



Kung Fu Wushu VIC
The Peak Body for Kung Fu Wushu in Victoria



COVID-SAFE RETURN TO PLAY PLAN.

VICSPORT - approved 21/7/2020.

Safety Coordinator Covid-19.

Our Covid-19 Safety Coordinator is:

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Class Hygiene.

1. No spectators are allowed in classes.
 - a. Parents may drop children off but are not permitted to stay inside; they may wait outside if they wish.
2. A hand cleaning station must be provided where all persons entering the class will clean their hands; all persons to clean hands with soap/sanitiser on entry and on leaving.
3. Regular hand washing with soap and water or sanitiser ...20 second rule.
4. Instructors are to ensure that cleaning and sanitising will occur before and after class and where appropriate during class. Particular attention is to be paid to toilets, door handles, light switches, and bench surfaces. Frequently used surfaces to be cleaned by wiping with detergent and/or disinfectant.
 - a. Communal club rooms and change rooms must be cleaned regularly ...at least once a week, noting that all frequently touched surfaces must be cleaned before and after every class.
5. Abide by social distancing requirements.
 - a. Indoor training is allowed, with a maximum of 20 people per space, if no more than one person per 4 square metres. Up to 10 people, not including the class instructor, in any one group/zone or class within the total space.

- i. If all participants are under 18 years of age, they can practice indoors with up to 20 per zone and 20 per group, if the 4 square metre rule is met.
 - b. Multiple separate zones may be created within a larger indoor space. To be considered a zone, the area must be for the exclusive use of a group and be no less than 200 square metres. For example, a large indoor court could be separated into two zones for different groups at each end. Signage must be displayed at the entry to each indoor zone or indoor space outlining the maximum number of people allowed at a single time.
 - c. Where a venue has multiple separate spaces, there must be measures in place to maintain social distancing in shared spaces such as foyers and toilets.
 - d. Signage must be displayed at the entry to each indoor space clearly stating the maximum number of people allowed in that space at any time.
 - e. Showers, changing rooms and toilets may be used ...again 1 person per 4 square metres.
 - i. Measures to promote physical distancing should be used, such as floor markings.
 - ii. Toilets must be maintained in good working order, with soap and appropriate cleaning facilities provided.
 - f. Training outside is permitted with groups of up to 20 people in addition to the person or persons running the training.
 - g. For those older than 18 years:
 - i. No physical contact of any kind between anyone not living in the same household.
 - ii. Minimum 1.5-meter distance between all people.
 - iii. Instructors must ensure compliance with this provision. It will mean, in effect, that only tuition which does not involve a partner is permitted.
 - h. For those 18 years or younger:
 - i. Full contact training is allowed but only with groups which are exclusively 18 years or younger.
 - ii. For **all** participants, unnecessary physical contact, such as handshakes and high fives is prohibited.
 - iii. All equipment, focus pad as an example, is to be used by only one person in a class and cleaned/disinfected after every class.
6. Where possible, classes will have clearly signposted separated entry and exit areas.
 - a. For back to back classes, when a class is finished, there will be no entry by those attending the next class until all those from the finishing class have left the space.
7. Instructors will ensure that the following equipment forms part of their safety supplies:

- a. Hand sanitiser, disinfectant mops, microfibre cloths, gloves ...rated safe, and paper towels.
8. Instructors will ensure that any chairs in the training area are at least 1.5 meters from any other chair.
9. All first aid equipment is to be handled only by one designated first aid trained instructor.

Personal Hygiene.

10. Personal equipment is not to be shared.
11. All participants must bring their own bottled water and towels.
12. Any coughing or sneezing is to be into the elbow, with hands cleaned afterwards. Obviously, no spitting and nasal secretions are to be treated as infective.

Health.

13. All students and instructors are required to stay at home if feeling at all unwell ...apart from known non-Covid-19 chronic conditions.
14. All students and instructors are not permitted to attend class for 14 days if they have been in contact with a known case of Covid-19 in the previous 14 days.
15. Any student or instructor diagnosed with Covid-19 is not allowed to attend class until expressly permitted by health authorities.
16. All students and instructors must notify the school if not attending for medical reasons.
17. Forehead temperatures will be taken of all students and instructors on entry; if higher than 37.5°C, entry **must** be refused. Any person who is refused entry will be required to submit to formal Government Covid-19 testing.
18. Higher risk activities such as difficult kicking, sparring or grappling activities for those 18 years or younger, should be conducted only by those who are physically capable, and should be closely supervised to minimise risk of an injury resulting in hospital care.

Tracing.

19. All students and prospective students are to have their contact details recorded.
20. Records will be kept of all students who attend a class for any period. These records are to be made available to health authorities if anyone in the club is found to be Covid-19 positive.

Awareness and Communication.

21. **All** member organisations of Kung Fu Wushu Victoria are to abide by this Return to Play Plan.

- a. Failure to abide by all elements of this Plan, by any student or instructor, may result in the suspension of the relevant organisation's membership in Kung Fu Wushu Victoria.
- 22. Kung Fu Wushu Victoria will communicate any changes to this Plan promptly to all member organisations and will keep a copy of the current version of this Plan available on its Website.
- 23. Every member organisation must have a copy of this Plan available at every training session.
- 24. ALL Instructors are to complete the on-line MAIA Covid-Safe certification.
<https://www.openlearning.com/courses/covid-safe-martial-arts-school/>
- 25. Appropriate 'Covid-Safe Martial Arts School' signage will be displayed (attached).



WELCOME!

CONDITIONS OF ENTRY TO A COVID SAFE MARTIAL ARTS SCHOOL



TO PROTECT YOURSELF AND YOUR FAMILY

All persons will have a contactless temperature check before entering the training area

Upon entry all persons must hand sanitise

Pre-booked appointments only

Spectators to classes are NOT allowed

Practice safe distancing while in the training area

Any equipment used will be cleaned after each class

Parents must drop and go

All children under 9 years must be picked up at the door by a responsible nominated adult



use the provided
hand sanitiser before
and after class



stay home if you
have **ANY** cold or
flu-like symptoms



practice safe social
distancing in all
public places

**We thank you for your understanding during
these challenging times.**

www.covidsafemartialartsschools.com