

# Essex Aikido Dojo (Shoshinkan)

## Modification to Training Covid 19

Aikido and Taiho-Jutsu are martial arts with strict rules of hygiene and etiquette and at this time these rules should be strictly applied. The participants training kit must be washed between sessions and special attention must be given to personal hygiene.

As a close contact activity consideration will have to be given to how any form of social distancing can be applied. Activities must be modified using various practices and routines (solo kata and weapons practice which allow the participant to work without a training partner unless the training partner is a member of the same household).

Aikido is practiced on mats covering the practice area and these will be required to be disinfected after each practice session as advised by government guidelines. As a phased approach we may practice on wooden floors with foot coverings

Any other equipment used i.e. Tanto, Bokken, Jo etc. will also have to be sanitised and not shared with other members other than members who are in your social bubble.

Spectators will not be allowed to watch training sessions from within the same training room, unless there is enough space to allow for social distancing from the participants and other spectators.

Sections of the mat area can be cordoned off to give participants a safe working zone.

## Changing Room Use

Participants should not to use changing rooms but to come to Aikido prepared, wearing their kit and with their own personal equipment (water bottles etc.). Following the session, they will be encouraged to leave the venue immediately with no social interaction and shower at home. Where it is necessary for participants to use the changing room, access will be restricted to numbers that will allow social distancing.

## Access Arrangements

Numbers of non-participants (parents/guardians) will be restricted, this may mean children being dropped off and picked up after the session. Where drop off is not possible, and suitable waiting area is not available, parents/guardians will required wait in their car.

## Venue, Carparking & Avoiding Unnecessary Encounters

Class sizes will be required to be reduced to ensure that unnecessary encounters between people parking cars or accessing the venues is avoided. Staggering of session times will also be considered to footfall in entrances to the minimum acceptable numbers.

Parents/guardians must ensure when dropping of children that they are observed transiting to Dojo and that the coach has taken over responsibility for them.

Timelines for a return to indoor sport are currently unclear, however based on current knowledge of Aikido requirements and phased approaches from other sources, it is

# Essex Aikido Dojo (Shoshinkan)

predicted that a phased return for Aikido would go from non-contact to full Randori in five distinct phases.

Shaun Hoddy Grad-IOSH-AIEMA.

## Junior Guidance

Before I leave home to go to Aikido I will:

✓ If I exhibit any signs of infection – follow government guidelines on self-isolation and stay away from training.

✓ Ensure BAA membership is up to date.

✓ I will have a shower or as a minimum ensure I am clean and have washed my hands. ✓ Ensure my gi has been washed after the last session and is clean to wear.

✓ Ensure I have washed my zori (flip flops) so they are clean and wear them up to the tatami edge.

✓ Expect to complete a Covid-19 indemnity form before returning to training.

✓ Go to the toilet just before I leave.

✓ Put my gi on just before I leave. Travel

✓ Travel to and from Aikido training in gi (covered by track suit). Not essential but advised to wear rash guard and leggings under gi to limit sweat transmission.

✓ Abide by social distancing guidelines travelling to and from Aikido. Includes public transport and car parks, wear face coverings as per government guidelines. I will bring the following items in my own personal bag with me to Aikido:

✓ A signed indemnity form from my parents/guardians to say I am fit, well and do not have any of the Covid-19 signs or symptoms or other illnesses

✓ A water bottle,

✓ Plasters

✓ Tape,

✓ Scissors,

✓ Towel,

✓ Anti-bacteria hand sanitiser,

✓ Kitchen roll, Tissues

✓ Anti-bacterial wipes,

✓ Disposable rubber gloves (two pairs),

✓ Face mask,

✓ Weapons (Bokken, Jo ).

# Essex Aikido Dojo (Shoshinkan)

## On Arrival

- ✓ Follow training centre/Dojo signage and social distancing rules.
- ✓ Limit use of toilets, changing rooms and shower facilities.
- ✓ Infra-Red thermal thermometers for temperature check (pre entry to Sports centre / Dojo).
- ✓ Use hand sanitiser on arrival, per government guidelines (sanitiser supplied by club / sports centre at entrance).
- ✓ Parents/carers may be asked to wait in car park or return after session if social distancing from mat can't be observed.
- ✓ Dojo and mats to have been cleaned following government and BAA guidelines.

## In the Dojo

- ✓ Wait for the coach to invite me onto the tatami,
- ✓ Rash guard and leggings may be worn under gi to limit sweat transmission.
- ✓ Smaller class sizes limited to BAA guidelines on use of mat space available (social distancing).
- ✓ On the instruction of the coach move to my personal 3-metre square area,
- ✓ Have my water and personal belongings next to me within my personal area,
- ✓ Have no contact with anyone on the mat (unless from the same household),
- ✓ Stand in the middle of my personal area,
- ✓ On instruction of the coach, bow, knowing this means the class has officially started,
- ✓ Expect shorter sessions – (to allow for cleaning between sessions and more sessions to be run to accommodate more members).
- ✓ Aikido with no physical contact (unless with a person from inside your family – household bubble).
- ✓ Slow phased return, appropriate volume and intensity relative to individual.
- ✓ Individual drills – solo kata, uchi-komi – fitness & weapons etc.
- ✓ Understand the session will be solo kata movements/exercises with various kinds of Uchi-Komi and weapons work.
- ✓ Ask the coach first if need to leave the tatami for any reason,
- ✓ Bow if I leave the tatami and put my zori on,

# Essex Aikido Dojo (Shoshinkan)

✓ Sit down in the centre of my 3 metre space to attract the attention of the coach if I feel unwell on the instruction of the coach bow knowing the class has now officially finished.  
When the session has finished I will:

✓ Bow when leaving the Dojo,

✓ Not go into the changing rooms,

✓ Not gather, meet up with my friends or socialise either inside or outside the Dojo or building,

✓ Go out of the building straight away without delay and into my parents/guardian's car,

✓ Not mix with anyone on my way home, if not in a car,

✓ Stick to the Government Guidelines if going home by bus or train. Note: Everyone should shower and wash gi on return home.

