**NEWCASTLE BLACKBELT ACADEMY**

**Covid – 19 safety - method statement**

ALL SAINTS CENTRE.

**General**

* This method statement details the measure that will be taken to minimise risk to students, spectators, instructors and staff at the centre.
* This method statement should be read in conjunction with the detailed Newcastle Blackbelt Academy Covid – 19 risk assessment.
* Students must book their class using the “Team up” app
* The maximum capacity for students is 20
* There is sufficient room for 6 spectators, but parents are encouraged to leave their children and not stay
* The class times have been reduced to 30 minutes where possible
* Only one person is allowed in the toilet at any one time
* Doors and windows will be open to aid ventilation
* Touch points will be cleaned after each session

**Entering the Class**

* Students, parents and spectators should enter through the side (West Avenue) door. They should line up on the pavement parallel with the hall wall, standing 2m apart.
* This will give the opportunity to use the hand washing facilities in the male, female and disabled toilet. Only one person is to be in the toilet at any one time.
* Everyone must wash or sanitize their hands prior to the class using the facilities provided
* Students should place their bags at the side of the hall and take a position on the floor, which will be marked in tape.

**During the class**

* There will be no sparring, or self defence
* Students must bring their own sparring gloves and boots, or they cannot use the freestanding kick bags
* No kick shields or focus mits can be used
* Power test and special technique can be practised, but the pads, boards and frame have to be cleaned after each contact.
* There will be a break for a water drink. Students must bring their own drink.
* Students can take the opportunity to sanitize their hands during the break. They are encouraged to bring their own hand sanitizer and keep it with their equipment for future use.

**Leaving the class**

* After the final bow, students should leave the class in line, led by the senior student
* 2m social distancing should be adhered to
* Students should leave via the Linden Road (main) entrance
* Parents inside the hall should line up along the side of the room and meet their child at the door and leave via the Linden road door.

A screenshot of a cell phone

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