



BRITISH MARTIAL ARTS
& BOXING ASSOCIATION

EST. 2012

TO HIGH PLACES BY NARROW ROADS

RETURN TO PLAY V2.03

Interim Policy Document & Guidance Notes

FOR DISCIPLINES WITHOUT NGB REPRESENTATION



EXECUTIVE SUMMARY

Martial Arts is a collective term for the more than one hundred and fifty disciplines and styles currently practiced in the United Kingdom. BMABA Recognises that with no singular governing body or regulator to oversee the phased return to all relevant disciplines in an equal, safe process, there will be many clubs and organisations without representation and a fair route back to contact training.

The BMABA Return To Play Interim Policy Document utilises our vast industry specific experience in martial arts regulation and development. It is our firm belief that grassroots, recreational martial arts can be safely practiced across three separate phases of return, all adhering to existing Government guidance on social distancing and COVID-Secure precautions.

Working closely with our network of more than 30,000 members, covering a reach of 100,000 stakeholders throughout the independent martial arts industry, this policy has been written to assist in facilitating a safe, managed and responsible return to effective martial arts training for clubs without a DCMS agreed Return To Play Policy set by a National Governing Body.

It is important to stress that BMABA are not fulfilling the role of a Sport England National Governing Body and this policy is not the result of an approved DCMS reviewed RtP. After discussions with Sport England on how best to practically return as many unrepresented styles to the appropriate phases of training without awaiting numerous formal RtP reviews, it was agreed that a general interim policy would be an effective and appropriate method to resume training for styles and clubs who sit without an officially approved policy.

To this effect, the association is keen to stress that this policy does **not** grant any rights or privileges exceeding the universal permissions granted to other DCMS approved Return to Play Policies, and it does **not** allow clubs to exceed the limitations set by the Department for Digital, Culture, Media & Sport (DCMS) within the Combat Sports Framework. Instead, this interim policy document aims to tie together limitations and permissions with a view to enabling as many grassroots clubs as possible to find a safe route back to training under a single regulatory framework based upon Return to Play Policies already seen and approved by DCMS. A copy of this policy has been submitted to Sport England as agreed with their RtP team.

If a DCMS approved Return to Play Policy exists for a discipline, issued by a Sport England recognised NGB, it must be followed instead of this policy. The BMABA's policy is for styles **without** a formally agreed RtP, such as disciplines without a formal Sport England NGB.

This policy has been based partly on the published RtP policy approved for England Kickboxing with a view to ensuring continuity across the wider recreational martial arts industry. Elements of limitations and risk mitigations from other approved frameworks have been considered and incorporated as appropriate to ensure parity across as broader style base as feasible. It has been further developed by BMABA with agreement from more than 490 key clubs spanning our represented disciplines, alongside wider support from the independent martial arts market. The association is keen to stress that this policy will not be capable of answering all queries and satisfying all concerns as it is limited in scope to the pre-agreed rules set by the Combat Sports Framework. This document should be complimented by stringent club-level COVID precautions and control measures. It has not been produced to provide a 'workaround' to more relaxed permissions and instead draws purely upon already-approved guidelines.

This framework is designed primarily for grassroots clubs with a view to facilitating a safe return to indoor recreational martial arts training within England and does not look at

competitions at this stage. Further policies for the devolved nations will be released in due course as on-going talks with relevant parties continue.

It is important to note that 'BMABA' ('British Martial Arts & Boxing Association') is not a recognised governing body within the Sport England NGB framework and has not applied to be recognised as such. The association's focus is to regulate, develop and promote grassroots participation across numerous disciplines of martial arts and combat sports as a supporting organisation. This document is a reflection of the near-decade spent representing 30,000 plus named members across one hundred disciplines.

This policy has been primarily authored by Giovanni Soffietto, Chief Executive Officer of BMABA Group with consent and assistance of the Committee, Board and Management Team.

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PREREQUISITE AND ASSUMPTIONS

It is noted that the BMABA Return To Play guidance is not a regulatory document for key requirements, minimum standards of professionalism, safeguarding guidance or any other regulatory matters. BMABA sets an extensive set of regulations and guidelines via our Regulatory Framework and this interim policy should be considered in addition to these standards.

