

# The British Council for Chinese Martial Arts

**Dear Member**

**This is a summary of the BCCMA Covid 19 Safe practices Policy.**

**The full version will follow shortly, along with a sample risk assessment form and the latest correspondence from our insurers.**

**As government policy is changing, we will update the guidelines to suit.**

**A Risk assessment must be completed listing precautions below**

## **General**

All students and instructors should be made aware of social distance guidelines

All equipment to be sanitized prior to use.

Hand sanitizer to be used on the way in and on leaving the training hall

No parents will be allowed to enter or stay in the training hall

One entrance in, separate entrance out

Students to come ready for lessons, no toilets to be used for changing

If toilets are used, hands must be washed.

Students who show any signs of high temperature, cough or breathing difficulties should be sent home

Registers to be kept of each session in case any student proves positive to the virus and NHS test and trace has to be applied

Students will be pointed to their designated area and they are not to leave it until the lesson has finished.

Students will remain 2 metres apart at all times, including queuing to enter and whilst leaving.

Any student that sweats and droplets fall to floor these areas need to be cleaned with anti- bacterial floor wipes

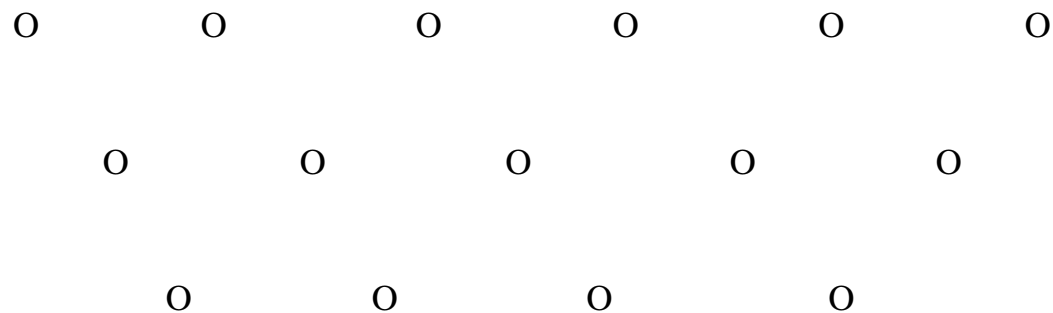
FOUNDER MEMBER OF: - Martial Arts Commission (UK)  
International Wushu Federation, European Wushu Federation

A SPORTS COUNCIL RECOGNISED GOVERNING BODY

No refreshments to be available; each student must bring their own water bottle.

### **Lesson structure**

Classes should be formatted so to maintain social distancing example



Nothing to be passed between student to student or student and instructor

Non-contact only

Fitness and stretching exercises

Forms

Punching drills

Kicking drills

Shadow fighting

All instructors will remain 2 metres away from students.

Footwear must be worn at all times

### **First aid guidelines stay unchanged**

A Swanson

BCCMA Chair