures listed below in order to attend classes on the premises.

Aim:

- To provide clear critical communication to participants, volunteers and workers of RDMA to ensure that they take all reasonable measures to comply with social distancing and hygiene measures at all times, before, after and during physical activity and that the safety of all members, staff and others users of the premises are considered fully in regards to Covid-19 guidelines.

Objectives:

- To minimise contact with surfaces, workers/volunteers, customers and contractors within facilities and while participating in sport and physical activity.
- To promote the health and wellbeing of all by working in conjunction with the premises to adopt the safe and conduct COVID-19 safety measures to the best of our abilities.

Attendance Policy:

1. Each member will have an **allocated place** in class relating to their individual entitlement for that week. **Classes cannot be changed or transferred at this time.**
2. Please refrain from congregating around the entrance of the building, stand well back within view of the entrance for when Sensei, Mrs Sensei or a member of the S.W.A.T. team can **greet and indicate to come in to the building one at a time.**
3. All members are requested to **wear a face mask as they enter and pass through the building** to the class room. Members may also train with a mask on if preferred.
4. Members are required to **train 1.5 metres apart** from each other which will be indicated by a marker on the floor.
5. In the case of young children under **4 years of age, 1 parent/guardian** will need to remain with the child to ensure they do not venture out of this 1.5 metre mark or make physical contact with any other member or instructor. **No spectators** or non-members can enter the premises. Please can all adult parent/guardians consider wearing a face mask.
6. All members are asked to **follow all Coronavirus safety measures** as well as our previous COVID-19 policy- i.e.:
 - Wash hands on entering the building,
 - Avoid touching the face,
 - No sharing equipment
 - We ask that you please wear a face mask when moving around the building.
 - If you have a sports face mask, please do consider wearing it during the training.



7. Please adhere to any **one-way systems** in place.
8. Please come in your Gi and **avoid changing at the premises**.
9. Bring Antibacterial wipes/gel for your use when required.
10. Please limit the items that you bring with you so as to keep the useable space to a maximum.
11. Please consider smallest parties of people only when attending i.e. **no spectators, no non-members, only 1 guardian for under 4 years old**.
12. Please try to arrive on time and vacate the premises as soon as your class is finished. Communications with the Instructor can take place on the phone or via messenger during these more stringent times.

Our apologies for the stringent procedures we have to adopt at the moment and thank you for your cooperation.

Date 2nd Stage Safe Return Policy Completed: 25th August 2020

Signed: _____ (RDMA Instructor/Owner)
_____ (Business Manager/Covid-19 Officer)