

**OFMAR Ltd Response to the
Government Guidelines for the reopening of
Indoor Gyms and Sporting Facilities from 11th July 2020:**

**For the purpose of
Martial Arts Activities / Fitness / Training**

**Covering:
Associations / Organisations
Clubs, Schools, Academies and Instructors**

Contents

Part A – Consolidation of Guidance on Relaxing Lockdown Regulations

Page 3	What is Coronavirus [Covid-19]? The Symptoms of Coronavirus
Page 4	Covid-19 After Effects The R ^o Factor

Guidelines for Outdoor Training

Page 5	Current Guidelines for Outdoors Training
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Guidelines for Indoor Training

Page 6	Managing Risk
Page 7	Sharing your Risk Assessment Keeping your Customers Safe
Page 8	Managing Contact Managing Capacities and Overcrowding
Page 9	Maintaining distance throughout Facilities
Page 10	Contact when using Facilities
Page 11	Supporting NHS Test and Trace Spectators and Children Selling Foods, Drink or Merchandise
Page 12	Providing and Explaining Available Guidance Who should go to Work / Volunteer Protecting Clinically (Extremely) Vulnerable People
Page 13	People who need to Self Isolate Equality in the Workplace
Page 14	Social Distancing in the Gym / Leisure Facility Large Gatherings Workplaces and Workstations
Page 15	Accidents, Security and Other Incidents Ventilation of Indoor Gyms and Leisure Facilities
Page 16	Cleaning the Workplace Personal Protective Equipment (PPE) and Face Coverings
Page 17	Further Guidance for Clubs and Community Sports Organisations
Page 19	Useful Links and References

Part B – Complying with the Government Guidelines

Page 20	Statistical Summary of the Martial Arts Industry
Page 21	Managing and Assessing Risk
Page 22	Setting Up A Governing Council / Enforcement Authority Verification and Approval of National Governing Bodies, Organisations and Associations
Page 25	Evaluated Activities
Page 26	Styles and Banding
Page 27	Accrediting, Approving and Recognising Clubs at a National Level

Part A – Consolidating Guidelines on Releasing lockdown Regulations

What is Coronavirus [Covid-19]

Covid-19 is an illness that can affect the lungs and airways. A virus called Coronavirus causes it and symptoms can develop and display as mild, moderate, severe or fatal.

Coronavirus is likely transmitted via Respiratory droplets generated through coughing and sneezing; and/or through contact with contaminated surfaces. Scientific research has also added aerosol or airborne transmission where virus droplets can potentially accumulate in poorly ventilated, stagnant or confined areas and can spread the infection.

This Action Plan has been drafted so that Martial Art Organisations, Associations, Clubs, Schools and Individual Instructors can evaluate, adapt and implement necessary procedures in order to reopen their community sports clubs in line with the recent Government Recommendations. The guidance and advice contained in this Action Plan have been compiled from the DCMS, HSE and PHE guidance notes with Part B - the Compliance verification requirements for any Martial Art School or Club operating within the boundary of the UK.

This Advice Plan follows the standard example and therefore many of the principles remain relevant across industries. To keep up to date with HSENI advice in this fast changing situation please visit

<https://www.hseni.gov.uk/news/coronavirus-covid-19-and-hseni-contact-details-update>

The Symptoms of Coronavirus [Covid-19]

There are three main symptoms of Covid-19 that are recognised by Public Health England [PHE]:

1. A Fever or Temperature (hot to the touch on chest or back) (greater than 37.8°C)
2. A new Persistent; or continuous cough
3. Loss of Taste or Smell (Anosmia)

Other minor symptoms include:

1. Runny Nose or Congestion
2. Bouts of Nausea or Diarrhoea
3. Confusion and disorientation.

If anyone experiences any of these symptoms, they are to call 111 and follow the help advice and guidance on how to get a test if you need one.

Current guidance if anyone is suffering from any of these symptoms is that they should stay at home or be sent home and follow the published stay at home guidance. In a small number of cases the virus can be more acute resulting in pneumonia, respiratory failure (especially amongst those with pre existing health conditions and the elderly (over 70s).

Anyone or any person who has to self-isolate must do so for a minimum of 14 days. Any person, organisation, building or premises that you have had contact with must also self isolate and close down for a minimum of 14 days as well.

It is advised that any person who self-isolates now is automatically enrolled into the NHS Test and Trace program so that all persons with whom they have had contact can be advised to follow stay at home and self-isolation guidance.

In approximately 80% of cases the virus presents with mild symptoms and a 14 day self-isolation period is required to determine whether someone has become infected with Coronavirus.

Recent Scientific research suggests that antibodies and antigens remain in the body for between 3 – 13 weeks, maximising their peak at 3 weeks post recovery, meaning that after approximately 3 months resistance and immunity against re-infection cannot be guaranteed.

Covid-19 After Effects

Worldwide statistics on the spread detail that in 95% cases the symptoms are mild. In 5% cases symptoms present more seriously. One of the reasons Covid-19 has hit the UK harder than other countries is because of patients having pre-existing medical conditions which can exacerbate the seriousness of the infection.

The full after effects of Covid-19 will not be known until someone has recovered. Currently there are a number of post infection effects that have been noted in patients who have been infected and are now since recovering from Covid-19. These are important for any person who may be dealing with a student who is recovering but may suddenly have a health warning. Severe and acute symptoms possibly include multiple organ failure, possible lung (pulmonary fibrosis), heart, liver and kidney damage; weakened, swollen or inflamed blood vessels, encephalitis (Adem), psychosis and spinal infections, myocarditis, microclots, strokes, cardiac injury, seizures, paralysis, abdominal pain, confusion and possible death.

Any student, staff, parent, guest or volunteer who considers themselves 'at risk' or 'vulnerable' to potentially contracting Covid-19 should seek medical guidance whether they are able to train. Any student or person who feels it is unsafe cannot be forced to train.

The R° Factor

In March 2020 it was estimated that the average Covid-19 carrier (whether infected or asymptotically spreading the infection) was infecting 2.5 other persons (the R Factor). This was the reason why The Government introduced 'Lockdown' measures to contain and reduce the spread of the infection. If the R Factor gets to 0 then the virus has potentially reached a point where it has stopped spreading through the community. Currently the R Factor is between 0.7 and 1.0 in the UK allowing the Government to ease 'lockdown measures' and reopen key parts of the economy to trade.

Any increase in the R° Factor above 1.0 may result in an immediate change to Government guidance and a reimposition of tighter and tougher lockdown procedures across the country. The Government can now introduce local lockdowns of non-essential services if infection rates spike or outbreaks occur in specific areas.