Whilst not exhaustive, it is noted that for the Interim Return to Play guidance to be effective, the below must be met in full at all times;

- 1. Valid, in-date membership must be held by the instructor or club to permit the correct level of oversight to assist in the delivery of this RTP guidance.**
- 2. A Covid-Aware instructor qualification must be in receipt by the lead instructor or COVID Officer.**
- 3. A full ESCP (Exit Strategy and Covid Policy) must be in place and up to date at all times.**
- 4. All standard requirements – insurance, safeguarding qualifications and requirements, DBS checks, first aid training, technical grades, coaching qualifications and so on – must remain active and in place per national guidelines.**

At the time of publication, this interim policy is being reserved for BMABA registered clubs and instructors only. This is to ensure a controlled review period whilst, inevitably, questions arise from the implementation of this policy across our membership base. Free membership is being offered to any clubs requiring access during this period of initial review.

It is the association's aim to release this policy document to the wider public in due course, when any introductory queries and amendments have been made. Until such a time, this guidance document is only appropriate for use by registered BMABA instructors and clubs.

PHASES OF RETURN

The phases of return are based exclusively upon Government guidance from the DCMS Combat Sports Framework and is provided 'verbatim' for the avoid of doubt. They are as follows;

Phase 0: non-contact socially distanced activity

At phase 0, contact combat sports may resume non-contact training. This means that they should only train individually and there should be no activity with others, including with equipment (such as pad work). Clubs, providers and participants must adhere to legal gathering limits, social distancing guidelines and venue requirements, as set out in government guidelines.

Phase 1: return to equipment training

At phase 1, contact combat sports can resume contact training. They can train with others and do not have to maintain 2m social distance. This is solely for the use of training with handheld and wearable equipment (such as pad work), and during this phase there should be no direct personal contact or contact with clothing. Sports should provide guidance on whether (and what type of) personal protective equipment (PPE) is appropriate for individuals holding or wearing contact equipment.

Training which involves contact should take place within 'training bubbles', in accordance with the relevant social contact rules at that step of the roadmap. Individuals may only be part of a single bubble at an individual club/gym. Individuals may not be part of multiple bubbles at the same or at different venues (for example a coach may not train with a bubble of similarly experienced participants and then become a coach for a less experienced group; a children's instructor may not coach more than one group of children, even on separate days). Coaches or participants holding or wearing the equipment are considered to be part of the bubble.

Coaches or officials who operate socially distanced from bubbles and are not holding or wearing equipment can operate across bubbles or multiple gyms. However, even when socially distanced, coaches or officials may wish to limit the number of bubbles or facilities they work with to limit exposure, and should make clear to facility operators if they work across multiple venues. Where possible, socially distanced training should be maintained for all participants.

For under-18s and where the activity is for educational purposes (e.g. students studying sport at further or higher education), the training bubble may be up to 15 participants. Participants in a training bubble should not mix with others in different bubbles, before, during or after the training activity.

Phase 2: return to contact training

At phase 2, contact combat sports may resume contact training which includes direct physical contact between participants.

Training which involves contact should take place within 'training bubbles', in accordance with the relevant social contact rules at that step of the roadmap.

Individuals may only be part of a single bubble at an individual club or gym. Individuals may not be part of multiple bubbles at the same or at different venues. For example, a coach may not train with a bubble of similarly experienced participants and then become a coach for a less experienced group. A children's instructor may not coach more than one group of children, even on separate days. Coaches or participants holding or wearing the equipment are considered part of the bubble.

Coaches or officials who operate socially distanced from bubbles and are not holding or wearing equipment can operate across bubbles or multiple gyms. However, even when socially distanced, coaches or officials may wish to limit the number of bubbles or facilities they work with to limit exposure, and should make clear to facility operators if they work across multiple venues. Where possible, socially distanced training should be maintained for all participants.

For under-18s and where the activity is for educational purposes (e.g. students studying sport at further or higher education), the training bubble may be up to 15 participants. Participants in a training bubble should not mix with others in different bubbles, before, during or after the training activity.

Phase 3: return to competition

At phase 3, contact combat sports may resume competition between participants.

The provision of competition, including the number of participants permitted to take part, should be determined adhering to legal gathering limits, and dependent on venue capacity (see guidance above on ventilation and venue capacity). For under-18s and where the sport is for educational purposes, up to 15 people may engage in contact combat sports competition. Participants may not mix with other participants, before, during or after the event.

