



Krav Maga Global - United Kingdom (KMG UK)

National Governing Body

Guidelines for the Phased Return of Krav Maga Self Defence Training During the Covid-19 Pandemic.

Prepared For:

Affiliated Instructors of KMG (UK)

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1. Aims and Objectives

The aim of this document is to offer guidance to affiliated instructors of KMG UK in the phased return of Krav Maga training during the Covid-19 pandemic. The objective is to help instructors make informed decisions in regard to best practice when considering the steps that they may take to re-open their Krav Maga training classes in a safe manner.

2. Responsibility

This document has been produced as a guidance note. The responsibility to provide safe training rests, as always, with the individual instructor who must carry out their own risk assessment, whilst remaining informed of the current stages of the outbreak, and any government guidance and restrictions that are published, whether as overall guidance or, sector specific.

3. Jurisdiction

This document refers to the current status of the outbreak in England. The devolved administrations of Scotland, Wales and Northern Ireland may follow a slightly different track in regard to the review of restrictive measures. Instructors in those areas should seek out their local versions of the government guidance and then use this document accordingly.

4. Date of this Document

This document is relevant as of the 'last updated' date. Be aware that guidance and restrictions may be updated by the government, before this document is able to be reviewed and subsequently updated. The government guidance will always take precedence.

5. Basis of this Guidance.

This guidance is based on the following in relation to the spread of Covid-19:

- **Droplet Transmission**

The risk associated with each action in an activity based on duration and proximity of participants.

- **Fomite Transmission**

The risk associated with the handling and transfer of equipment in the activity.

- **Population**

The number of participants likely to take part in the proposed activity plus known risk factors of participants with underlying health conditions or high risk groups, who wish to participate.

This document has been compiled using the following guidance on www.gov.uk as credible sources:

- *Working safely during the Coronavirus (COVID-19) providers of grassroots sport and gym/leisure facilities.*
- *Return to recreational team sport framework.*
- *Paper by TWEG on environmental transmission of SARS-CoV-2.*

6. Consultation

This document has been prepared by the KMG UK Director of Training, Mr Jon Bullock and reviewed by the KMG UK Chief Medical Officer, Dr Phil Munro. and Chief Risk Officer, Mr David McNicol-Jones.

The information within this document is taken from our overall action plan for a phased return of Krav Maga training that has been submitted to the Department for Culture, Media and Sport (DCMS).

Although Krav Maga is not a sport, and therefore DCMS will not approve any formal action plan, they were able to offer comments as to our suggested measures for a steady, deliberate and pragmatic return to full Krav Maga training in a phased manner in the following settings:

1. Outdoor Training
2. Indoor Training – Permanent Training Centre
3. Indoor Training – Hired Space in a Third Party Venue

A response from a representative of the DCMS was received on the 24 July 2020 as follows:

“I have no substantive comments as your guidance includes the elements that we would expect to enable a safe return to activity, in line with government guidance. It's good to see the inclusion of specific adaptations and mitigations as well as the exclusion of close contact activity at this stage. I note that you have helpfully included various links to wider guidance and useful information. “

The reader must ensure they are following the correct guidance for the setting they are planning to operate within.

7. Social Distancing Definition for the Purposes of Krav Maga Training

The current government guidelines for social distancing is recommended as 2m or 1m plus mitigations. In respect of Krav Maga training, this distance is measure from face to face standing in a passive stance, rather than, for example, foot to foot in a ready stance.

8. Social Distancing During Training

All participants and instructors must adhere to 2m social distancing prior to training, throughout warm-ups, cool-downs, and after training. They must avoid equipment sharing. Instructors may introduce Covid-19 adaptations to lower the frequency of activities that cannot be done whilst socially distanced yet allowing training activity to take place. An example matrix of how to assess and adapt an activity, as well as when to exclude an activity can be found at appendix 4.

9. Risk Assessments

Prior to commencing training in any setting, instructors must ensure they have the following in place:

- A Physical Activity Risk Assessment
- A Venue Risk Assessment
- A Covid-19 Risk Assessment

10. Approval

Any KMG UK affiliated instructor who intends to introduce the measures outlined in this document to their training sessions must submit their Covid-19 risk assessment with supporting photos of the training space they intend to use to KMG UK HQ. They must also be covered under the organisational insurance policy.

In addition to the risk assessment, instructors must also state the size of the available training space, the intended capacity of people using the space, as well as demonstrating how the training area is ventilated with fresh air.

Instructors must also show how they will operate effective record keeping of class attendance to assist in any potential track and trace requirements.

