




COVID-Safe Arrangements

Name of Club: West Cumbria Aikido	Venue: St Bees School Memorial Hall and Playing Fields	Date of Arrangements: 17/08/2020
Name of designated COVID-19 Officer: Adrian Punt	Signature of COVID-19 Officer: 	Date of Review: 16/08/2021

Who is at risk and how?	Control and compliance arrangement
Members and visitors through non-compliance with these arrangements due to being unaware of them.	<ul style="list-style-type: none"> All members to be briefed in writing prior to attendance and to supply their contact details to the club. All visitors to be briefed verbally on arrival and supply contact details for track and trace purposes. All attendees to sign Attendance Register to confirm that they accept their role in complying with these COVID-Safe arrangements. By signing the register, all attendees accept the residual risks associated with COVID-19 infection.
Members, visitors and general public, transmission whilst travelling to dojo.	<ul style="list-style-type: none"> Members to stay at home if they have COVID-19 symptoms (e.g. high temperature, a new or continuous cough; loss or change to sense of taste or smell; and/or, a new unexplained shortness of breath). Members to stay at home if they have had close contact with a confirmed COVID-19 case in the last 14-days. All members are aware of safe distancing requirements applicable to the various forms of transportation. If using public transport safe distance to be maintained where possible with use of face covering and hand sanitizer. Maintain safe distancing, go straight to the training place and do not access any other venue rooms or buildings.



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<p>Members, transmission on arrival, through contact, proximity or shared facilities in change rooms</p>	<p>On arrival, all attendees must submit to:</p> <ul style="list-style-type: none"> • Skin temperature check with any individual with a temperature in excess of 37.8°C to be sent home immediately • make good health / no known exposure declaration • comply with signage for hand sanitization before and after class. <p>No physical contact, even as a greeting. Maintain safe distancing. Do not use changing rooms. Arrive wearing gi or change in the Memorial Hall. Shower when home. No cash payments for classes: bank transfer only.</p>
<p>Transmission through contact, proximity or shared facilities whilst training</p>	<p>Tatami (mats)</p> <ul style="list-style-type: none"> • Ensure mats are clean before and after usage. • Mats not to be shared with other clubs. • Where mats are used, individuals should set out, clean and then take them up. • Mats to be disinfected before being put away.
	<p>Training exercises</p> <ul style="list-style-type: none"> • All training to be non-contact. • 2 m gap between each individual mat area. • Keep weapons and water near to your training area to minimise movement around the dojo. • All weapons to be cleaned with antibacterial wipes before and after training and NOT to be shared. • Even if some attendees are from the same household/ bubble, they are required to comply with the safe distancing guidelines applicable in the dojo. • Instructors / members to train in pods of no more than 15 people. • Any attendee who begins to display symptoms should stop immediately and be isolated. If possible, call for someone to collect them. Prepare to advise everyone who has been in contact with them.



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	<p>General housekeeping</p> <ul style="list-style-type: none">• Drinking water and towels are not to be shared and should be kept in members bags• Cloths and other personal items are packed away• Use tissues rather than handkerchiefs and dispose of them in waste bins. Do NOT keep a used tissue inside your gi.• Gi to be washed regularly
	<p>Spectators/ observers</p> <p>2 m gap between anyone practicing and anyone spectating. Social distancing maintained between spectators.</p>

Additional information

It is the responsibility of members to ensure that their membership (and associated insurance) is in date, if they wish to train.

A qualified First Aider to be available on site.

Ensure arrangements remain up to date. Arrangements to be reviewed by the COVID-19 Officer if there is any change in:

- National guidance
- Regional restrictions
- Venue requirements
- TAE / TAUK guidance or,
- guidance from other relevant aikido organisations



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Have there been any infections affecting the club in the last 12-months? (Tick box) YES NO

If yes, please complete the following infection sheet.

Infection Sheet

Reference Numbers from working sheet			
No	Date and details of follow-up action		Follow-up action signed off
Date	Infection Details	Avoidable?	Follow-up action