

## Amateur Martial Association Ltd

The National Multi Style Governing Body for Martial Arts as recognised by its members since 1971.

Dear Members

As we move towards Step Three of Governments roadmap out of lockdown, we are now in a position to advise on the latest return to training guidance that will apply from the 17th May

From 17th May

### UNDER 18's

There are currently no restrictions on Under 18 training, and full range of activities in Martial Arts practice can take place.

The significant change is that there will be no restriction on class size, other than the normal risk of instructor to student ratios. The rule of **15 maximum per class**, as set out by the DFE, **no longer applies**

### ADULT Sessions

These can now resume indoors, but social distancing protocols must be enforced as phase one & two of the AMA guidance steps to training.

Pad work is allowed (as per AMA guidance 2) contact training is not allowed ( such as grappling etc)

In essence, what has been allowed outdoors, is now allowed indoors.

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**Spectators**.... Adult spectators are allowed, but they must remain seated. and wear a mask at all times. Social distancing rules must be vigorously enforced as per the social distancing laws that apply to wider society.

**Instructors/Coaches** are reminded to ensure that students wear a mask/face covering at all times when indoors other than at the point of training.

Socialising and communing within the dojo, and facility is to be discouraged at this time.

The key principle in class sizes is to ensure that each person is afforded 100 cubic feet of space. Coaches/Instructors must check with their facility provider on capacity numbers taking into account both class participants and spectators. Those who run their own private dojo, must adhere to agree.

We had hoped to have been allowed to return to under 18 competitions, but this has not been allowed. For the time being there is no Competition permitted. The AMA will advise further when such permissions have been given.

In the meantime, we wish everyone all the best with their recovery, and hope that soon we will have a greater sense of normality.

Keep safe and keep those around you safe.

Peter Allen  
AMA Vice President