The number of participants set out in legal gathering limits does not include coaches, officials and others attending for work purposes (e.g. event staff), but these numbers must be minimised. Sports should provide guidance on whether (and what type of) personal protective equipment (PPE) is appropriate for individuals holding or wearing contact equipment.

Competition activities in phase 3 should be organised with a minimum 2-week break between phase 3 activities. Phase 1 and 2 activities may continue during this time. Individual sports action plans should set out clearly who is responsible for adhering to measures and maintaining records of phase 3 activities.

NB: Please refer to PAGE 15 of this document for clarity as to which Phase of Training is permitted for children, and for adults, along with guidance notes.

A basic overview of the key differentiating factors of combat sport training are highlighted below across each phase however this is not a technically detailed or exhaustive list of permissions and is for illustrative purposes only;

PHASE 0

- ✓ Individual, socially distanced training.
- Padwork and partner based drills
- Sparring
- Clinch work
- Grappling
- Competitions

PHASE 1

- ✓ Individual, socially distanced training.
- ✓ Padwork and partner based drills[ⓘ]
- Sparring
- Clinch work
- Grappling
- Competitions

PHASE 2

- ✓ Individual, socially distanced training.
- ✓ Padwork and partner based drills
- ✓ Sparring
- ✓ Clinch work
- ✓ Grappling
- Competitions

PHASE 3

- ✓ Individual, socially distanced training.
- ✓ Padwork and partner based drills
- ✓ Sparring
- ✓ Clinch work
- ✓ Grappling
- ✓ Competitions (subject to strict control measures)

[ⓘ] Only where appropriate in respect of broader permissions, in-line with the Government Roadmap. For adults, this will need to be inclusive of PPE when practiced indoors on a 1:1 basis with an instructor or coach. Please refer to the detailed guidance on what is and isn't permitted on Page 15 of this document.

DEFINITIONS & DETERMINATIONS OF RISK

In line with the wider martial arts community, the definition of risk for martial arts has been set as follows;

LOW RISK: Non-contact activity that can be safely practiced with social distancing in place.

MEDIUM RISK: Activities in which social distancing of 2m is not always possible, but where no contact is made with another person.

HIGH RISK: Activities in which participants may make contact with one another for periods of time at a range of less than 2m.

LOW RISK – PHASE 0

Low risk activities are elements of martial arts practice that allow socially distanced, non-contact training in-line with current Combat Sport Framework for Phase 0 return. This may include, but is not necessarily limited to;

- **Solo Exercises and Workouts**
The individual training under the guidance of an instructor with a focus to building strength, endurance, flexibility or cardiovascular fitness. Conditioning is inclusive in this definition.
- **Linework**
The practice of a syllabus (such as kicking and punching without an opponent). This type of practice involves no contact or partner work.
- **Bagwork**
Practice and training on punchbags, speedballs and kickbags – both freestanding and hanging.
- **Solo Weapon Training**
The individual practice of weapon based techniques, in-line with the Linework definition above in which no contact or partner based work is permitted.
- **Katas and Forms**
The individual, socially distanced practice of kata and form for the purposes of technical development and wider participation.

MEDIUM RISK – PHASE 1

Medium risk activities are elements of martial arts practice that require closer quarters training with a participant for a very limited amount of time. Typical activities include, but are not limited to;

- **Pad and Shield Work – PHASE 1**

The use of focus mitts, kicking shields and thai pads for the purpose of developing technical skill and striking ability. Drills should incorporate a minimum 1m+ social distancing between padholder and striker. During Phase 1, indoor use of padwork must be accompanied with the padholder wearing full appropriate PPE.

- **Partner Based Training And Self Defence Practice – PHASE 1**

Whilst utilising the appropriate contact PPE under a two-barrier rule in which there must be contact between only two pieces of equipment (such as gloves and chest plate), two participants may engage in partner based drills which aim to recreate or simulate crucial elements of combat and/or sporting tournaments. This may include, for example, defence and counter techniques however contact must be reserved to a fleeting, minimal basis between equipment and PPE – not physical contact between persons or clothing.

HIGH RISK – PHASE 2

High risk activities incorporate elements of training that typically require work at less than a 1m range to a partner, sometimes also incorporating contact between two persons. Examples include, but are not limited to;

- **Clinching and Grappling**

Clinching is the point at which two participants 'lock' together in a technique designed to control or minimise striking. Grappling a close contact aspect of martial arts that incorporated throws and takedowns, as well as floor based submission and escape training. This may also include 'feet to floor' training which stand out self defence drills are practiced utilising contact, locks and throws.

