



# Exmouth Karate

## newsletter

August 2020

I hope you are all keeping well in these strange times.

Thank you for your continued support via our online zoom lessons and now outdoor.

I am very happy to confirm that the club is set to return to the dojo from Wednesday August 5<sup>th</sup> starting at the limited capacity of nine students to continue to keep everyone safe.

Initially indoor classes will be on Wednesdays only in the badminton hall.

Outdoors lessons will continue to run on Sundays at Jubilee park Budleigh Salterton at 2pm

Until further notice. ( Please note that Kevin sensei will be away for two classes this month so keep a keen eye on the Exmouth Karate website and face book page for further details of who will be teaching)

I will be looking to review numbers every week pending government guidelines.

I will outline everything we have to do to ensure a safe return to the dojo in this newsletter.

I have attached the risk assessment that we have done for the Cranford Club and our entry and exit of the hall upon training.

Before I continue please note that the next Kyu Grading is on Sunday September 6<sup>th</sup> (This will be a grading only session with no training and is being held at Exeter Dojo "There is no grading at Tiverton Dojo on this occasion" and all zoom/outdoors lessons are being taken into account !)

### 1. Returning to the hall from 6<sup>th</sup> august

- Please see the attachment titled 'Exmouth dojo Covid19 entry and exit to hall

- Parents/carers please avoid entering the dojo/ hall with your children if you are not training yourself. I will ensure they know what to do and are safe.
- There will be no spectators allowed in the hall, unless a lesson has 5 people or less.
- Parents/carers can wait outside in the outside space next to the fire exit by reception. (Please ensure that you observe social distancing)
- Parents/carers please wait in the outside space at least 5 minutes before the end of the lesson to collect your child/ren
- Use the hand sanitisers when entering the hall and leaving through the fire exit which leads to the space outside of reception .
- Please arrive in your gi (Changing facilities are not available at this time)
- Please try to avoid using the toilet facilities. If you need to use the facilities only one person will be allowed at a time, please use the disabled toilet, wash your hands and sanitize before returning to class.
- The dojo floor will be marked out with cones.
- Please bring your own water bottles with enough water to last your lesson, there will be no access to the bar area or water machine to get water. The toilet water is not drinkable.
- Booking is now essential and must be done via our website No bookings means you will be turned away if the lesson is fully booked.
- <https://www.exmouthkarate.com>
- Vulnerable (those with health conditions) people, should seek the advice of their GP, prior to attending the Dojo.
- You should not attend, if you are showing any Covid-19 symptoms.
- You should alert your Sensei, if you develop any symptoms – post a training session (re track and trace).  
A temporary record of your attendance will be kept for 21 days, to assist the NHS Test and Trace – with requests for data if needed. This is to ensure that each person can be contacted, if there is a case of Covid-19 – connected to the Dojo.
- Touch points, will be cleaned after use. No equipment will be shared in class
- All fire exits will remain open, to ensure good ventilation.
- Trainers need to be worn for training, there will be no training barefoot.
- There will be no kia'ing
- Any kumite we do will be at over 2 meters apart with all students wearing face masks, kumite will not last longer than 5 minutes.
- Lessons must be paid for via bank transfer.
- Max 9 persons training at any one time.
- Anyone not adhering to the above rules, may be asked to leave or sit out of class in order to facilitate the safety of others.

## 2. Lessons

Indoor lessons must now be booked from the club website. Any lessons not booked 1 day in advance that haven't been filled with any students will be cancelled.

<https://www.exmouthkarate.com/bookings-checkout/karate-class/book>

If you can't figure out the online booking, please message me at least 3 days in advance and I can book it for you. (Assuming there is space ""the sooner you book the more likely you are to get a space"")

Indoor lesson times are as follows for now :

Wednesdays

18.30-19.45 allowing 15 minutes for cleaning

### **3. Payments**

Thank you to those who have been prompt with payments while we have been training outside. Just a gentle reminder that all payments for now are via bank transfer. If you have been taking part in the outdoor lessons and haven't made any payments please do so asap especially with us returning to the hall and the extra hours that we are now paying for with limited number training.

### **4. Kyu gradings**

We need at least 15 people grading in Devon/Somerset to go ahead with the grading. Please let me know if you would be interested in grading in September.

There will be no training lesson before, and a max of 4 people grading at a time, with September kyu grading taking place at Exeter dojo.

only the grading examiner and the organiser in the hall.

Any kumite in the grading will be 2 metres apart with all students wearing face masks.

### **5. Private lessons**

Private lessons are still available.

The easiest thing to do is to message either myself or paul with your availability and I can find a time that suits everyone.

Thank you for you understanding and patience while we all get to grips with how life is at the minute. Some things might sound scary or a real pain, but I will everything I can to ensure your safety while making it easy and stress free for you.

Kind Regards

Kevin sensei

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