

# RETURNING TO THE DOJO - TRAINING WITH THE CKA



Dear CKA members,

Sport England (via the Government) has given the go ahead for indoor karate training to recommence in England from Saturday 25<sup>th</sup> July 2020.

The CKA has taken advice from our governing body, the English Karate Federation, and will now adopt the following changes for the foreseeable future: -

- Upon arrival, all students to be asked to confirm (via a consent form) they have had no symptoms of COVID-19 in the last 7 days (increased temperature, persistent cough, loss of taste or smell)
- All students to be checked for temperature (via a non-contact device) before being allowed to train
- Please observe social distancing protocols when entering or exiting the dojo
- Please have the correct money ready as NO change will be given
- Please use the hand sanitiser before and after training
- Students will be allocated a 3m x 3m training area in which to train – students must not cross into another student's area
- Students should arrive changed and ready in their dogi. Changing rooms will not be open. There should be no changing in toilets, or the dojo
- Students must train in gym shoes – NO bare feet. It is recommended that students bring a clean pair of gym shoes to wear during practice to change into.
- Students will NOT be allowed to train in socks
- Only NON-CONTACT training is allowed at this time – kihon and kata
- There will be NO kiai. Forcefully driving air from the body (as in shouting) increases the risk of droplets being spread, and would require greater social distance needed between participants
- Face covering are not compulsory at this time
- Sharing of any equipment is prohibited
- As is usual in a traditional dojo, no drinking or eating is allowed in the dojo or entrance areas
- There must be no shared use of drinking bottles at any time
- Members must leave the dojo in an orderly and organised fashion. They must leave as they arrived, and change at home
- All members MUST clean their training clothes (dogi or otherwise) between sessions

If the number of students wishing to train exceeds the allowable maximum in the dojo, we will have to move to a system of pre-booking your training slot on a first come, first served basis.

Thank you for your cooperation during this difficult period and I look forward to training with you all again in happier times.

Best regards,



*D C Davenport*

**Dave Davenport**

**Chief Instructor - 6th Dan EKF**