- **Contact Sparring (also referred to as 'free sparring')**

The practice of competition based martial arts, in which full contact training is permitted between two participants, involving a high degree of exertion and exercise. This is a crucial aspect of pre-competition training to ensure a safe standard of technical competency can be achieved by the student.

CLUB MANAGEMENT

STANDARD REQUIREMENTS

This list is not exhaustive and does not negate the pre-requisites as set out in this document, nor any additional control measures or restrictions set by the DCMS Combat Sports Framework. This would include regulatory or statutory requirements to hold qualifications or training in specific areas – such as first aid, safeguarding or coaching – which are not part of a COVID Club Management policy.

A. CLUB MANAGEMENT

1. Clubs must have a dedicated Covid Officer who will take ultimate responsibility for the delivery of latest COVID guidelines for their club, as well as the record keeping of partners and groups and any track and trace requirements.
2. Clubs must ensure a fully up to date ESCP (Exit-Strategy and Covid Policy) is in place at all times.
3. Student records must be kept up to date with contact details of students (and parents, where junior) checked for accuracy every 90 days.
4. Clubs should understand venue COVID procedures and standards prior to delivery of sessions to ensure the safety of classes is not compromised before, during or after delivery.
5. An up to date COVID risk assessment must be completed for each venue, and this document should be re-checked on a 90 day recurring basis or sooner, should a material change occur or a change in Government guidance take place.
6. All standard requirements for safe and professional instruction must be adhered to at all times.
7. Each class should have a Track and Trace QR code available if the venue does not have over-arching responsibility for providing this on entry (where appropriate). Students should be encouraged to use this.
8. Clubs should keep students and parents up to date on the latest changes to guidance, requirements and process to ensure all involved parties understand what is expected and required of them prior to attending classes.
9. The arrival, class structure and departure routine should be made available to students / parents in advance of attending.
10. Clubs must ensure a pre-booking system is available for classes. 'On the night' bookings must not be accepted.
11. All clubs must undertake an assessment of each venue to ascertain the maximum capacity that can be safely permitted access. If the club is renting a commercial venue then the capacity figure provided by the venue may be

accepted. Where a self owned or self leased premise is being used, the Government's official guidance on acceptable minimum space must instead be considered.

B. ARRIVAL

1. All students must be pre-booked using a trackable booking process prior to arrival. If they do not have a pre-booking, they must be refused entry with records kept of such refusal.
2. Clear signage must be made available throughout arrival to the venue to make clear what processes parents/students must follow. This includes atleast one 'Challenge' (see 'STOP – BMABA poster') and any other appropriate signage, for example one-way signs.
3. Students should enter in an orderly fashion, ensuring social distancing is adhered to at all times.
4. Ample handwashing should be available with effective anti-bacterial hand sanitizer readily available prior to beginning lessons.
5. Students should arrive ready to participate and changing facilities should not be provided.
6. Parents should have a clearly pre-agreed arrival procedure that balances supervision and a safe transfer with the minimum amount of necessary interaction to the venue and class.
7. Face coverings should be worn by all students as appropriate prior to beginning training.
8. Groups of 6 whom do not form a direct support bubble must not attend together unless Government restrictions on social contact relax accordingly.
9. Clubs must have a designated COVID officer who will take a temperature reading of every participant, using a non-contact forehead thermometer.

C. CLASSES

C1. PLANNING

1. Lessons should be pre-planned with content appropriate to the level of contact permitted within the current phase of training.
2. A contingency lesson should be planned should the original lesson plan need to be abandoned. The contingency lesson must also be in keeping with what is permissible under the current phase.

C2. EQUIPMENT

1. At no point should equipment be shared between the group. Students should provide their own equipment wherever possible.
2. If the provision of equipment is essential for the safe delivery of the lesson, the club should ensure equipment is not subsequently used by another student until a full clean with disinfectant solution has been completed.
3. All equipment should be inspected prior to use, and a full clean with appropriate antibacterial solution should be undertaken for every piece of kit that will be made available.
4. After each use within class, a full clean with antibacterial solution should be undertaken.
5. Students bringing their own equipment should also sanitize prior to use.

