

September 2022

Amendment of Safeguarding Safe Practice Policy and Procedures due to Covid-19

Due to the Coronavirus Pandemic, we have updated all Policies and Procedures accordingly. We will continue to update these policies in-line with Government guidance.

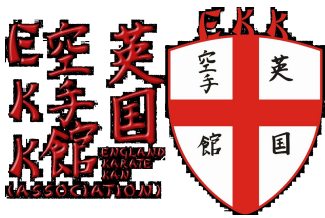
We follow government guidelines to help us implement appropriate measures to protect our students, instructors and parents in our community during coronavirus.

The below measures have been implemented during the pandemic, and are continuing to be used (as appropriate) with the most recent government guidelines:

1. Complete a COVID-19 risk assessment. This has been shared with our instructors and is available in our classes.
2. Clean more often. We have increased the frequency of how often we clean surfaces, especially those that are being touched a lot. As part of this, we will be requiring everyone to hand sanitize upon entry and exit.
3. Mandating everyone to wear face coverings upon entry and exit of the building. Face coverings are not required within the dojo itself, but are required within the communal indoor spaces prior to entering the dojo. Note, those unable to wear a face covering due to a medical need, are to inform instructors before hand.
4. We will turn people with coronavirus systems away upon entry for a lesson.
5. Students will be asked to leave immediately, if any COVID symptoms are displayed during any lesson (e.g. uncontrollable cough). Note the respective parent / guardian will be asked to collect the student in this scenario.
6. Ensuring everyone has to social distance in communal areas and within the Dojo during lessons.
7. Enforced (where feasible) a one way entry and exit system with the usage of signs for everyone to follow.
8. Increased ventilation by keeping doors and windows open where possible and running ventilation systems at all times (where feasible).
9. We have limited the use of changing rooms by encouraging students to arrive in sports kit and where possible, to travel home to change. Changing rooms are only available to use by 1 person at a time, and should be used as quickly as possible. Facilities should always be available for those with disabilities.
10. Encouraged contactless payments. Whenever possible use pre-payment cards or pay via bank transfer
11. Parents and guardians are no longer permitted to stay on the premises during classes unless there is a medical need.
12. Temperature checks upon entry. Any temperature reading above 37.5 will be turned away from class.
13. Managing occupancy levels and changeover by reducing class sizes and amending timetabling.
14. Allow a sufficient break time between classes held in order to appropriately clean and to prevent waiting in groups.
15. At EKK we will continue to take a register (as we normally do) which can be leveraged if Test and Trace is necessary.



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Safe Practice Policy

This safe practice policy is essential to help ensure that classes are taught in a safe manner that prevents injury for students in the EKK Association.

Children* are particularly vulnerable as they are still developing mentally and physically, so training methods need to be modified depending on the types of lessons taught. This policy is also applicable for classes involving any students with special needs and also to adult students.

This policy will be reviewed by all instructors and teachers on a regular basis, reviewed annually with necessary updates made accordingly.

EKK Association always ensures good supervision by Instructors at all times.

1. Warm Ups

All class activities should first include a thorough warm up which is appropriate for the activity taking place. To help reduce the risk of injury, specific attention should be paid to those muscle groups that will be used during later activity.

2. Lessons involving jumping

EKK Association understand that risks include but are not limited to: jumping on unsuitable surfaces; damage to the joints from locks

Classes involving jumping will include, but is not limited to:

- (a) Checking the matted area for suitability, particularly where the mats have been joined.
- (b) Checking that there are no hard surfaces or sharp/hard objects around the matted area.
- (c) Having an experience instructor who will ensure that children are not taught to throws jumps which will cause injury.

3. Lessons involving strikes, punches and kicks

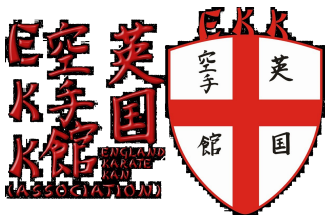
EKK Association understands the risks include but are not limited to: concussion (brain injury) from heavy blows to the head; damage to internal organs and joints from heavy blows; injury from inappropriate stretching and other exercises.

- (a) All moves involving strikes, punches and kicks are all executed in a controlled manner.
- Where appropriate, protective clothing will be used
- Pupils under the age of 15 do not exercise contact to the head in classes

~~Classes are organized in groups of similar age and height pupils~~



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Above all, at EKK Association, our safe practice means having a suitably qualified and experienced instructor who will ensure that children are not exposed to the above risks and who can make a training session enjoyable whilst maintaining the discipline essential to learning a Martial Art.

In addition to the above, Instructors ensure that

- Upon arrival a register is taken at the beginning of every lesson to record every attending child
- An instructor or member of the EKK Senior Team are always available at the end of each lesson to ensure parents/guardians are there to collect their child, and if not present, the instructor or appropriate adult will contact parents/guardian of the child as per data protection.



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