Anyone or any person who has to self isolate must do so for a minimum of 14 days. Any person, organisation, building or premises that you have had contact with must also self isolate for a minimum of 14 days as well. This is to ensure that any spread of the infection is contained and halted as soon as possible, and that all associated and connected persons are able to assess whether they have, or are clear from infection without infecting others.

Traditionally viruses infect in 'waves'. Statistics show that the UK's first wave is waning - where the new infection rate and the death rate is generally declining. Second Waves are normally much worse than the first [with early projections being 2.5 times worse than the first wave] especially as the UK moves into its autumn / Winter cycle and Covid-19 runs alongside the emergence of seasonal flu.

It is hoped that a vaccine may be available later in the year to assist at this point, and that with proper management and policy control the UK can avoid entering a second wave of Covid-19 infection.

Current Guidelines

Outdoors

On the 9th July 2020 the Government released guidelines to cover training and exercise in small groups outdoors. These were detailed as follows and remain in place but subject to specific criteria that group numbers are controlled and social distancing enforced.

- Clubs, Schools and Organisations can permit the meeting of up to six people in small groups to exercise in an **outdoors** environment whilst maintaining social distancing rules of 2m at all times.
- Spectators can attend but must adhere to social distancing requirements. Crowding and Congregation must be strictly avoided.
- No physical contact must be made between participants and the strict 2m social distancing gap must be adhered to at all times.
- Where 2m social distancing gap is not possible or cannot be adhered to - participants must use face-coverings and avoid face-to-face contact.
- There is no requirement to wear facemasks for outside training if social distancing can be applied.
- Covid-19 Adaptations may apply to lower the frequency of activities that cannot be done whilst maintaining social distancing such as handshakes, huddles, celebrations between participants.

Checks

1. Check in advance of attending that the facilities you wish to use have reopened
2. Follow the 'Countryside code' and act responsibly when training outdoors.
3. Use hand sanitizer at regular intervals if your sport or recreation means you have to touch communal surfaces; be stringent with your hand hygiene involving any contact with persons or equipment that is not your own.
4. Once you are at home remember to wash your hands
5. Avoid using shared equipment such as racquets or bats
6. Respect social distancing when queuing for food or drink. Do not share food items such as cups or plates or eating utensils with anyone else

If you are symptomatic or living in a household with someone else who has a possible or confirmed Covid-19 infection you should remain at home and you should not have visitors to your household.

If you have been asked to self-isolate by NHS Test and Trace because you are a contact of a known Covid-19 case, do not exercise outside your home or garden and do not exercise with others; you can spread the virus to others even if you do not exhibit symptoms

All Events should ensure that they comply with the relevant National Governing Body safeguarding policies and procedures and conduct a thorough risk assessment which should be included as part of the Action Plan

Consideration needs to be taken into account for children and young people under the age of 18 and vulnerable adults who may need to be separated covered under the terms of the Risk Assessment.

Current Guidelines

Indoors

From 25th July 2020 the activities and facilities listed below are to be permitted (either in law or supporting guidance) to allow the reopening of the following indoor training venues - Indoor Gyms, Fitness or Dance Studios, Indoor Sports Venues and Facilities and Indoor Swimming Pools

The guidance sets out the methods on how to work, operate and participate in sport and leisure activities safely while minimising the risk of spreading covid-19. It gives practical considerations of how this can be applied in a gym / leisure facility or area of sport.

Each business, Association, Club or Sport will need to translate this into the specific actions it needs to take, depending on the consideration on the nature of their business and/or organisation including the size, type, business need, structure, organisation, compliance, operation, management and regulation.

This guidance does not super cede any legal obligation conferred or relating to health and safety, employment law, or equality and it is important that all participating businesses continue to comply with their existing obligations; including those responsibilities to individuals with vulnerable or protected characteristics.

An Appropriate Covid-19 Health and Safety Risk Assessment must be carried out to take into account Agency workers, contractors, customers, visitors, third parties, as well as employees and volunteers. This risk assessment must be done in consultation with unions or workers and volunteers.

Managing Risk

Businesses need to assess the risks to their workers, volunteers and customers and consider the risks they face and do everything practicably possible to minimise them, recognising that they cannot completely eliminate the risk of covid-19.

Businesses should consider security implications of any decisions and control measures intended to be put in place, as any new measures could present new or altered security risks that require mitigation and revision of the Risk Assessment.

A Risk Assessment is about identifying sensible measures to control the risk in your workplace and environment. If you have fewer than five employees, or are self-employed you do not have to write anything down, but your risk assessment will help you decide whether you have done everything you need to.

Failing to complete a risk assessment (which takes into account Covid-19) could constitute a breach of health and safety law. The actions the enforcing authority can take include the provision of specific advice through to issuing enforcement notices to secure improvements. Serious breaches and failures to comply could constitute a criminal offence with serious fines and possible imprisonment of up to two years.

No one is obliged to work or train in an unsafe environment

Any Employer and facility operator have a duty to reduce workplace risk to the lowest reasonably practicable level by taking preventative measures. Everybody's health and safety is protected – of your workers, / volunteers and customers by working through these steps in order.

1. Increasing the frequency of hand washing and surface cleaning
2. Where working from home is not an option, businesses should make every reasonable effort to comply with the social distancing guidelines set out by government.
3. Where social distancing cannot be followed in full; businesses or organisations should consider whether that activity needs to continue and if so take all mitigating actions possible to reduce the risk of transmission between their staff.
4. Keeping the Activity time involved as short as possible
5. Using Screens or Barriers to separate people from each other
6. Using back to back, or Side to Side working (rather than face to face) wherever possible
7. Reducing the number of people each person has contact with using fixed teams or partnering
8. Special considerations to those persons who are defined as Clinically (extremely) vulnerable, protected characteristics and newly identified protected workers/ volunteers, young persons and vulnerable adults.

Sharing the Results of your Risk Assessment

You must share the results of your risk assessment with your workforce. You should consider publishing the results on your website (and we would expect all employers with 50+) workers to do so.

Keeping Your Customers Safe

Clear Communication needs to be conveyed to participants, volunteers and workers and is critical to ensure that they should take all reasonable measures to comply with social distancing and hygiene measures at all times, before, after and during physical activity.

Venues should encourage attendees to arrive at the facility in sport kit and where possible travel home to wash/shower. Use of changing rooms and showering facilities should in general be avoided, although these must be available for participants with disabilities, or special needs and are likely to be needed after swimming.

All venues should ensure that steps are taken to avoid people needing to unduly raise their voices. This includes but is not limited to – refraining from playing music, or broadcasts that may encourage shouting, any music played at a volume that makes normal conversation difficult. This is due to the potential for increased risk of infection – particularly from droplet or aerosol transmission.

