

Return to the dojang - Covid-19 action plan St. Catherine's Primary School & Jesmond Pool

Outdoor Training Check List

- ✓ Participants and spectators will be expected to self-check for symptoms of Covid-19 before coming to class.
If you have a fever, new persistent cough, or experience a loss of smell or taste you must stay home and arrange a Covid-19 test.
- ✓ Participants to register and book classes online.
No turning up to class without booking a space in advance.
- ✓ Participants / parents to read Covid-19 risk assessment before coming to first class.
- ✓ Participants to complete health questionnaire and update contact details before returning to classes.
- ✓ Arrive no earlier than 5 minutes before class.
- ✓ Parents of junior members requested to wait in vehicles or the local area.
If staying at class, bring your own chair and sit well away from the exercising group. Remain 2m away from other spectators.
- ✓ Come ready for class (no changing facilities)
Dress for the weather and have suitable footwear.
Doboks are not required when training outdoors.
Classes will still take place in light rain. Be prepared for grass stains and muddy patches!
Bring sunscreen and a cap.
Bring sparring gloves if you can. Whilst partner pad work is not permitted yet, we may do 'ground and pound' drills on the kick shields. Participants should not share gloves.
- ✓ Participants should bring their own hand sanitiser and apply it before class.
- ✓ Bring plenty of water. Participants should not share water bottles.
- ✓ Use of the disabled access toilet is permitted using a one-in-one-out system.
Cleaning wipes will be provided. Please wipe touch points after use.
- ✓ If using shared equipment, i.e. weights or skipping ropes, participants should wipe down the equipment after use.
- ✓ First aid. Adults should bring their own basic first aid supplies (plasters, micropore tape, antiseptic wipes).
If participants require first aid, they will be asked to wear a face mask over their nose and mouth.
- ✓ Leave as soon as class is finished so the area is free for the next group arriving.

By attending class you / your child agree to the above measures and procedures.
Let's keep each other safe.

Indoor Training Checklist

- ✓ Participants and spectators will be expected to self-check for symptoms of Covid-19 before coming to class. If you have a fever, new persistent cough, or experience a loss of smell or taste you must stay home and arrange a Covid-19 test.
- ✓ Participants to register and book classes online. No turning up to class without booking a space in advance.
- ✓ Participants / parents to read Covid-19 risk assessment before coming to first class.
- ✓ Participants to complete health questionnaire and update contact details before returning to classes.
- ✓ Arrive no earlier than 5 minutes before class.
- ✓ Come dressed for class. Dobok trousers, belt and either club t-shirt or dobok jacket. Uniforms are not required on Saturdays, but club t-shirts are encouraged.
- ✓ Bring only what you need. Full sparring kit is not required as sparring is not permitted yet. Gloves will still be a good idea for classes at Sandyford. Do not share gloves.
- ✓ Parents of junior members requested to wait in vehicles or the local area. There will not be spectator seating available.
- ✓ Participants should apply hand sanitiser when they arrive at the venue .
- ✓ Bring plenty of water. Participants should not share water bottles.
- ✓ Use of the toilets is permitted one participant at a time. Please follow procedures as marked out by the venue.
- ✓ If using shared equipment, i.e. weights or skipping ropes, participants should wipe down the equipment after use. When pad work is permitted, students will be 'bubbled' in pairs for the duration of the class.
- ✓ First aid. Adults should bring their own basic first aid supplies (plasters, micropore tape, antiseptic wipes). If participants require first aid, they will be asked to wear a face mask over their nose and mouth.
- ✓ Leave as soon as class is finished so the area is free for the next group arriving.

By attending class you / your child agree to the above measures and procedures.
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