

# Krav Maga Canberra, Covid Safe Plan

- Health and hygiene:- Anybody feeling unwell in any way should not attend training at all. Should you become unwell in any way during training, you'll need to notify an instructor and then promptly leave. Please wash hands thoroughly prior to attending and after leaving the training facility.
- Arrival to venue:- Students will arrive as close to start time as possible to avoid any unnecessary social contact and will observe social distancing requirements, at which point they will be administered hand sanitizer by an instructor from a sanitizer station prior to signing in.
- Student sign in:- **All** students will then sign in to the sign in book with name and phone number.
- Use of facilities / toilets and change rooms:- Use of facilities will be strictly limited to access of 1 person at a time with absolutely no use of showers.
- Social distancing:- Students will adhere to social distancing recommendations of 1 person to 4 square meters of space unless training with a partner.
- Partner / contact training:- When students are required to train with a partner, they will train with the same partner for the duration of that class. In some situations disposable surgical gloves will be provided to prevent hand to face contact etc.
- Handling of equipment:- Any equipment required will be shared only between the student and partner of choice on the night and will be wiped down at the end of the session with sanitizer and wipes by the students who have been using that particular piece of equipment.
- Departure from venue:- All students will leave the venue as fast as possible to minimize social interaction.