Manage Contact

To minimise contact with surfaces, workers / volunteers, other customers and contractors within facilities or while participating in sport and physical activity

- Primary control for minimising transmission through contact is implementation of a rigorous frequent hand washing regimen and the avoidance of sharing objects
- Informing customers and contractors of guidance about visiting the premises prior to and at the point of arrival.
- Providing hand washing and sanitizer and encouraging staff and customers to wash their hands regularly.
- Implement Contactless payments processing throughout the facility.
- Signage to ensure workers, staff and customers are aware of the need to avoid contact
- Fixing Doors open that can be safely left open where feasible.
- Reducing the need to open other objects such as lockers, compartments, trunks and drawers etc by making equipment that is permitted for use more readily available and accessible.
- Avoid Paperwork being transferred around by making bookings, rosters, ladders etc through online channels.

Managing Capacities and Overcrowding

To ensure social distancing is possible you may need to limit the number of customers able to access the facilities.

- Maximum Capacity should be determined by the government requirement for social distancing; nature of activity, activity dynamism, range of movement, equipment layout and configuration of the facilities.
- Particular attention should be given to ventilation and sufficient circulation space specifically around equipment and between groups, classes and instructors.
- Conducting a Risk Assessment for each facility and the proposed activities to identify:
- The numbers of customers that can reasonably follow social distancing within the gym allowing for equipment, likely constraints (toilets, locker rooms, washrooms and congestion pinch points like doorways, entry turnstiles, hallways, lifts and corridors.)
- Encouraging attendees to arrive in sports kit and to travel home to wash / shower
- Use of changing rooms should be avoided – but these must be made available for participants with disabilities or special needs.
- Activities that can be undertaken and specific measures to ensure social distancing and cleaning either after class or after each individual use.
- Limiting the number of customers in the gym and any particular congestion area, for example doorways between outside and inside spaces.
- Enabling a booking system or other approach to manage demand, so no more than the desired number of staff and customers are in the building at any one time.

- Identifying workers and volunteers as designated supervisors for each area of the sport or gym to ensure social distancing measures can be adhered to by all customers.
- Managing occupancy levels and changeovers by reducing class sizes and amending timetabling.
- Allowing sufficient break time between classes held in studios in order to appropriately clean the studio and equipment and to prevent waiting in groups
- Implement and operate a book in advance basis – either online or over the phone.

Moving in, out and through facilities

To ensure distancing amongst workers/volunteers, customers and contractors when moving within and through sports and leisure facilities.

- Using Signage such as ground markings to mark out required social distance to allow controlled flows of people
- Using markings to guide staff and customers coming into or leaving the building
- Defining process alternatives for entry/exit points where appropriate, for example deactivating pass readers at turnstiles in favour of showing a pass to security personnel at a safe distance
- Reduction in congestion for example by having more entry points. If you have more than one door, consider using one for entry and one for leaving and putting in place a one way system
- Managing and implementing queues to ensure they do not cause a risk to individuals, other businesses or additional security risks. Ensure staff to manage queues, direction, operation and flow
- Any changes to entry/exit and queue management must take into account reasonable adjustments for those who need to use those exits, i.e. disabled or firemen – please ensure that disabled people are fully catered for, pedestrian accesses are maintained and parking access is available for all customers
- Work with your local authority, council or landlord to take into account the impact on your processes, including your queues on public spaces, such as the high street, venue itself and public car parks.
- Introduction and implementation of one-way flow routes through your gym or leisure facility. Implement clear signage to indicate direction of flow
- Organise and implement numbers, routes, schedules, rosters, for any pools, courses, ranges, practice nets, climbing walls or hiring of any services you offer along with equipment needs and the importance of maintaining distancing and cleaning afterwards.

Contact when using facilities

To ensure distancing amongst workers/volunteers and customers when using sports and leisure facilities.

Social distancing should be maintained between all users of facilities including individuals, groups, teams, teachers, trainers and coaches unless users come from the same household or to manage the needs on account of disability when additional mitigation may be essential.

- The suspension or modification of any activity that cannot be permitted or cannot be undertaken without contravening social distancing guidelines within available facilities.
- Particular consideration should be taken for indoor courts and sports halls which can remain open for use as long as the activities can be modified in such a way that social distancing can be maintained throughout the activity
- Individual National Governing Bodies will often provide specific guidance on how their sport can be played or adapted to enable social distancing which must be followed.
- Encouraging where weather and space permits the use of outdoor spaces for individual, team or group activities and working within the government guidance on social gatherings
- Where possible adapting and enabling spaces to facilitate appropriate social distancing, including government guided spacing markings on the floor and at points of assembly including foyers, entrances, and reception spaces.
- Fitness Spaces – Gym and pieces of equipment must be an appropriate distance apart so as to comply with social distancing guidelines with an appropriate margin of access, adequate circulation and one-way routing. This can be achieved by moving equipment, using screens to separate pieces of equipment or decommissioning and removing equipment from public use. Tape should be put around pieces of equipment to denote the social distance.
- Changing Rooms – particular care should be taken to manage congestion and ensure social distancing such as limiting use to alternate lockers, or ideally limiting specific use only to those with special needs and/or removing the use of showers
- Encourage Attendees to arrive dressed in their sports kit and where possible to travel home to wash/shower. Use of changing rooms and showers in general should be avoided
- Dance Studios – Where possible temporary floor markings should be used and provided to define the required spacing per individual attendee at each class.
- Pools – Swimming pools should restrict numbers to allow 3sqm per bather. Flumes if open should be operated in a manner with consideration toward social distancing.
- Saunas and Steam Rooms should stay out of use for the time being as the risk of transmission is unclear
- Having clearly designated positions from which colleagues or coaches/volunteers can provide assistance or advice to customers whilst maintaining a social distance.
- Avoid the use of shared objects, towels, robes, balls, weights, rackets, barbells, scoring equipment, sports clothing etc unless they can be cleaned, sanitised or sterilised between users.

- Ensure that any water fountains have signage, which prohibits face-to-tap drinking. These facilities should only be used to refill personal bottles and containers and not provide single use drinking receptacles for public use.
- Any Beauty, massage or physio services must be operated in accordance with the relevant salon guidance published by the Government.

Supporting Test and Trace

The opening of the economy is being supported by NHS Test and Trace. You should support this service by keeping a temporary record of your customers and visitors for 21 days in a way that is manageable for your business and to assist the NHS with requests for that data if needed.

You will need to collect sufficient data on each person who attends – name, home phone number, mobile number, date and time of entry/ exit so that each person can be contacted if there is a case of Covid-19 reported or connected to your facility.