C3. SAFETY & FIRST AID

1. Safety and First Aid must remain a priority. Where first aid intervention is required the instructor should ensure a face covering is worn where possible and they should also ensure where possible that at least 1m+ distancing is adhered to.
2. Close contact should be limited to the absolute minimum, necessary exposure.

C4. TRAINING & PERMITTABLE TECHNIQUES

1. Clubs should closely follow the permitted phases of return as set by DCMS to determine what training techniques are permissible.

C5. PAD WORK (PAIR WORK)

Padwork (the collective term for the use of training aids such as kicking shields, striking mitts, focus pads and other such related accessories) is an essential component in the safe and effective viability of martial arts classes from dozens of disciplines. If handled correctly, it can be safely provisioned.

You may follow DCMS advice on partner work and 'bubbling up' however, if this is not preferred or not possible, a more stringent control can be used as follows;

1. In the initial phase of contact, students should be paired with **one** other student from the club. This pair must be an exclusive bond that is not interchangeable, meaning 'padwork' (often known as 'partner work') is only possible if **both** parties are present.
2. All pairs must remain socially distanced from all other pairs / individuals within the class at all times.

3. If at any point one of the pair should leave the club or discontinue training and a new training partner is required, a 10 day transition period without a new partner should be provided. If available, routine testing would be advantageous to reduce this transition time.
4. **Padholders** must wear a full face visor with an effective face covering, forming two forms of shield if at all possible and safe where PPE is required under the phased return.
5. Social distancing should be encouraged at all times, even when training permits closer contact work per Phase 2 and 3.
6. Any equipment used by the pair must remain exclusively for their use throughout the lesson. Prior to leaving, the pair should take responsibility under direct supervision from the instructor for thoroughly sanitizing all equipment present.

C6. SOCIAL DISTANCING

1. Government social distancing guidelines should be adhered to at all times, with exception only given to permitted phase activities.
2. Any partner work should be undertaken specifically in conjunction with the guidance provided above (see 'Phases') or over-arching DCMS guidance on bubbles and group work.
3. Techniques should be practiced in lines or 'back to back' as opposed to 'face to face' wherever possible.
4. Where teaching specifically within a school setting, if a group is confirmed to form a 'class bubble' (or alternative appropriately named social bubble) then, with the permission in writing of the school or academic institute, social distancing may be relaxed in line with the Government's guidance on under 18 organised sport within schools and educational settings.
5. Should an instructor need to approach a student for any reason on the grounds of safety, they must ensure an appropriate face covering is worn. Where it may be necessary to move closer than 2m for a correction or intervention, 1m+ must be adhered to and the instructor should aim to leave the 2m distancing space as soon as possible.

LEAVING LESSONS

1. Students should not exit the training area until the exit to the venue is available for use.
2. Parents should have a clearly pre-agreed collection policy which ensures they are not spending un-necessary amounts of time within close contact to other parents and/or students.

3. Face coverings must be worn as soon as students exit the training area, where age-appropriate. Any parents or guardians must also ensure face coverings are worn when required.
4. Wider social distancing guidelines set by Government must be adhered to at all times.

MISC & ADDITIONAL CONTROL MEASURES & RISK MANAGEMENT

1. Where floor mats are required, clubs must ensure all mats are thoroughly disinfected prior and after each use. Students should be kept contained to their own individual mat(s) throughout the session where possible.
2. Clubs that require the use of training weapons should take the some precautions detailed for the use of padwork, ensuring strict partnerwork, thorough cleaning of any training items and swords etc, and strict social distancing.
3. Hand sanitation points should be provided at the entrance of the dojo, as well as 'mat side' to enable students the opportunity to disinfect hands between drills and when arriving/leaving.
4. Social interaction between, before and after lessons must be in-line with wider government guidance on the matter.
5. Test and trace should be fully utilised, with students encouraged to use both the QR code and NHS App.
6. Good levels of ventilation must be maintained. This may require doors and windows to remain open.
7. Limits on class sizes must be determined by either the prescribed capacity limit set by the venue/facility or the minimum space requirements based upon the Government's 2m social distancing, and further rules on net volumetric space for indoor sports.
8. Social interactions before and after classes must be managed in-line with Government guidance.
9. Per the above guidance for the use of equipment, only the minimum amount of equipment required to safely complete a training drill must be used. This must be sanitised fully between uses and between lessons.
10. When not actively working in a required drill or technique that makes use of the exemption on social distancing, the 2m distancing rule must apply. This would be the case, for example, if a class breaks for water or when re-assembling for a cool-down.