✓ Shower when return home.

As a phased return Essex Aikido Dojo may not use Tatami, until such time we establish the procedures that Basildon Sporting Village have put into place regarding mat cleaning

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7<sup>th</sup> Dan Tomiki Aikido, 1<sup>st</sup> Dan Taiho-Jutsu

# Essex Aikido Dojo (Shoshinkan)

## Adult Guidance

### Before I leave home to go to Aikido I will:

- ✓ If you exhibit any signs of infection – follow government guidelines on self-isolation and stay away from training.
- ✓ Ensure BAA membership is up to date.
- ✓ Possible booking-in system due to low numbers expected to be allowed on the mat.
- ✓ I will shower or as a minimum ensure I am clean and have washed hands before travel to training. .
- ✓ Expect to complete a Covid-19 indemnity form before returning to training.
- ✓ Cleaned Aikido clothing washed with detergent at 60 degrees (before every session).
- ✓ Clothing, footwear, training bags, water bottles etc. must be cleaned per government guidelines (only essential kit to be taken to training to include hand sanitiser, wipes and towel).

## Travel

- ✓ Travel to and from Aikido training in gi (covered by track suit). Not essential but advised to wear rash guard and leggings under gi to limit sweat transmission.
- ✓ Abide by social distancing guidelines travelling to and from Aikido. Includes public transport and car parks, wear face coverings as per government guidelines. I will bring the following items in my own personal bag with me to Judo:
- ✓ A signed indemnity form from my parents/guardians or myself to say I am fit, well and do not have any of the Covid-19 signs or symptoms or other illnesses
- ✓ A water bottle,
- ✓ Plasters,
- ✓ Tape,
- ✓ Scissors,
- ✓ Towel,
- ✓ Anti-bacteria hand sanitiser, ✓ Kitchen roll /Tissues,
- ✓ Anti-bacterial wipes,
- ✓ Disposable rubber gloves (two pairs),
- ✓ Face mask, ✓ weapons tano, bokken, jo.

# Essex Aikido Dojo (Shoshinkan)

## On Arrival

- ✓ Follow training centre/Dojo signage and social distancing rules.
- ✓ Limit use of toilets, changing rooms and shower facilities.
- ✓ Infra-Red thermal thermometers for temperature check (pre entry to Sports centre / Dojo).
- ✓ Use hand sanitiser on arrival, per government guidelines (sanitiser supplied by club / sports centre at entrance).
- ✓ Parents/carers may be asked to wait in car park or return after session if social distancing from mat can't be observed.
- ✓ Dojo and mats to have been cleaned following government and BAA guidelines.

## In the Dojo

- ✓ Hand and feet sanitising pre entry to Dojo (sanitiser supplied by club at entrance).
- ✓ Smaller class sizes limited to BAA guidelines on use of mat space available (social distancing).
- ✓ Shorter sessions – (to allow for cleaning between sessions and more sessions to be run to accommodate more members).
- ✓ Individual training areas may be marked out on the mat. ✓ Aikido with no physical contact (unless with a person from inside your family – household bubble).
- ✓ Slow phased return, appropriate volume and intensity relative to individual.
- ✓ Individual drills – uchi-komi – fitness training – weapons training etc.
- ✓ On the instruction of the coach move to my personal 3-metre square area.
- ✓ Have my water and personal belongings next to me within my personal area.
- ✓ Have no contact with anyone on the mat (unless from the same household).
- ✓ Stand in the middle of my personal area.
- ✓ On instruction of the coach, bow, knowing this means the class has officially started.
- ✓ Expect shorter sessions – (to allow for cleaning between sessions and more sessions to be run to accommodate more members).
- ✓ Aikido with no physical contact (unless with a person from inside your family – household bubble). ✓ Slow phased return, appropriate volume and intensity relative to individual.
- ✓ Individual drills – uchi-komi – fitness training & weapons training etc.
- ✓ Understand the session will be movements/exercises with various kinds of Uchi-Komi & weapons training.

# Essex Aikido Dojo (Shoshinkan)

- ✓ Bow if I leave the tatami and put my zori on.
- ✓ Do not continue if I begin to feel unwell. When the session has finished I will:
  - ✓ Bow when leaving the Dojo. ✓ Not go into the changing rooms.
  - ✓ Not gather, meet up with my friends or socialise either inside or outside the Dojo or building.
  - ✓ Go out of the building straight away without delay and into my car/public transport.
  - ✓ Not socialise with anyone else on my way home, if not in a car.
  - ✓ Stick to the Government Guidelines if travelling home by public transport. Note: Everyone should shower and wash Judogi on return home.

As a phased return Essex Aikido Dojo may not use Tatami, until such time we establish the procedures that Basildon Sporting Village have put into place regarding mat cleaning

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