This could help contain cluster or small outbreaks. Implement a system for recording visitors or attendees to help fight the virus.

Spectators and Children

To ensure distancing of spectators and children within sporting and leisure facilities.

Generally attendance by spectators and non-participating children should be avoided and minimised especially within indoor facilities.

- If allowing spectators would present challenges in maintaining decided capacity levels then consider prohibiting spectators until further notice. Chaperones to children can wait outside premises and activity areas in a socially distanced manner unless the child has special needs.
- Control spectator numbers through pre-booking, ticketing and other controls at access points
- Ensure spectators follow government guidance for social gatherings and distancing preferably with marked viewing spaces.
- Remind customers who are accompanied by children that they are responsible for supervising them at all times and should follow social distancing guidelines.
- In instances where a child is participating in sporting or leisure activities then only one parent/carer per child to supervise their child while following social distancing.

Selling food, drink or merchandise

To minimise interactions with guests when selling or consuming food or drink or operating retail outlets. Bars and restaurants, including any food or drink facilities inside a clubhouse can open in accordance with the latest guidance covering bars, restaurants and retail outlets.

Providing and Explaining Available Guidance

To minimise the contact among workers/volunteers, customers and contractors resulting from visits to the sports gym or leisure facility or venue.

- Provide clear guidance on social distancing and hygiene to people both before arrival and on arrival (through signage and on your website)
- Provide written or spoken communication of the latest guidance to both workers and customers inside and outside of the facility particularly in free weight areas and around stationary or potentially shared equipment
- Consider reviewing and amending marketing, schedules, timetables and taking reasonable steps to disseminate to all sections of the catchment community with specific focus on groups less likely to participate and/or with particular needs to be addressed.
- Ensure that any public domain media or external messages do not provide any information that presents a security risk such as location of queues or the number of people permitted in a queue.
- Create Social distancing champions to demonstrate guidelines to customers
- Consider those with particular needs or protected characteristics such as the disabled, hard of hearing or visually impaired.

Who should go to work / volunteer?

Everyone who can work from home should do so. Nobody should go to work if their business and/or organisation are closed under current government regulations.

- Consider who is essential to be on the premises
- Plan for the minimum number of people on site to operate safely and effectively
- Monitor the wellbeing of those people working from home and help them stay and feel connected with the rest of the workforce. Especially if a majority of their colleagues are on-site
- Keep in touch with off-site workers specifically on their working arrangements, wellbeing and welfare, mental and physical health and their personal security.
- Provide equipment for people working from home safely and effectively

To Protect Clinically Vulnerable and Clinically Extremely Vulnerable Individuals

Clinically Extremely Vulnerable people have been strongly advised not to work outside the home. Clinically Vulnerable persons have been asked to take extra care in observing social distancing and should be helped to work from home, in either their current or an alternative role.

Clinically Vulnerable persons should be offered the option of the safest available on-site role enabling them to maintain social distancing from others. As for any workplace risk you must take into account the performance of specific duties to the expectation of the worker taking into account protected characteristics such as pregnancy or those who live with clinically extremely vulnerable persons.

- Provide Support for workers around mental health and wellbeing. This could include advice or telephone support
- Understand the current guidance for advice on who is in the clinically (and extremely) vulnerable groups.
- Consider special provisions for vulnerable groups using your facilities

People who need to self-isolate

To make sure workers/volunteers who are advised to stay at home under existing government guidance do not socially come to work. This includes individuals who have symptoms of Covid-19, those who live in a household or are in a support bubble with someone who has symptoms of covid-19; and those who are advised to self-isolate as part of the government's test and trace service

- Enable workers to work from home
- See current guidance for employees and employers relating to statutory sick pay due to Covid-19
- See current guidance for people who have symptoms and those who live with others who have symptoms.

Equality in the Workplace

To treat everyone in your workplace equally

In applying this guidance, employers, business owners and facility owners should be mindful of the particular needs of different groups of workers or individuals. Employers also have particular responsibilities toward disabled workers and those who are new or expectant mothers.

It is breaking the law to discriminate, directly or indirectly, against anyone because of a protected characteristic such as age, sex or disability

- Understand and take into account the particular circumstances of those with different protected characteristics
- Involve and communicate appropriately with workers whose protected characteristics might expose them to a different degree of risk, or that might make any steps or procedures who are thinking about implementing either inappropriate or challenging for them.
- Consider whether you need to put in place any measures or adjustments as a result of your duties under the Equalities Legislation
- Ensuring that reasonable adjustments are made to avoid disabled workers being put at a disadvantage and reassessing the risks for new and expectant mothers.
- Ensuring that the steps you take do not have an unjustifiable negative impact on some groups - those maybe with caring or religious commitments.

Social Distancing in the Sport or Gym/ Leisure Facility

To have workers/volunteers, customers and contractors maintain government guidelines on social distancing wherever possible during arrival, departure and moving around sports and leisure facilities.

Where social distancing cannot be followed in full relating to a particular activity, a consideration needs to be made whether that activity continues; or poses too much of a mitigating risk of transmission between facility users.

Social distancing applies to all parts of a business and/or organisation not just the place where most people spend their time but entrances, exits, break rooms, canteens, toilets, lifts, access stairs, hallways, cupboards and storage rooms. These are often the most challenging areas to maintain social distancing.

Large gatherings

Businesses and venues following Covid-19 secure guidelines can host larger groups. This is also the case for events in public outdoor spaces that are organised by businesses, charities or political organisations provided they take reasonable steps to mitigate the risk of transmission in line with the guidelines and including completion of a risk assessment. Any other gathering in an outdoor space must not be any larger than 30 people.

Venues cannot permit live performances, including drama, comedy or music to take place in front of a live audience.

Many businesses should evaluate the impact of many venues reopening in a small area. This means working with local authorities, neighbouring businesses and travel operators with considerations toward venue capacity and travel connections.

Workplaces and Workstations

To maintain social distancing between workers/volunteers where they work.

Workstations should be assigned to an individual as much as possible. If they need to be shared they should be shared by the smallest number of people possible. If Workstations cannot be kept socially distanced the businesses and/or organisations should consider whether that business activity needs to continue and take any actions to mitigate the risk of transmission

- Reviewing layouts to allow workers and customers to be further apart
- Using floor tape or paint to mark out the government recommended social distance from each other
- Avoid people working face to face- instead have people working side by side or back to back
- Using Screens to block or create a physical barrier between people
- Use a consistent pairing system if people have to work in close proximity, for example in maintenance activities that cannot be redesigned.
- Minimising contacts around transactions by using contactless payments, access to facilities or other storage.
- Rethinking demonstrations and promotions to minimise contact and maintain social distancing.

