

Bexley Ju Jitsu COVID check list

Pre-Training checklist:

- Children should NOT wear gi's or belts unless they can dress themselves and tie their own belts. We are not permitted to help the children adjust their gi's or tie their belts as we have in the past
- Children should also wear footwear they can get on and off independently, again we will not be permitted to help them and parents are not permitted to enter the building
- Children should bring their own labelled water bottle. Water will no longer be available in the hall
- Personal hygiene has always been important, now even more than ever. Please ensure children have washed their hands and feet before attending Ju Jitsu. Additionally, girls with long hair should ensure they hair has been tied back

On arrival at the hall:

- I would ask for one parent drop off and pick up to help reduce the No of adults around the hall
- The car park will be out of use to cars and instead will be used for arrivals to queue up in
- Entrance will be via the side door in the car park
- There will have to be a one-way system in place, so pick up will have to be from the front of the building/main doors
- I will be keeping registers

Once in:

- Once in the children will be given designated areas to train, they will maintain 2 meters apart and will not come into contact with any other children, me or Luke throughout the class
- Should a child get injured requiring attention, I and I alone will tend to them. I have masks, gloves, and aprons in my first aid kit which I would have to wear in order to get close enough to tend to the injury

Things are going to be a bit different for a while, but we are able to operate in a safe and secure way and have plenty planned for the children to get them fit and learning again in a safe yet fun way, including socially distance games.