Permitted Levels Of Contact

Grassroots Sports Guidance – Step 2 (12th April 2021)

“From the 29th March outdoor sport for adults and children is permitted in larger numbers, provided it is formally organised (for example, by a national governing body or a qualified instructor).

Outdoor organised sessions can take place in any number, but people must maintain the rules on social contact before and after the training session.

All participants should adhere to social distancing when not actively participating e.g. during breaks. Coaches must take steps to ensure the level of contact is reduced as much as possible. E.g. social distancing should be maintained during warm ups and solo training.

Outdoors, organised contact combat sport activities can resume at phase **2** for children, and phase **1** for adults.

Indoors, organised contact combat sport activities can resume at phase **2** for children. Adults can resume indoors at phase **1**, but any activity that does not meet social distancing guidance (such as contact or pad work) can only take place between people from the same household or support bubble.”

The above guidance is directly from the DCMS Combat Sports Framework

Please note the following guidance notes in relation to the above which have been provisioned by the association to try and enable clubs a more informed decision on returning to training:

1. For indoor training of under 18s, capacity should be limited by venue restrictions based upon distancing requirements as set by Government, or by the limit of 15. This reference appears to emanate from DfE guidance and whilst no immediate limit on numbers is available from the Combat Sports Framework, as it is applied throughout other NGB RtPs, it would be prudent to follow this capacity cap accordingly. Clubs may exercise discretion where appropriate on the latter in absence of DCMS set limits but must not exceed capacity based on social distancing standards.
2. Per the England Kickboxing Approved RtP setting precedence, the number of participants set out in legal gathering limits does not include coaches, officials and others attending for work purposes. This allows for 1-1 coaching indoors with adults included. It is recommended that PPE for Pad Work is used in this context. Individual indoor training for adults is also permitted inline with guidance.
3. Organised indoor group sessions for adults are not currently permitted and are not expected to be permissible until at least 17th May.
4. For adults and in-relation to outdoor training bubbles, this figure is defined at a maximum of **6**. This does not denote outdoor maximum class capacity which is understood to be unlimited by number and capped based upon safe teaching ratios and/or available space, but it does require ‘pods’ or ‘bubbles’ of no more than 6 to remain entirely separated from other ‘pods’ or ‘bubbles’ at all times.

Note that whilst spectators are not allowed in any sport facility, exceptions can be made for carers of disabled participants and where adult are needed to supervise under 18’s in a safeguarding capacity.

COVID PROTOCOLS

INTRODUCTION

Coronaviruses are a large family of viruses that usually cause mild to moderate upper-respiratory tract illnesses, like the common cold. Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes.

It is important that the martial arts community recognises the responsibility it has to support the national effort to reduce the rate of infection and save lives by taking into account wider Government Guidelines to help limit the spread of the virus. A return to play document will not supersede wider Government advice and requirements designed to help protect the wider public.

A. SCREENING

1. All clubs must confirm and record that participants and parents have undertaken a COVID-19 Self Assessment prior to arrival at the class or lesson. The association can assist clubs in processes for such a self-assessment, but this may be based upon an online form through which parents and participants confirm that a self assessment has been completed, or a paper-based alternative, if preferred. This can be incorporated into bookings or payments if preferred to reduce administrative overheads.
2. Clubs must record and retain information in-line with their Data Protection obligations for the duration of easing from lockdown measures, at which point the association shall instruct clubs as to when records can be safely disposed of.
3. Self-Assessment checks should ensure parents and participants test negative for all of the following symptoms;
 - A high temperature
 - Loss of or change in sense of taste or smell
 - A new continuous cough
 - Any close contact with another person who has tested positive in the proceeding 2 weeks
 - Any travel to or from a location in which COVID was confirmed (within the UK) or any area considered to be of high risk (in respect of international travel) for a 2 week period prior to the assessment.

B. MINIMISING RISK

Per Sport England's guidance for 'Hygiene for sport and physical activity' it is crucial all participants, coaches, volunteers and parents;

- Ensure clean hands and avoid touching your face
- Cover coughs and sneezes
- Ensure clean surfaces and equipment
- Avoid sharing equipment
- Clean and cover wounds

These practices should be encouraged before, during and after sessions.

