

## Covid Guidance for Seminars and Gradings

Having lived through this pandemic for 20 months now we are used to the basics, such as keeping our distance wherever possible and practicing good hand hygiene at all times and by now the majority of us has received at least two vaccine doses. However, we need to think about the risks from *all* aspects of our practice, including changing facilities, toilets, travel, practicing and teaching; There are lots of details to consider so we can all remain safe.

### Seminars

#### 1. 'Off field activity'

- There will be an allocated area for personal effects per person.
- Attendees/teachers/officers must agree to the responsibilities and guidelines published by the jodobu when booking a seminar.
- Attendees/teachers/officers must make their own risk assessment before choosing to attend

#### 2. Prior to activity

- A government/NHS covid event pass will be shown to the event officer at day 1 registration
- The attendance will be asked to take the evening before the seminar a lateral flow test to check they are negatif. If positif, inform the events officer. Do not come to the seminar
- Please wear a mask when traveling by public transport.
- A detailed risk assessment will be produced in advance and will be based on the measures in this document plus local /venue factors- capacity/layout.
- Familiarise with the venue guidance and comply with the venue guidance (eg: one way system).
- A plan of the organization of the seminar and grading will be sent to practitioners and instructors in advance, with the guidance and the venue map.
- Training bubbles will be allocated by dan levels (max 6 practitioners per bubble, round robins possible in the bubbles) and may have an allocated teacher. There will be a floor plan with allocated bubbles
- The Events officer will be responsible overall for Covid measures implementation
- Booking the event will be done online. No cash transactions will be accepted. There will be a cut off date for the booking 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 (eg deafness) will be made in advance.
- In the event of foreign attendees/guest teachers, these must comply with the UK government COVID and travel regulations as well as the BKAs.
- Reasonable adjustments may be made on the day.

### 3. During activity

- Social distancing must be observed whilst 'warming up' and 'cooling down'. All bubbles will be following the warm up of their assigned teacher and facing the same way.
- Masks should be worn when within indoor facilities and should be changed at preset intervals. There will be appropriate facilities for disposal.
- Social distancing must be maintained during breaks and lunches.
- Practice of regular hand hygiene.
- Air con and/or windows/doors will be on/opened whenever possible

### 4. Coaching

- Bubbles will be set up with the teachers and will consider the levels and graders.
- Avoid close contact
- Teach without touching the student(s)
- Avoid gathering people together (shugo) to make teaching points
- Avoid moving from group to group if unable to fully socially distance.

### 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. Use of facilities generally

- Dojo should limit time spent at their facilities by members arriving in and leaving in their training attire when possible.
- Minimise use of changing facilities.
- Do not share equipment: participants should bring their own water bottle etc (labelled), there must be no sharing.
- Masks should be worn when within indoor facilities.

## Gradings

This happens at the end of a seminar, the attendance will be the seminar's attendance. The grading panel will be made of teachers and high grade (5th dan and above) attendance.

- Grading application and payment will be made online. Payment for registration of the grading will be made cashless at the end of the grading whilst maintaining social distance
- Grading panels will be sat at a distance and maybe staggered in order to get a good view of the performances of the graders.
- Graders can only take their grading with a partner from their own bubble. They will be grading with their own weapon (okridashi system). A space will be allocated for the weapons of each graders.
- Spectators 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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