

British Aikido Association Position Statement COVID 19

The British Aikido Association and its membership have a civic and social responsibility to mitigate and reduce the risk of spreading COVID 19 and to place the health and wellbeing of the membership first.

The most recent Government Guidance permits the limited opening of Indoor Sport and Leisure facilities from the 25th July. The main thrust of the guidance focuses on “Gyms” and their ability to socially distance participants.

These British Aikido Association Guidelines are specifically designed for its members, affiliates and associates.

The current published Government Guidance is below.

From 25 July, subject to rates of transmission closer to the time:

Sports facilities and venues, including such as indoor gyms, fitness and dance studios, indoor swimming pools and indoor water parks, can open.

We have eased the restrictions on social contact - enabling people to meet in groups of two households in any location (or, as previous, in a group of any six people outdoors).

Effective infection protection and control

There are important actions that children and young people, their parents and those who work with them can take during the Coronavirus (COVID-19) outbreak, to help prevent the spread of the virus.

Measures set out in the guidance for Sports Centres and indoor activity include:

- Limiting the number of people using the facility at any one time, for example by using a timed booking system;
- Reducing class sizes and allowing sufficient time between each class to avoid groups waiting outside during changeover;
- Ensuring an appropriate number of people are in a swimming pool at any one time;
- Spacing out equipment or taking some out of service to maintain social distancing;
- Enhanced cleaning and providing hand sanitizer throughout venues;
- Considering how the way people walk through their venue could be adjusted to reduce contact, with queue management or one-way systems;
- Ensuring adequate ventilation;
- Encouraging the use of outdoor spaces for individual, team or group activities, making sure to comply with the latest restrictions on public gatherings;
- Exercise or dance studios should have temporary floor markings where possible to help people stay distanced during classes;
- Customers and staff should be encouraged to shower and change at home wherever possible, although changing rooms will be available.

Under current regulations classes may re open however physical contact outside a “Family or Group Bubble” is not permitted making Aikido classes (unless socially distanced) difficult but not impossible. Therefore a case can be made to venue management for family bubbles and socially distanced sessions.

However we must be ready for progressive relaxation of Government restrictions over the coming months. Therefore all BAA clubs should provide their own Risk Assessment in conjunction with the host /hiring venue.

BAA clubs are practicing in a variety of venue and need to provide a bespoke Risk Assessment linked to host requirements.

Negotiation with host venue on: -

- Changing Facilities (are they open/shared with other groups)
- Toilets and Wash Rooms (Sports Centre /School cleaning regime identified)
- Movement around the centre and is social distancing in place throughout the facility)
- Mats and Equipment (Ownership of mats and usage by others linked to cleaning regime)

to be undertaken to define your personal responsibility from that of the venue.

Below is a list of measures to be considered, some of which may become redundant as time progresses or are not applicable.

- Classes should be pre booked / by invitation with correct contact details for all students/coaches attending to adhere to the test and trace protocols and mat size for social distancing.
- Medical advice is clear: contacts of a person who has tested positive for coronavirus (COVID-19) must self-isolate at home because they are at risk of developing symptoms themselves in the next 14 days and could spread the virus to others before the symptoms begin. If you are a contact of someone who has tested positive for coronavirus (COVID-19), and then you will be notified by the NHS Test and Trace service via text message, email or phone. If you are notified, please follow the guidance in this document closely.
- Create specific class times and ensure groups are consistent with bubbles established.
- Maintain social distancing both on and of the mat area.
- Make it clear that anyone feeling unwell, especially with symptoms as listed in government guidelines including a high temperature or cough must not attend under any circumstances.
- Temperatures should be taken at the entrance and if any family/group member has a temperature of over 38 degrees the group will be asked to isolate for two weeks before returning.
- If changing rooms are closed and cannot be used come to the dojo ready changed, students should refrain from travelling on public transport in their Gi. Also please bring additional dojo tabi socks and a facemask.
- Coaches are to remain at a one-metre plus with additional precautions (2 metres if possible) distance and have no physical contact with any member of a group.
- All students and coaches must wear footwear when not on matted area.
- All students and coaches must adhere to current good practice with regards hand washing in toilets and using sanitizer before entering mat and leaving the dojo
- All students must bring their own water and not share with others.
- The same consideration on social distancing should apply to all parents, spectators and dojo visitors.
- Any risk assessment should include the cleaning of all equipment and mat area with an appropriate sanitizer.
- The wearing of face coverings is encouraged but at this stage not compulsory, please refer to current Government Guidance.
- Ensure appropriate ventilation in the room.
- The BAA encourages the establishment of online payment for sessions to reduce cash handling.
- A risk assessment for each dojo to be produced and shared with venue and all coaching staff.

Should you require support please contact any member of the Executive Committee or jonesbinw@btinternet.com

Please refer to attached BAA risk assessment template.

If in doubt refer to current Government Guidelines at www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities