***Reviewed: 10th July 2021 By: Wayne Baker***

**Additional Requirements for Sparring & Self-Defence**

* Students will be allocated a training bubble. Students will be in the same bubble each time they train.
* Each training bubble will be allocated a marked out training.
* The Coach will remain separate from bubbles (except for in the case of an emergency) so that they can coach across bubbles.
* Whenever possible, socially distanced (1m) training should be maintained for all participants e.g. during warm ups, when performing non-contact training such as bag work or line work.
* Athletes must go through screening and sanitise their hands and feet prior to training.
* Only equipment specifically needed for the exercise will be allowed into the training area, personal belongings must be kept in a quarantine area.
* Social Distancing of 1m will resume upon leaving the training area.
* During training social distancing will be observed whenever possible
e.g. during warms ups, line work, bag work, strength & conditioning.
* Shared equipment such as focus pads must be sanitized between use.
* Athletes must sanitise their protective equipment before and after each training session.
* Sharing of personal protective equipment is not allowed.
* Limits on class size are determined by the capacity constraint of the sports facilities and the need to ensure 1m social distancing is observed whenever possible so as to keep “allowed contact” to a minimum.
* Should a teammate or opponent in a recent training session or competitive bout develop COVID-19 symptoms and subsequently test positive, all of those who have participated in the session will require isolation for 10 days. You should only get tested if you then present with symptoms because should you test without symptoms and it is negative, there is still a possibility of becoming symptomatic as the virus is known to be dormant for up to 10 days after contact.
* There will be hand/equipment sanitizer at each sparring area for students to use. Students are welcome to use their own (minimum 75% Alcohol)