

Evolution Martial Arts and Sports Academy CLG

Covid-19 Protocol

27 July 2020

This document describes the mandatory procedures to be followed for Evolution students, parents and coaches during the Covid-19 crisis and applies until further notice. It is a precondition of training that students / parents agree to follow this protocol at all times.

- Students must be free of cold & flu-like symptoms (dry cough, high temperature, headache). If a student has recently visited a non-greenlisted country, they must isolate for 14 days before attending training.
- **Masks are not required** to be worn by parents, students or coaches. We are adopting a cleanliness and 2m social distancing approach to combat Covid-19 infection.
- Students/ parents must queue outside the building before the training session, observing social distancing. Beginners starts at 5:00 pm, Intermediates at 6:30 pm and Kickboxing at 8:00 pm.
- **The toilets are not available for use.** Students please use toilet at home before training.
- **Water bottles must be marked with the student's name.** Any coats / hoodies etc. should be looked after by the parents until after training.
- Parents check in their child at the downstairs entrance hallway and then leave. **Parents are not allowed to spectate during training.** (Only Garda-vetted coaching assistants may attend lessons.) Older students check themselves in. Students proceed upstairs, with 2m distancing.
- Hand sanitiser must be used before entering the dojo. This is available at the upstairs reception.
- On entering the dojo, students place water bottle and shoes/socks on a designated spot (where the spectator chairs used to be).
- **For Wednesday intermediates**, sparring gear to be placed on designated spots in the punchbag room. All students must use own gear or gear lent by the club, for which they have personal responsibility for the term. We will not be sparring each other at this time but we will be having lots of fun punching and kicking the bags, which are now spaced 2m apart.
- During training keep strictly to new marked spots which are 2m apart on the sprung floor.
- After training, retrieve belongings from designated spot, form a socially-distanced exit queue and use hand sanitiser on way out.
- Students will be led downstairs by coach after training and released to parent / older students leave with social distance observed.
- For coaches and assistants: area around each training spot to be wiped with disinfectant between training sessions and emergency exit doors opened to freshen the air. Any equipment used during training must be wiped down with disinfectant. Last training session of the day must conclude by sanitising the floors with mops and sterilising fluid.
- In the event of first aid being administered, the first aider will wear mask and gloves.

Please note:

- This protocol is written with consideration of National Public Health Emergency Team (NPHE) and World Health Organisation (WHO) guidelines, which may change from time to time. This may lead to subsequent relaxation or tightening of guidelines. Any questions contact Mags on 086 8414815 or Mark on 087 9928916.