

AMA Covid 19 Policy Guidelines and Recommendations – 6-230620

All instructors and practitioners should continue to follow government guidelines at all times, especially social distancing, hand washing and/or using hand gel. ([government rules on social distancing](#))

The Venue

The entrance to the venue, the hall itself and any public areas should be cleaned and disinfected before and after each class. ([government guidance for non-hospital facilities cleaning](#))

Doors should be left open where possible so that door handles are not touched, also windows to allow the air to circulate.

Changing rooms should not be used for changing and therefore not available for use, unless needed for toilet facilities, following the guidelines on distancing and cleaning areas. Communicate this to all members and ask them to arrive dressed in the appropriate attire, over-gis/tracksuits, would keep the training garments clean and ready for use.

Hand sanitiser should be made available for the use of all attendees.

Markers should be in place on the activity floor indicating where to stand for social distancing training. Mats, Cones or tape could be used.

On entry to participate: members do so at their own risk. Also, that they are not training against medical advice. Send the attendees list electronically so to reduce the risk of contact/contamination.

Arrival

Attendees should arrive already dressed in the appropriate training attire, which should be clean and then washed after each session.

Attendees should wait outside the venue either at the 2m social distancing or in their car and wait to be invited into the venue.

The instructor or allocated person should invite individuals to enter separately and if possible take their temperature. Anyone with a high temperature should not be allowed in and asked to return home and seek medical advice.

On entering, each attendee/guardian should sign a declaration of health, example attached. This could be emailed out in advance to give the attendees the chance to read it and understand what they are signing. If anyone is unwilling to sign the document they should not be allowed to enter and asked to leave.

Attendees should use the provided hand gel at this point.

Footwear and any outer clothing (i.e. tracksuit or coat) must be left in an appropriate safe place. This could be allocated by the instructor or club helper.

Attendees enter the training area must stand at one of the markers, do not stand with 2m of anyone, unless you are from the same household.

Lessons

Register of session and members kept.

Instructor keeps and maintains an accident reporting book.

Written risk assessment of area to be trained in i.e. suitability.

Follow government hygiene advice.

Everyone to remain **1m** apart ([or/as government guidelines on distancing](#)) during class times including the instructor. This will mean smaller class sizes which will relate to hall size and distancing.

Families from the same household or people living in the same accommodation will be allowed to practise closer together and will be the only people allowed to have any physical contact within the sport.

It is recommended that no one will bring any equipment into the venue e.g. sparring mitts etc. However if needed for bag and pad work etc., this must be cleaned and/or sanitized before use. All equipment, bags and pads etc., must be cleaned and/or sanitized after use.

If anyone shows signs of Covid 19 or is feeling unwell during the session, they should leave the immediately, seek medical advice and follow government guidelines for isolating. ([NHS – What to do if you or someone you live with has symptoms of Coronavirus](#))

If anyone, who has been training, subsequently discovers that they have Covid 19 or signs of Covid 19, then everyone training on that same lesson should follow government guidelines and self-isolate, including the instructor. This must be recorded on your attendance list for that lesson, as this may be required by the authorities.

The infected, or suspected infected person/guardian, should contact the instructor immediately, to protect the spreading of the virus.

The instructor should make sure they have contacted details for all attendees and that the attendees have the instructors contact details. These should be written on the declaration form on entering the venue.

If training outdoors, then please follow the government's guidelines for instructors: <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-personal-trainers-and-coaches-on-the-phased-return-of-sport-and-recreation>

Toilet Facilities

Provide hand sanitiser.

If possible, the toilet facilities should not be used, except in extreme circumstances, i.e. medical, health, personal, or emergencies.

The following instructions should be given at the beginning of each class:

Anyone using the toilets should use the hand sanitiser after use and not use the taps and basin. Unless full cleaning equipment is available following government guidelines.

After each use, the toilet should be sprayed with disinfectant and cleaned with a cloth. If possible, one person should be allocated this job. It could be one parent or club helper.

Leaving the Venue

If the doors have been closed, they should be wedged open to allow everyone to leave without coming into contact with the door handles etc. this again reduces the risk of infection.

Each participant should leave separately at the **1m** social distancing guidelines.

Time should be allowed for each person to be able to put on their footwear and still keep the social distance.

Attendees/guardians should be instructed to shower and wash their training immediately they return home.

Insurance - Covid-19 Exclusion

As it is a known event, Insurers have imposed the following endorsement on all new business and renewals:-

'Coronavirus Absolute Exclusion

Notwithstanding any other provision (including any communicable disease extension), no cover is provided under this policy for any claim, loss, cost or expense of whatever nature directly or indirectly arising out of, contributed to by or resulting from coronavirus disease (COVID-19), severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), or any mutation or variation thereof.

This exclusion also applies to any claim, loss, cost or expense of whatever nature directly or indirectly arising out of, contributed to by or resulting from:

- (i) any fear or threat (whether actual or perceived) of; or*
- (ii) any action taken in controlling, preventing, suppressing or in any way relating to any outbreak of;*

coronavirus disease (COVID-19), severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), or any mutation or variation thereof.'