

# Littleover Taekwon-Do Club / COVID-19 Arrangements

## Overview

The maximum capacity of the main hall (as stated by the hall management) is 15.

To permit adequate spacing for training the maximum number of students – if all students are from different households - will be 10, with one instructor, making a total of 11.

Where we have family groups attending, we may adjust student placement allowing 12 students.

Hall layout / student placement diagrams shown later in this document.

Due to the requirement to remain within a specific number of students it is no longer permissible to turn up without pre-reserving a place.

Please contact [jamie@littleovertkd.co.uk](mailto:jamie@littleovertkd.co.uk) to book training.

Training will need to be paid for one month at a time, in advance. Only full month payments accepted (calculated based on the number of Mondays in the month). Please pay for the following month within 3 working days of the final class of the current month.

Places will be booked on a first come first served basis, with preference given to students who made a commitment the previous month.

Regrettably LTKD will be unable to refund for no shows (due to reduced ability to fill empty spaces at short notice). The exemption here is if a student shows COVID-19 symptoms and is isolating, or is required to self-isolate.

## Training Fees

Cash payment is no longer accepted.

Please pay direct online, using the details below.

Name	Littleover TaeKwonDo
Sort code	08-92-99
Account	65396555

Please enter student name as payment reference

LTKD will use the contact details it already has for registered students to support the NHS Test and Trace service. Please notify [jamie@littleovertkd.co.uk](mailto:jamie@littleovertkd.co.uk) of any changes to contact information.

### Drop off / Collection

Students should arrive no earlier than 5 minutes before the start of the class. Students should observe social distancing whilst waiting to enter the hall.

Upon entry, hand gel will be available, and the instructor will advise students where to go in the hall. Students should proceed to their marked position, and not congregate at the rear of the hall.

Personal belongings will be placed at the side of the room, close to the student.

At the end of the class, students will be released one at a time (family / siblings together), under instructor direction.

### Face coverings

Students aged 11 and over should wear face coverings for entry to and exit from the community centre. They will need to be removed whilst exercising.

### Health Checks

Students should not train if they feel unwell or display any COVID-19 symptoms, even if they feel well. Please follow UK Government guidance at <https://www.gov.uk/coronavirus>

### Injuries

Injuries are very rare whilst training anyway. In the event of injury face mask / face shield and gloves will be worn where first aid needs to be administered.

### Toilet Breaks

We will no longer operate a scheduled break in the training session for students to automatically take a toilet break. If a student needs a toilet break they need to ask the instructor. Students will only be allowed to use the 'disabled toilet' in the hall, one at a time. LTKD does not have toilet cleaning facilities, however surface wipes will be available for students to disinfect touch points (e.g. door handles).

### Hall

Where weather permits, front windows and the rear door (to the play area) will be opened to allow ventilation.

Students should not go to other rooms in the hall without permission from the instructor. If weather permits, and there is an additional instructor available, some students may train outside at the rear of the hall. Trainers will be worn when outside.

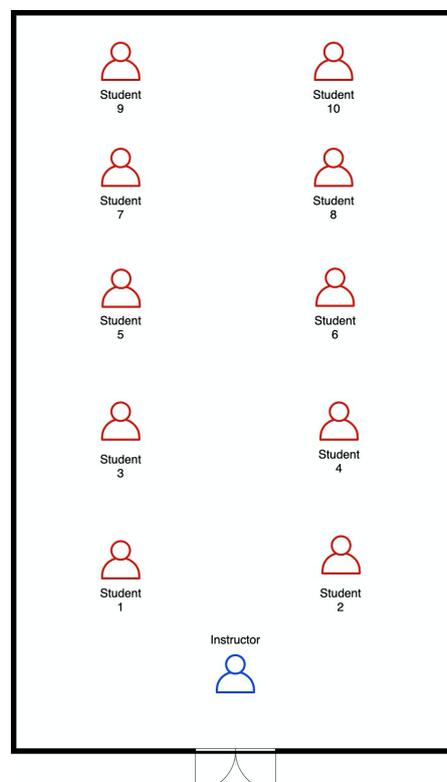
### Training

1. Equipment - when used - will be wiped pre and post usage. Sparring gloves (or similar) to be worn for bag work.

2. We will relax requirement to kihap (shout) to minimise explosive expelling of air from a student.
3. Students will do exercises, technical moves and patterns around the marked position on the floor.
4. Where possible family groups / siblings will be kept close e.g. same row or same column.
5. Face coverings are not recommended to be worn whilst exercising.
6. Students encouraged to bring own hand sanitiser.
7. Full sparring gear is not required. Students should still bring sparring gloves.
8. Brief water breaks will be permitted during training.

### Student placement layouts

Students will be placed as per diagram below. This allows adequate distancing between students from different households and for the instructor to traverse the room.



Where we have some students from the same household we may opt for a different layout, for example 3 in a row. This will be planned for on a case by case basis.