

## Covid Guidance for Seminars and Gradings

Having lived with this pandemic for 20 months we are all familiar with the necessary precautions such as keeping distanced wherever possible and practicing good hygiene at all times. The majority of us will have received at least two vaccine doses, but we need to remain aware of the risks in all aspects of our practice, including the use of changing facilities, toilets, travelling, practicing and teaching.

It is very important that we minimise the risk while members enjoy training together after the long break. So, below is a list of recommendations that we would like everyone to follow when attending seminars and other events.

### Seminars

#### 1. 'Off field activity'

- Attendees/teachers/officers must agree to the Covid management measures published in the event flyer(s) and which were a condition of booking on to the event..
- Attendees/teachers/officers are strongly encouraged to conduct themselves with care and consideration for others at all times.

#### 2. Prior to activity

- A [NHS covid event pass](#) (or equivalent) or a negative test result (no older than 48 hours) must be shown to the Events Officer when you register at a seminar or other event.
- Attendees are encouraged to take a lateral flow test the evening before the seminar. If positive, inform the Events Officer and DO NOT COME TO THE SEMINAR.
- Please wear a mask when traveling by public transport.
- Upon arrival familiarise yourself with and comply with any venue guidance (signage, one-way systems etc.)
- Event bookings will be online unless there are exceptional circumstances. On the day no cash transactions will be accepted but we can accept electronic payments. There will be a cut off date for bookings to allow for the organization of the seminar. Those who have not booked within the times will be refused.
- The maximum number of attendees may be limited due to the size of the venue.
- Reasonable adjustments for members with additional needs will be made in advance.
- In the event of foreign attendees/guest teachers, these must comply with the UK Government COVID and travel regulations, and those of the BKA and venue.
- Reasonable adjustments may be made on the day.

#### 3. During activity

- Masks are optional during training but should be worn when moving around indoors facilities, and should be changed periodically.
- Social distancing will be encouraged during breaks and lunches.
- Practice regular hand hygiene.
- Air-con and/or windows/doors will be on/opened whenever possible.

#### 4. Coaching

- Avoid close contact wherever and whenever possible.

- Teach without touching the student(s).
- Avoid excessively gathering people together (Shugo).
- Avoid moving from group to group as much as possible.

#### 5. First aid

- Use extra precautions like masks and single use disposable gloves whilst administering.
- Wash thoroughly after treatment.
- Record for track and trace purposes.
- Follow guidance for [first responders](#)

#### 6. General use of facilities

- Minimise use of changing facilities: attendees may wish to arrive and leave in their training attire.
- Do not share equipment: participants should bring their own water bottle etc (labelled).
- Masks should be worn when circulating within indoor spaces. Masks are optional during training as distancing is inherent to laido.

#### **Gradings**

- Grading application will be online. Registration for the grading will be organised by the Grading Officer who will announce the procedure on the morning of the grading day. Payment for menjo at the grading will be cashless via our electronic payment system.
- Grading panels will be sat at a distance and may be staggered in order to get a good view of the performances of the graders.
- Spectators outside of seminar attendees should be avoided if possible.

If the seminar/grading participant/teacher develops a COVID-19 infection, they must immediately inform the Bucho/Event officer who will notify the attendees/teachers and venue.

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November 2021