C. SIGNS & SYMPTOMS

Per NHS guidance, if you have any of the main symptoms of COVID-19, get a test as soon as possible. Stay at home until you get the result. The main symptoms to consider are;

- **A High Temperature** – Meaning you feel hot to touch on your chest or back.
- **A New, Continuous Cough** – This means coughing more than usual for an hour, or 3 or more coughing episode in 24 hours. If you usually have a cough, it may be worse than usual.
- **A Loss Or Change To Sense Of Smell Or Taste** – This means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

Most people with Coronavirus have at least 1 of these symptoms.

If you have any of the main symptoms, get a test as soon as possible. You must remain home until you receive your result. Learn more from;

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

D. TEST & TRACE

The NHS Test and Trace service (Test and Protect in Scotland) aims to prevent the spread of coronavirus in the community by:

- identifying cases of coronavirus through testing
- tracing the people who may have become infected by spending time in close contact with them
- supporting those close contacts to self-isolate, so that if they have the disease, they are less likely transmit it to others

E. SAFEGUARDING

Safeguarding must remain a top priority for clubs and instructors. National and club safeguarding policies must remain up to date with a designated lead officer qualified and suitably vetted.

Clubs **MUST** remember to;

- Ensure instructors, staff, volunteers and other stakeholders are up to date on the latest safeguarding policies and processes.
- Remain up to date with the Safeguarding Code and any organisational Safeguarding policies.
- Ensure staff, instructors and volunteers are up to date on the reporting process for safeguarding concerns, with key contact details shared accordingly.

Childline - Tel: 0844 892 0220 (9am-Midnight) - Web: www.childline.org.uk

NSPCC - Tel: 0808 800 5000 (9-6 Mon-Fri) - Email: help@nspcc.org.uk Web:

<https://learning.nspcc.org.uk/>

Child Exploitation and Online Protection Command - Web:

<https://www.ceop.police.uk/safety-centre/>

For more information please visit: <https://www.nspcc.org.uk/keeping-childrensafe/reporting-abuse/coronavirus-abuse-neglect-vulnerable-children/>

BMABA Safeguarding Leads can be reached on 01798 306546 or by safeguarding@bmaba.org.uk. Visit bmaba.org.uk/safeguarding to see who our safeguarding lead officers are, and how we manage safeguarding concerns.

F. CLUB OPERATIONS & PLANNING

Before returning to teaching, clubs must ensure comprehensive club management and operational planning documents are in place including risk assessments for COVID secure measures. An example of this ESCP (Exit-Strategy & Covid-Policy) along with an example risk assessment is available freely to all members via MyBMABA. This should be considered a minimum standard for Phase 0 and above.

G. UPDATES, FEEDBACK, CONSIDERATIONS & AMENDMENTS

It is expected that this document will be heavily edited and updated in the months ahead to better reflect wider Return to Play principles across other NGB policies. The BMABA will undertake continual assessment of broader DCMS Combat Sports Framework restrictions and permissions, alongside on-going reviews of approved RtPs from other martial arts NGBs to ensure this policy is consistent and representative of wider industry practices. Member and wider industry feedback is welcome and where clarifications or corrections are required, this policy will be updated at mybmaba.org.uk/coronavirus/rtp. Clubs should check weekly for updates, or sooner, if major changes are announced within the Combat Sports Framework or the Government's Roadmap.

Further details and interpretations on a style by style basis are provided by the BMABA to all levels of members without cost. You should consult the association with questions and queries on how certain elements of this policy may affect your specific class or circumstance. The association will endeavour to offer clarity in-line with publicly available DCMS guidance.



BRITISH MARTIAL ARTS & BOXING ASSOCIATION

EST. 2012

TO HIGH PLACES BY NARROW ROADS

Produced by the British Martial Arts & Boxing Association (BMABA) to assist unrepresented disciplines and styles in the safe return to Phase 1 and 2 training in-line with Government Guidelines.

This document does **not** replace broader DCMS or Government restrictions and any such advice or regulation should be followed. Please ensure you have the most up to date policy, reflective of any changes to best practice or guidance. Where any instances of conflicting or differing guidance has been drawn across more than one DCMS approved RtP this policy falls-back to the detailed England Kickboxing approved framework for continuity purposes as the association is named on this particular policy.

A copy of this document has been submitted to Sport England on 20/04/2021 as agreed.

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