



Marshall Street Dojo SKC

Chief Instructor Sensei Craig Raye, 6th Dan
 marshallstreetdojo@gmail.com
 www.marshallstreetdojo.co.uk

COVID-19 Health & Safety Measures

The measures indicated below have been compiled using Government, KUGB and Marshall Street Leisure Centre regulations and guidelines. They are taken in a bid to minimise the risk of COVID-19 being passed between participants whilst training, therefore compliance with these is essential.

The KUGB and Marshall Street Dojo SKC will do their utmost to provide a safe environment but take no responsibility for members who contract COVID-19, however contracted.

The responsibility for a safe training environment is a shared between the Instructor and the members. Members must make their own risk assessment as to where, when or whether they will train.

Members have the responsibility to NOT train or attend the Dojo if they have any symptoms that may be in anyway related to COVID-19. Furthermore, if they have had contact with anyone who has, or is suspected of being infected with the COVID-19 virus they must NOT train and should follow government guidelines on isolation, timescales etc. <https://www.gov.uk/coronavirus>

WEDNESDAY 7pm	
Pre-booking & Pre-paying	<ul style="list-style-type: none"> • Pre-book by 7pm by emailing marshallstreetdojo@gmail.com or using WhatsApp 07895 634 887 Max. 11 people per session, allocated on a first come first served basis. • Pre-pay by bank transfer: Craig Raye Marshall Street Account: 18093760 Sort Code: 30 96 88 PAYG Members - £8 PAYG Non-members - £10 Monthly Members - £32 No cash payments on the day.
THURSDAY	
Travelling to/from the venue	<ul style="list-style-type: none"> • On public transport follow the 'Hand Face Space' government guidelines, maintaining safety distance, wearing a mask and using hand sanitizer where available.
Arriving at the venue	<ul style="list-style-type: none"> • Entry is at 8:10pm. This is entry to the Leisure Centre from the street and not entry to the upstairs dojo. • Sanitize hands using your own gels or the sanitizers in the venue. • Sign in at reception (Track & Trace). If your name is not on the pre-booked list, the venue may refuse you entry.

THURSDAY contd.	
Changing rooms & Training outfits	<ul style="list-style-type: none"> • Changing Rooms: Use only if strictly necessary, as only 4 people are allowed in at any one time. If using public transport you may want to wear a tracksuit for training (see permitted clothing below) If you must use the changing rooms, maintain a safe distance. Change as quickly as possible given the short time between admittance into the centre at 8.10pm and start of the session at 8.15pm. • Permitted clothing: full gi; track suit and black or white t-shirt; combination of gi top/trousers + t-shirt/rack suit. • Compulsory footwear: Trainers or plimsolls must be worn. No socks.
Before training	<ul style="list-style-type: none"> • Enter the dojo from the elevator side, avoid contact with door handles etc. if possible. Only one person to keep the door open.
During training	<ul style="list-style-type: none"> • No physical contact • No kiai • When lined up or when facing each other maintain safety distance as per current government regulations.
After training	<ul style="list-style-type: none"> • Exit from the shomen side, avoid contact with door handles etc. if possible. Only one person to keep the door open. • Follow changing room and sanitizing guidelines as above.
Leaving the venue	<ul style="list-style-type: none"> • Travel home safely as per government guidelines above.

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