Submissions must be sent to team@kmg-uk.com and adapted training must not commence until the submission has been acknowledge and any constructive feedback has been actioned, where required.

It is also the responsibility to for instructors to inform and educate any assistant instructors or associates who may assist in the delivery of training classes in regard to requirements outlined in this document and their risk assessments.

11. Audit

KMG UK HQ will provide an online groups discussion to confirm understanding of the requirements by instructors and remain available on a monthly basis to answer any questions where necessary, throughout the period of time where this guidance, or future guidance is relevant.

Appendix 1. Setting: Outdoor Training

Activity	Guidelines
Pre-Activity Health Screening	<p>All participants to be informed not to attend if they are feeling ill, with enhanced messaging around the symptoms associated with Covid-19.</p> <p>All participants to complete a preparation for physical activity health questionnaire (submitted electronically) before returning to or attending their first training session.</p> <p>Dynamic injury and illness check to be carried out at the beginning and end of each class.</p>
Travelling to and from Training Sessions	Participants will be encouraged to travel alone to training sessions, and to limit car sharing to only those in the same household or support bubble.
Arrival at Venues	Participants to arrive no earlier than 10 minutes before their session is due to start and must wait for the session to begin in a socially distant manner.
Injury Treatment	First Aid will be given in-line with best practice of hygiene. First Aiders must wear gloves when treating soft issue injuries, cuts or similar injuries and thoroughly sanitise their hands after the treatment and also clean any surfaces or equipment used to carry out the treatment.
Test and Trace	An attendance register must be completed for each training session. Participants must pre-book their training sessions. Contact details should already be held within the club member management database.
Capacity	Recommended as 20 people maximum with 1 instructor.
Post Training Departure	Participants to leave in a socially distant manner. They must be encouraged not to congregate after the training session.
Promotion of Social Distancing and Hygiene	Participants to be monitored and reminded of the need to maintain distance where possible.
Pre-Training Hygiene	All participants to sanitise their hands prior to the start of training using hand sanitisers provided or, using their own.
Equipment Hygiene	<p>No equipment to be shared between participants or passed between the Instructor and the participants.</p> <p>All equipment to be cleaned and sanitised before and after each session.</p>
Spectators	Spectators must be informed to maintain social distancing at all times.

<p>Social Distancing during Training</p>	<p>Social distancing of 2m or 1m+ with mitigations must be adhered to where possible during training.</p> <p>For activities that cannot be carried out with social distancing instructors may introduce Covid-19 adaptations to lower the frequency of activities that cannot be done whilst socially distanced and therefore reducing the exposure.</p> <p>In order to introduce adaptations Instructors must ensure that:</p> <ul style="list-style-type: none">- Participants must train with 1 designated training partner for the session and where possible, for all subsequent sessions where practicable.- Participants must train in a designated training area and remain at least 2m away from other pairs. <p>See Appendix 4 for further guidance on Covid-19 adaptations.</p>
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Appendix 2. Setting: Indoor Training (Permanent Training Centre)

Activity	Guidelines
Pre-Activity Health Screening	<p>All participants are informed not to attend if they are feeling ill, with enhanced messaging around the symptoms associated with Covid-19.</p> <p>All participants complete a preparation for physical activity health questionnaire (submitted electronically) before returning to their first training session.</p> <p>Dynamic injury and illness check to be carried out at the beginning and end of each class.</p>
Travelling to and from Training Sessions	<p>Participants will be encouraged to travel alone to training sessions, and to limit car sharing to only those in the same household or support bubble.</p>
Arrival at Venues	<p>Participants to arrive no earlier than 10 minutes before their class is due to commence. Participants to be informed to arrive in training uniform and will be required to wait outside until invited in, and to only bring the protective equipment required for training, water for hydration and a towel.</p> <p>Changing rooms may be open, yet only for access to use toilet facilities.</p>
Use of Toilet Facilities	<p>Only 1 person to enter the toilet facilities at any time. Facilities to be cleaned in between training sessions with a visible cleaning schedule and suitable hand washing facilities to be provided.</p>
Changing Rooms and Showers	<p>Changing rooms and showers will be out of use, with the exception of extenuating circumstances.</p>
Injury Treatment	<p>First Aid will be given in-line with best practice of hygiene. First Aiders must wear gloves when treating soft issue injuries, cuts or similar injuries and thoroughly sanitise their hands after the treatment and also clean any surfaces or equipment used to carry out the treatment</p>
Test and Trace	<p>An attendance register must be completed for each training session. Participants must pre-book their training sessions. Contact details should already be held within the club member management database.</p>
Capacity	<p>100 sqft per person based on the entire size of the useable space of the facility including spectators.</p>
Post Training Departure	<p>Participants will collect belongings and leave the building in a socially distant manner via an alternative point of exit (<i>where possible</i>) to which they entered to limit any congestion with any incoming participants. However, ample time must be planned between each session to allow for sanitisation. They must also be encouraged not to congregate after the training session.</p>