- Use Remote working tools avoid in person meetings
- Attend Meetings only when absolutely necessary
- Avoid sharing pens and objects in meetings to avoid transmission
- Provide hand sanitising facilities in meeting rooms
- Hold meetings outdoors or in well ventilated areas using floor signage to indicate and maintain social distancing

Accidents, Security and Other Incidents

To prioritise safety during incidents

In an emergency, for example an accident, provision of first aid, fire or break-in people do not have to stay appropriately distanced, as it would be unsafe.

People involved in the provision of assistance to others should pay particular attention to sanitation measures immediately afterwards including washing hands

- Consider the security implications of any changes you intend to make to your operations. Any changes may present new or altered security risks, which may need mitigations.
- Consider whether you have enough appropriately trained staff to keep people safe – to encourage social distancing or manage security

Ventilation of Indoor Gym and leisure facilities

Ventilation is an important part of mitigating against the transmission of Covid-19. Ventilation into a building should be optimised to ensure a fresh air supply is provided to all areas of the facility especially where high intensity exercise activity takes place.

- The maximum occupancy for an indoor facility should be limited by providing a minimum of 100sqft per person.
- Ventilation systems should provide 100% fresh air and not recirculate air from one space into another
- Increase ventilation rate by fully opening dampeners and running fans at full speed.
- Ventilation systems should be run 24 hours a day
- Increasing the frequency of filter changes

Cleaning the Workplace

To make sure that any site or location that has been closed or partially operated is clean and ready to restart

- An assessment for all sites and parts of sites that have been closed before restarting work.
- Cleaning procedures and providing hand sanitizer before restarting work
- Service and adjustment of ventilation systems
- Opening and doors to maintain good ventilation where possible
- The frequent cleaning of work areas and equipment including stationary gym equipment, between use using your usual cleaning products
- Cleaning of heavy traffic surfaces that are touched regularly – stationary gym equipment, free weights, mats, balls, barbells etc
- Providing spray, cloths and instructions for users to wipe down each machine.
- Machines and Stationary Gym Equipment will need to be cleaned after every user. Materials for self-cleaning of handles and rails after use is essential and a duty to others as they dismount/disengage from their equipment.
- Maintaining rigorous cleaning routines especially in main thoroughfares, touch points, walls and floors in circulation routes, corridors, lifts, foyers, landings, stairs, lobbies, reception areas, entrances and exit points.
- All waste and belongings must be safely removed at the end of your shift
- If equipment cannot be cleaned after each use, it should not be used.

Personal Protective Equipment (PPE) and Face Coverings

All forms of face coverings may restrict breathing efficiency and should not be used during exercise except on specific advice and recommendation from a physician.

When managing the risk of Covid-19, additional PPE beyond what you normally wear is not beneficial. This is because Covid-19 is a different type of risk to the dangers normally faced in the workplace and needs to be managed through social distancing, hygiene and fixed teams or partnering, not through the use of PPE.

The exceptions are clinical settings like hospitals, care homes, first responders and immigration officers or where Public Health England has specifically advised and recommend the use of PPE.

Unless you are in a situation where the risk of Covid-19 transmission is very high, your risk assessment should reflect the fact that the role of PPE in providing additional protection is extremely limited. However if your risk assessment shows that PPE is required then you must provide this free of charge to workers who need it. Any PPE provided must fit properly.

The evidence suggests that wearing a facemask or covering does not protect you, but may protect others if you have been infected and as yet have not developed symptoms.

A Face Covering just needs to cover the nose and mouth. It is not the same as a facemask such as the surgical masks or respirators used by health workers.

- Evidence to support face coverings is weak and the effect of them small
- Minimising time in contact
- Using partnering or fixed team for close up work
- Increasing hand and surface washing

The wearing of a face covering is optional and not mandatory under law. You should be prepared to remove your face covering for the purpose of identification if asked to do so by a police or border officer

- Ensure you wash your hands thoroughly before putting on or after taking off face coverings with soap and water or hand sanitizer for at least 20 seconds
- Avoid touching your face covering as you can spread germs from your hands to your face covering
- Change your face covering if it becomes damp or if you've touched it
- Wash your face covering daily if its washable in line with the manufacturers instructions or ensure it is disposed of carefully in your domestic waste
- Practice social distancing wherever possible

Further Guidance for Clubs, Community Sports Organisations and Deployers of Volunteers

Volunteers have a vital role to play in helping to ensure the safe return to activity for many sports. This is especially true for many community sports, clubs and groups who are often entirely dependent on volunteers to give their time to enable clubs to deliver sport and operate safely.

Unlike paid employees, volunteers have no obligation to return, whereas staff are likely to have an employment contract and other legislation to protect them and their employers.

Volunteers should feel ready to re-engage and feel able to give their time in a safe environment and this will be critical for the resumption of activity within many clubs

Some headline considerations for Organisations and groups to think about in their planning at this time include

- Consider the needs of your volunteers when planning for restarting activities
- Consult NVCO advice on volunteering
- National Governing Body and Sport Specific guidance
- Adopting a phased approach to bring persons back to the club
- Ensuring stakeholders and operational requirements are in place before returning to your sporting activity

- Designating point persons or people who are responsible for ensuring that requirements and procedures are implemented across your organisation
- Ensuring that each facility, location, or context where volunteering is taking place is safe, including by conducting your own risk assessment.
- Considering protective measures for out of school settings for providers of community activities, holiday clubs, after school clubs, tuition and other out of school provisions for children to minimise the risk of transmission
- Considering the tasks and roles needed to support activities that can take place
- Ensuring and following public health guidelines to assess individual circumstances, levels of risk etc
- Volunteers may have alternative duties and responsibilities at this time
- Improved and centralised communication between business owners and their volunteers.
- All Instructors and Volunteers are trained on Covid-19 related safety procedures and prevention and feel safe to return to their activity
- All Instructors and Volunteers have completed a Mental health, Wellbeing and Awareness course on the aspects of Coronavirus Covid-19

Useful Links and advices

HAND WASHING GUIDANCE

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands>

HEALTH SURVEILLANCE

<https://www.hse.gov.uk/skin/professional/health-surveillance.htm>

PUBLIC HEALTH ADVICE

<https://www.publichealth.hscni.net/news/covid-19-coronavirus>

USE OF EMMOLIENT CREAMS

<https://www.nhs.uk/conditions/emmollients/>

POSTERS AND LEAFLETS FOR DISPLAY

<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>

SOCIAL DISTANCING

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>

FACEMASK / PPE / RPE REMOVAL PROCEDURE

<https://www.hse.gov.uk/news/facemask-ppe-rpe-coronavirus.htm>

REPORTING CASES OF COVID-19

<https://www.publichealth.hscni.net/>

DRIVERS AND VEHICLES

<https://www.hse.gov.uk/news/drivers-transport-delivery-coronavirus.htm>

MENTAL HEALTH

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing>

<https://hscni.gov.uk/stress>

OFMAR LTD

<https://www.ofmar.org>

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Part B – Complying with the Government Guidelines

OFMAR has spent several years compiling forensic data regarding each active school and club that operates within the boundaries of the United Kingdom. In summary these are as follows:

10,728	Active Schools Clubs operate across the UK from venues:
1,601	Schools and Clubs aligned with a Governing Association
9,127	Schools and Clubs are not reporting a Governing Association alignment
412	Associations cover the 74 OFMAR officially recognised Martial Art Styles. This is an average of 5.57 Associations to each Style.
13	Martial art styles are recognised as National Sports by Sport England. This leaves 61 Martial Art Styles currently unsupported or unrecognised by Sport England that operate uncontrolled and unregulated in Martial Arts. According to DCMS funding has been removed for all nationally supported Sports except for Boxing, Taekwondo and Judo Funding has been reduced for Aikido, Capoeira, Kung Fu, Tang Soo Do, Wushu, Kickboxing, Karate, Tai Chi, Kendo, Ju Jitsu and Wing Chun
3,676	Active Schools Clubs have a compliance or warning flag in place against their operation. This represents a 37.38% of total clubs and schools in the Industry. Amongst Sport England Approved Schools and clubs the percentage of Schools reporting a conduct flag is 52.90%
33%	Schools in the Industry operate at a performance level greater than 64%. Across The Industry the mean average is 59% this is split into five performance bands similar to the CQC rating for hospitals and care homes. OFMAR holds and applies 48 potential warning flags or codes against schools operation and applies a standard generic scoring matrix against each school to rate their performance against a benchmark-scoring algorithm.
2.90%	Active Schools and Clubs are reporting Insurance Coverage. Whether this coverage is adequate for the Styles being taught, or appropriate for the age limitations and parameters of the styles has yet to be determined.

OFMAR has identified the following issues with UK Martial Art Clubs:

- Clubs teaching students without consideration toward minimum age eligibilities or requirements of that particular style, i.e.:
- Live Weapons tuition is being given to students under the age of 16 years old in styles that do not ordinarily or necessarily need to teach weapons such as Kung Fu or Karate.
- Some instructors change styles without necessarily having related certification or qualification.
- There are 15 registered Industry Regulators and Standards Administrators
- Insurance is not being brokered correctly with commission farming being undertaken and hedging risk exceptionally common amongst established organisations that do not offer 'best' or optimal rate to member clubs or allowing other firms to competitively quote for services.
- Instructors with criminal records currently teaching students
- The biggest infringement amongst clubs is mixed age groups/ family training or combined classes where students of various age bandings train together. 2,475 clubs suffer from this flagged warning code

Managing and Assessing Risk

Businesses need to assess the risks to their workers, volunteers and customers and consider the risks they face and do everything practicably possible to minimise them, recognising that they cannot completely eliminate the risk of covid-19.

It is of utmost importance that every business and associated sports club and/or organisation is wholly committed to preventing the spread of Covid-19 amongst its membership. Its spread cannot be eliminated but if people behave and follow the guidelines then it can be minimised as much as possible

Businesses should consider security implications of any decisions and control measures intended to be put in place, as any new measures could present new or altered security risks that require mitigation.

A Risk Assessment is about identifying sensible measures to control the risk in your workplace and environment. If you have fewer than five employees, or are self-employed you do not have to write anything down, but your risk assessment will help you decide whether you have done everything you need to.

Failing to complete a risk assessment (which takes into account Covid-19) could constitute a breach of health and safety law. The actions the **enforcing authority** can take include the provision of specific advice through to issuing enforcement notices to secure improvements. Serious breaches and failures to comply could constitute a criminal offence with serious fines and possible imprisonment of up to two years.

There are currently three Agencies capable and responsible for Martial Arts in the United Kingdom, which in their own terms could be considered an enforcing authority.

Sport England / UK Sport / TeamGB

Responsible for Coaching and Safeguarding and a basic level evaluation of Schools. The Safeguarding Code is not a BSI / ISO Recognised Standard and has not been approved or accredited via UKAS or BEIS so is a notional applied standard. Sport England have confirmed that only random 'spot checks' are performed against schools that are registered for the safeguarding code with no requirement for yearly publishing, verification or renewal of the information and the qualification and continued development of its member instructors.

Chartered Institute of Management Sport and Physical Activity [CIMSPA]

Responsible for venue management and qualification of instructors under CIMSPA/ REPS but lacks the education, information depth scope and knowledge and experience to effectively recommend and implement regulatory measures in or for Martial Arts. Operates more as a feasibility and analysis body rather than a facilitator of effective policy.

OFMAR Ltd

Dedicated to putting in place a generic operating standard for Martial Art Instructors to establish a 'check a trade' system for instructors. In 2017 OFMAR changed focus to create a centralised register and compliance listing for all active schools in the UK due to pressure from the industry Insurers and Instructors across the various dojo-listing platforms. Now has a forensic history of UK Martial Art for clubs that have listed their dojos since 2001.

In 2018 OFMAR set up and incepted the Institute of Professional Martial Art Instructors who reviewed the existing Styles and restricted down to an officially recognised 74 Styles. Also investigated and suggested a rebanding of the insurance brackets for the styles based on specialisation, qualification requirements, instructor position, minimum age eligibility, weapons tuition, physiology and human development for each specific style.

In 2018 OFMAR set up the Martial Art Conduct Authority with the objective to be the Oversight Council for approving and licensing Martial Art Schools and Instructors to operate in the UK. This includes administering the UKAS Recognition as the Awarding Certification Body (which has been accepted for review) and ensure that all clubs and schools are centrally

registered and approved to teach Martial arts. The dataset owned by MACA is 3x stronger than any data held from any ceding UK GDPR Compliant dojo-listing site. This information is updated and fully reconciled quarterly and has the ability to handle up to 100 Million clubs in the UK. It is vitally important to ring fence new schools and clubs onto the market.

The main issue is that there is no Governing Association or Regulatory Body that operates to align or check Martial Arts Schools or industry participation. This has been a constant issue that OFMAR has raised for almost a decade with Sport England and DCMS to absolutely no avail. It is time that Governance for Martial Arts was centralised and an element of regulation and compliance introduced to ensure the industry works toward better standards.

There is a three-stage solution toward clearing community sports clubs and organisations for the reopening of the Martial Arts Industry, but the question is whether this can be achieved before 25th July 2020.