Promotion of Social Distancing and Hygiene	Signage to be placed around the buildings promoting the need to maintain a safe distance from others before and after training sessions. Hand sanitisers to be made available around the building.
Ventilation	Ventilation systems must be used where possible, providing they work on the basis of inserting clear air not re-circulating air. Doors and windows to be propped open where safe to do so to promote circulation. Guidance on the use of heating, ventilation and air conditioning (HVAC) systems in relation to reducing the spread of Covid-19 can be found at the end of this document.
Enhance Cleaning	Door handles and surfaces to be cleaned in between each training session. All equipment to be cleaned between training sessions including the training mats.
Pre-Training Hygiene	All participants to sanitise their hands prior to the start of training using the hand sanitisers provided or, using their own.
Equipment Hygiene	No equipment to be shared between participants or passed between the instructor and the participant. All equipment to be cleaned and sanitised before and after each session
Social Distancing During Training	<p>Social distancing of 2m or 1m+ with mitigations must be adhered to where possible during training.</p> <p>For activities that cannot be carried out with social distancing instructors may introduce Covid-19 adaptations to lower the frequency of activities that cannot be done whilst socially distanced and therefore reducing the exposure.</p> <p>In order to introduce adaptations Instructors must ensure that:</p> <ul style="list-style-type: none"> - Participants must train with 1 designated training partner for the session and where possible, for all subsequent sessions where practicable. - Participants must train in a designated training area (<i>known as a training pod</i>) of a minimum size of 3sqm. - Each pod must be at least 1m distance from all other pods in any direction. - The participants of each pod training together must be recorded as an additional measure to the track and trace section above. - The training venue must have fresh air ventilation via doors and windows or, through a fresh air ventilation system. <p>If the above measures are not in place, Covid-19 adaptations must not be made, and all training must adhere to social distancing.</p>
Spectators	Spectators are counted as part of the overall capacity for your training facility based on 100sqft per person. It is recommended that (<i>where possible</i>) non-participants be asked to remain outside of the building.

Appendix 3: Setting: Indoor Training (Hired Space in a third Party Venue)