1. Setting up a Governing Council

Without an Enforcement Authority acting on behalf of all Martial Art Clubs then no Risk Assessment for any Association or Club Compliance protocol can be signed off.

In terms of closeness Sport England may have better Association coverage; but even now they only represent the Associations and Organisations that have already undergone the evaluation process and been approved as National Governing Bodies for Martial Sports. There are 9, 000 clubs unsupported by an Association, 64 Martial Sports that remain unrecognised by Sport England and 400+ Associations that remain currently unverified against compliance protocols at 13th July 2020. The Government is allowing these to reopen from 25th July 2020 onwards without a requirement to produce verified documents.

OFMAR/ MACA can at least handle the active schools in the UK and has already built its useable portal to handle every club. OFMAR has already contacted The Government with a suggested recovery plan for supporting Martial Arts Reopening.

However the Government would need to support and back this entity. OFMAR still requires around £6M to complete and process the BSI and UKAS accreditation work to put the licensing, certification body and check a trade portal together. Although the website build has been done, recruitment would need to be undertaken and an operating budget agreed for the Governing Council to administer and oversee the approval scheme for Martial Arts.

If OFMAR were recognised by DCMS and the Government as the Certification and Awarding Body for Martial Art Schools then inserting a requirement for participating schools to provide their Risk Assessment as an additional document for the compliance screening process to formally licence the School or Club for operation. This runs alongside the existing proposal to DCMS for an Industry Support Emergency Relief Payment ERP for Schools and clubs impacted by the Coronavirus lockdown and having to rebuild from scratch.

2. Verification and Approval of National Governing Bodies, Associations and Organisations

Verification of Associations is different to that of active clubs. Sport England already has a number of Associations that it recognises as NGB's for Martial Sports. Although DCMS have restricted the available funding exclusively to Boxing, Taekwondo and Judo.

Overall there are 412 Associations covering all styles of Martial Art. Of those associations 251 represent themselves (and therefore global protocols may not be legally in place), 109 represent between 2 and 5 member clubs (protocols may be in place, but not legally binding or enforceable); and 52 represent more than 5 member clubs (probably have more established protocols and operating requirements for their member clubs).

Association just seem to be a marketing tool that is used to give some clubs and schools a rubber-stamp credence to operate without making their instructors responsible or culpable for maintaining and implementing standards. It s time those Associations proved they have the documents in place to operate; and the clout to manage and be responsible for the schools and clubs they are aligned with.

For example there are 176 Governing Associations for the 11 derivative styles of Karate, which represents 2900+ Schools in the UK. Each Association will have to be consulted and incorporated into the new Karate NGB (which already exists in the form of National Association of Karate and Martial Art Schools; as the insurer NAKMAS)

There are a number of Associations that are not registered in the UK but run as overseas entities or management companies (and consultancies) that do not have National Association or Organisation Level recognition. Many of these companies are not focussed on Style regulation or compliance but on fee generation and club promotion not the quality or safety of the Martial Arts being delivered.

The Martial Art Governing Council should recognise all Associations correctly in order to cover their member clubs and those Associations be approved to conduct business within the UK Boundaries.

“Each employer or organisation should consider their own specific circumstances”

It is imperative at this sensitive time that all Associations and Organisations that represent martial art clubs, schools and instructors have a standardised approach to applying [and implementing correct procedures and] protocols across their member schools in order to prevent the spread of the covid-19 infection and to ensure that their treatment and reaction to any cases that occur is equitable, impartial and standard.

For this reason OFMAR suggests that Associations are granted an 'awarding status' by the Governing Council so that they can advise and approve their member schools that the framework is in place to reopen and support that affiliate school.

Clubs that operate under the auspices of a controlling or governing Association or Organisation are obliged to apply the rules and regulations of those governing Associations. It is possible that risk claims may not be settled or schools could be disenfranchised and club's civilly liable for infringing standards.

Without stringent checks being performed by an Association there is no means to determine whether a club, style or school adheres to legislative compliance procedures; or indeed is certified and licensed to operate.

Associations should be applying the Covid-19 Response from the Government Guidelines not just at their discretion but also according to the law as defined by the guidelines. Clubs, Schools and Individual Instructors who are not aligned or affiliated members of a Recognised Association or Organisation should not and cannot be cleared to recommence or restart martial arts teaching and training until they can show they comply with the guideline requirements.

It should be mandatory for each Governing Association or Organisation to provide and confirm the following:

- **Association Name**
- **Contact name and contact details**
- Styles taught, Approved and recognised by that Governing Association
- The Individual responsible for the approval and verification of each style within that Association with certified relevant qualification, proof of rank and experience in that

style. This includes any International Approval or granted powers conferred to a UK Association by an overseas affiliated or awarding Organisation.

An Association that does not have a 5th Dan Verifier cannot be an awarded controlling Association status for that Style.

With a high number of Instructors switching styles they teach to fit with the Covid-19 fitness trend. This means that potentially these instructors are unqualified and uncertified to teach some styles.

- Any Endorsements or penalty held against any specific active member club or school affiliated under the Association or Organisation. This includes GDPR Breaches, Teaching or structural or operational infringements, blacklisting, security and identity issues, protection breaches as well as notified accidents, welfare and incidents held on the Association's files.
- Is the Association Sport England recognised as an Olympic Funded NGB; a Non Funded NGB or a normal non supported Association
- Details of the Underlying Association Insurer with Contact Information and copies of the Insurance Certificate, Policy Terms and Conditions.
- Copy of Association Operating Oversight Manual covering all the existing policies and compliance protocols; the Covid-19 response Association Risk Assessment and the Action plan covering the reopening of their own member schools.
- Syllabus Provided (for all formally recognised styles of Martial Art)
- Total Number of Schools or Clubs the Association Represents
- Total Number of Students Association or Organisation currently manages.

Each Association will be granted a Clearance certificate they can register on their websites and provide to their member clubs as proof they have been cleared.

Evaluated Activities

Martial Art Approved Activities with consideration toward the 2m social distancing government guidelines, for the indoor or outdoor training environment.

- Warm Up and Stretching
- Stances and Stance work drills
- Basic Technique Tuition
- Basic Technique Reps practice
- Positions
- Kata Hyung or Patterns Practice
- Speed or Combination Training
- Fitness / X –Train or Circuits *
- Equipment based training *

*Consideration toward After-use cleaning must be factored into Risk Assessment.

Martial Art Activities currently discouraged as this may contravene the contact definition of the 2m social distancing government guidelines from being applied in full.

- Escapes and Evasions
- Chokes and Choking
- Locks
- Takedowns
- Throws
- Counters and Defences Against
- Grappling and Restraint
- Knife Defence (either offensive or defensive)
- Gun Defence
- Pad Work, Shields, Bag
- Defence / Sparring / Contact Bouts/ Milling
- Any Other Weapons Drills
- Car Jacking Exercises
- Miscellaneous / Extraneous Drills where distance cannot be maintained.

Styles and Banding

It is the duty of Associations to review the operation and conduct of their member schools and ensure they are operating correctly.

Every Club should complete a Risk Assessment, which should be provided to their Governing Association or to the Governing Council to review their procedures and processes and establish whether they can reopen. The enforcing Authority has not been conferred any power by the Government to act for the Martial Arts Industry

Because Martial Arts does not have a Governing Council, Regulatory Council or Conduct Authority there is no established body that can either approve or stop martial art clubs and schools from reopening regardless of whether they comply with the Government Guidelines or not.

The following page details the minimum age banding requirements for the 74 officially recognised styles of Martial Art in the United Kingdom. Please note that these Martial Arts should be insured at the correct insurance banding and ensure that clubs and schools are not taking students below the minimum training age eligibility requirements.

Children should not be taught weapons before age 16 and could raise a warning flag against a school.

<u>STYLE</u>	<u>Ins Grp</u>	<u>Min Age</u>		<u>STYLE</u>	<u>Ins Grp</u>	<u>Min Age</u>
AIKIJUTSU	B	8 yrs		KUK SOOL WON	E	5 yrs
AIKIDO	B	8 yrs		KUNG FU	E	3 yrs
AMERICAN KENPO	B	3 yrs		KYOKUSHIN KARATE	B	5 yrs
ARNIS	E	16 yrs		KYUDO	E	10 yrs
BAGUA	E	16 yrs		MMA	E	8 yrs
BARTITSU	E	16 yrs		MUAY THAI	E	5 yrs
BJJ	E	5 yrs		NINJUTSU	E	8 yrs
BOXING	B	5 yrs		PENCAK SILAT	E	16 yrs
CAPOEIRA	B	5 yrs		QI KWAN DO	C	3 yrs
CHI COMBAT	C	3 yrs		SAMBO	E	10 yrs
CHOI KWANG DO	C	3 yrs		SANG MOO	C	5 yrs
ESKRIMA	E	16 yrs		SAVATE	C	5 yrs
FILIPINO MARTIAL ARTS	E	16 yrs		SELF DEFENCE	E	10 yrs
FITNESS	A	10 yrs		SHITO RYU KARATE	E	5 yrs
FREESTYLE	E	3 yrs		SHORIN RYU KARATE	B	5 yrs
GOJU RYU KARATE	B	5 yrs		SHORINJI KEMPO	B	5 yrs
HAPKIDO	E	5 yrs		SHOTOKAN KARATE	B	3 yrs
HEMA	E	16 yrs		SHUKOKAI KARATE	E	5 yrs
IAI BATTO DO	E	16 yrs		SILAT	E	16 yrs
IAIDO	E	16 yrs		SOO BAHK DO	C	3 yrs
JADO KUIN DO	C	3 yrs		SOOYANG DO	C	3 yrs
JEET KUNE DO	E	3 yrs		SPORT KARATE	B	5 yrs
JU JITSU	E	5 yrs		STAV	E	10 yrs
JUDO	B	5 yrs		SYSTEMA	E	16 yrs
KALI	E	16 yrs		TAI CHI	E	3 yrs
KAPAP	D	10 yrs		TAIJUTSU	E	3 yrs
KARATE	B	3 yrs		TANG SOO DO	E	8 yrs
KARATE – Y G M	B	3 yrs		TANG SOU DAO	C	5 yrs
KEMPO	E	5 yrs		TETSUDO	E	5 yrs
KENDO	E	16 yrs		THAI BOXING	E	3 yrs
KENPO	E	5 yrs		TAEKWONDO	B	5 yrs
KEYSI	E	16 yrs		VALE TUDO	B	10 yrs
KICKBOXING	B	5 yrs		WADO RYU KARATE	E	5 yrs
KOBUDO	E	16 yrs		WASHINKAI KARATE	B	5 yrs
KOBUJITSU	B	10 yrs		WEAPONS	E	16 yrs
KOREAN KARATE	B	3 yrs		WING CHUN	E	3 yrs
KRAV MAGA	E	10 yrs		WUSHU	E	3 yrs

*** Where styles teach weapons as part of their syllabus, minimum age eligibility is 16 yrs**

3. Accredit, Recognise and Approve Clubs, Schools and Instructors at a National Level.

ALL CLUBS, SCHOOLS, INSTRUCTORS SHOULD BE REGISTERED ON THE OFMAR.ORG NATIONAL PORTAL

This is to ensure the following information is correctly held and recorded in a central point so that OFMAR can provide a clearance and approval Certificate for that Club, School or Instructor operating their services from a specific venue. A copy of this certification can be given to their venue hirer for compliance purposes; or held on the clubs records for compliance check or possible review by the Health and Safety Executive.

The purpose of the grass-roots club registration is to ensure that contact information and numbers are readily available in a central location for Test and Trace purposes.

- Style and Supervising Instructor contact and venue information
- Style related information, data gathering and information
- Any MACA Endorsements or warning flags held against the specific club or school can be resolved and sorted out before reopening can be agreed.
- Which Governing UK Association Controls the Club or School, along with their relevant contact information and insurer details in case of litigation following Covid-19 infection.
- Details of the Underlying Insurer with Contact Information
- Certification of Instructor Rank and banding according to IPMAI based on the specialisation and style parameters to determine Instructor recognition level. Also declaration of linked instructors and those insured to teach or volunteer under the Clubs profile.
- Syllabus provided (for all formally recognised styles of Martial Art) run from the club.
- Confirmation of any Instructor Certification for:

DBS Enhanced Check

Child Safety and safeguarding Certification

Provision of Protection Policy Compliance Checks [Vulnerable Persons]

First Aid Certification

Completion of Training in the Prevention of Covid-19

Completion of the Mental Health Wellbeing and Awareness Course – Covid-19

Completion and filing of the Club's Covid-19 Risk Assessment by Supervising Instructor and action Plan for reopening.

In accordance with the OFMAR Protocols this pinpoints a specific club under a specific style or instructor at a specific venue and OFMAR can therefore provide a clearance compliance certificate for that club at that venue.

A club could potentially reopen if they have completed the Risk Assessment; the required training courses and completed and implemented satisfactory contingency procedural routines to reopen then ultimately permission for a club to reopen or restart should rest at the discretion and acceptance of their venue with the clubs or schools proposals.