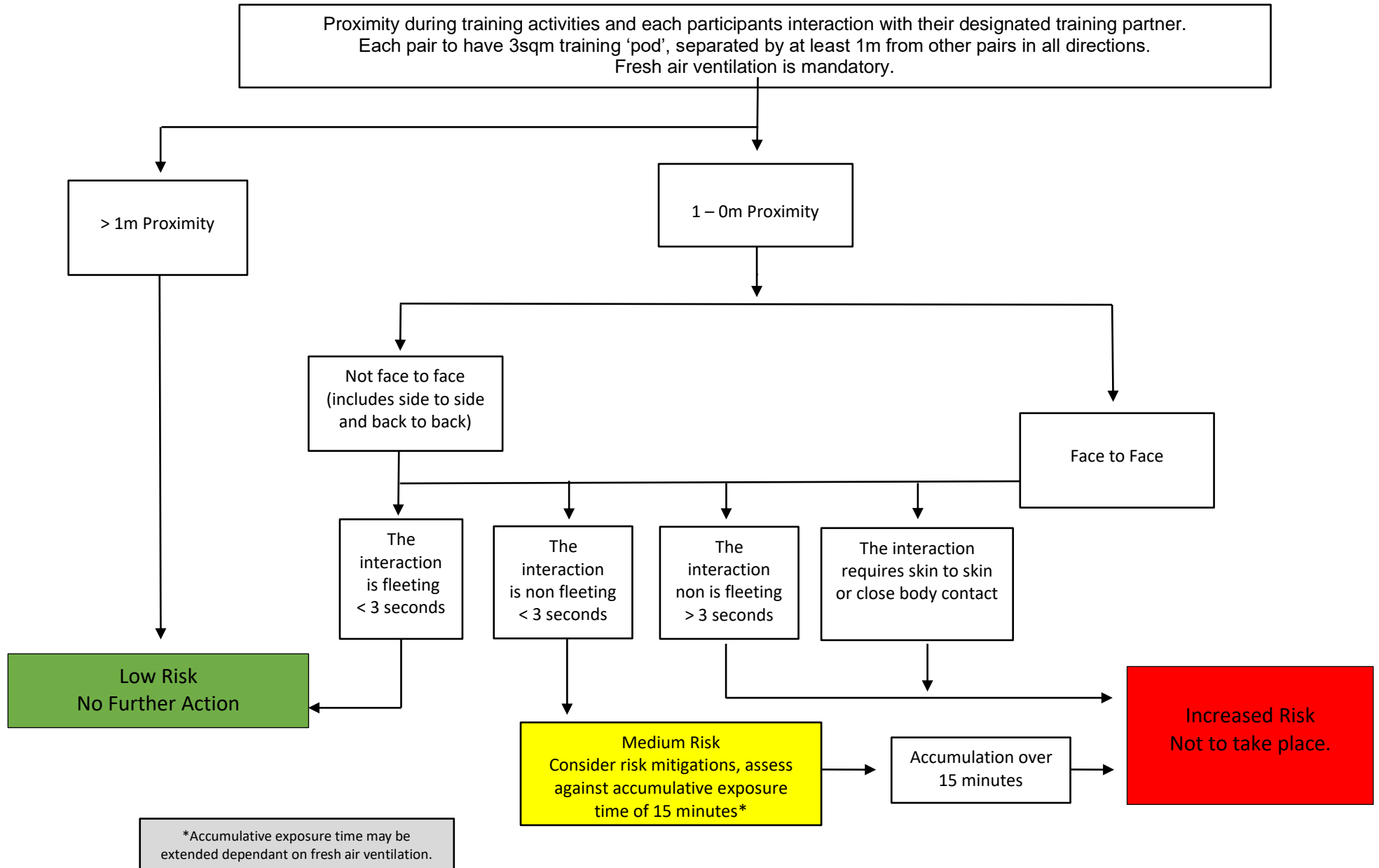
When considering the re-launch of classes in a third party venue, it is imperative that you liaise with the management of the venue in respect of what they require to ensure you compliment their COVID-Safe policy.

Activity	Guidelines
Pre-Activity Health Screening	<p>All participants are informed not to attend if they are feeling ill, with enhanced messaging around the symptoms associated with Covid-19.</p> <p>All participants complete a preparation for physical activity health questionnaire (submitted electronically) before returning to their first training session.</p> <p>Dynamic injury and illness check to be carried out at the beginning and end of each class.</p>
Travelling to and from Training Sessions	Participants will be encouraged to travel alone to training sessions, and to limit car sharing to only those in the same household or support bubble.
Arrival at Venues	<p>Participants to arrive no earlier than 10 minutes before their class is due to commence. Participants to be informed to arrive in training uniform and will be required to wait outside until invited in, and to bring only the required equipment for training.</p> <p>Changing rooms will be open, yet only for access to use toilet facilities.</p>
Use of Toilet Facilities	As directed by the host venue management.
Changing Rooms and Showers	As directed by the host venue management.
Injury Treatment	First Aid will be given in-line with best practice of hygiene. First Aiders must wear gloves when treating soft issue injuries, cuts or similar injuries and thoroughly sanitise their hands after the treatment and also clean any surfaces or equipment used to carry out the treatment
Test and Trace	An attendance register must be completed for each training session. Where technology allows, participants must pre-book their training sessions. Contact details are already held within the club management database.
Capacity	As directed by the host venue management. If this is not provided, then a training space of 6sqm per person is recommended.
Post Training Departure	Participants will (<i>where possible</i>) collect belongings and leave the building in a socially distant manner via an alternative point to which they entered. They must be encouraged not to congregate after the training session.

Promotion of Social Distancing and Hygiene	As directed by the host venue management regarding their requirements of entering and exiting the building
Ventilation	Ventilation systems must be used where possible, providing they work on the basis of inserting clear air not re-circulating air. Doors and windows to be propped open where safe to do so to promote circulation. Guidance on the use of heating, ventilation and air conditioning (HVAC) systems in relation to reducing the spread of Covid-19 can be found at the end of this document.
Enhance Cleaning	Surface cleaning to be carried out by or as directed by the host venue management
Pre-Training Hygiene	All participants to sanitise hands prior to the start of training using the hand sanitisers provided or, by being instructed to bring their own.
Equipment Hygiene	No equipment to be shared between participant or pass between the Instructor and the participant. All equipment to be cleaned and sanitised before and after each session
Social Distancing During Training	<p>Social distancing of 2m or 1m+ with mitigations must be adhered to where possible during training.</p> <p>For activities that cannot be carried out with social distancing instructors may introduce Covid-19 adaptations to lower the frequency of activities that cannot be done whilst socially distanced and therefore reducing the exposure.</p> <p>In order to introduce adaptations Instructors must ensure that:</p> <ul style="list-style-type: none"> - Participants must train with 1 designated training partner for the session and where possible, for all subsequent sessions where practicable. - Participants must train in a designated training area (<i>known as a pod</i>) of a minimum size of 3sqm. - Each pod must be at least 1m distance from all other pods in any direction. - The participants of each pod training together must be recorded as an additional measure to the track and trace section above. - The training venue must have fresh air ventilation via doors and windows or, through a fresh air ventilation system. <p>If the above measures are not in place, Covid-19 adaptations must not take place, and all training must adhere to social distancing.</p>
Spectators	As dictated by the host venue. It is recommended that (<i>where possible</i>) non-participants be asked to remain outside of the building

APPENDIX 4

The following matrix demonstrates how to assess a training activity in order to adapt with mitigations or, exclude.



Activity	Proximity	Face to Face?	Fleeting	Risk	Mitigation or Exclusion
Warm-Up Routines	Over 1m	No	N/A	Low	Maintain distance. Solo activity Training floor cleaned between sessions
Shadow Boxing	Over 1m	No	N/A	Low	Maintain distance. Solo activity Training floor cleaned between sessions
Use of Focus Pads, Paddle Pads or Boxing Sticks	1 - 0m	Yes	< 3 Seconds	Medium	Participants using personally owned pads and gloves (PPE) No equipment sharing Pads extended forwards by the holder who turns face to the side. Increase distance to over 2m within 3 seconds Training with the same partner throughout the session and where possible at each training session Gloves (PPE) must be worn by the striker
Use of Large Strike Shields for Hand Strikes	1 - 0m	No	< 3 Seconds	Low	Participant holding the shield is stood on the side, and is not face to face Increase distance to over 2m within 3 seconds Training with the same partner throughout the session Equipment issued to each participant. No equipment sharing Equipment cleaned and sanitised at the end of each session Participants using personally owned gloves (PPE)
Use of Large Strike Shields for Leg Strikes	Over 1m	No	< 3 Seconds	Low	Distance is maintained due to the objective of the strikes. Participant holding the shield is stood on the side, and is not face to face Equipment issued to each participant. No sharing. Equipment cleaned and sanitised at end of session

Activity	Proximity	Face to Face?	Fleeting	Risk	Mitigation or Exclusion
Dynamic Self Defence Techniques using the Hands	1 - 0m	Yes	< 3 Seconds	Medium	Participants wearing own gloves and pads (PPE) Only carried out combined with pads or glove drills Increase distance to over 2m within 3 seconds
Dynamic Self Defence Techniques using the Legs	1 - 0m	Yes	< 3 Seconds	Medium	Participants wearing guards (PPE) on the lower legs. Pad holder to wear face covering Only carried out combined with hand pads drills Increase distance to over 2m within 3 seconds
Static Self Defence Techniques (Standing)	1 - 0m	Yes	No	Increased	Not permitted. Close body contact required.
Static Self Defence Techniques (Ground)	1 - 0m	Yes	No	Increased	Not permitted. Close body contact required.
Sparring (Standing)	1 - 0m	Yes	> 3 Seconds	Increased	Not permitted. Close body contact required.
Sparring (Ground)	1 - 0m	Yes	No	Increased	Not permitted. Close body contact required.
Fitness Routines	Over 1m	No	No	Low	No equipment sharing. Distance maintained. Solo activity. Equipment and training floor cleaned after use.

Further Guidance and Sources

Guidance on Wearing Protective Visors During Training.

It is for consideration to have participants wear a protective visor during training in order to further reduce the exposure to droplets however, there are also physical injury risks that must be assessed.

For example:

- The visor can steam up and impair vision.
- During dynamic activity an item of PPE such as a pad or glove could make accidental contact with the visor and risk injury to the face of the wearer.

Instructors should consider the use of a visor but also balance the physical injury risk against using other mitigations suggested in this document to reduce exposure to droplets and potential exposure to covid-19.

Guidance on the Wearing of Face Masks or Face Coverings for Physical Activity

The World Health Organisation published advice on the wearing of face masks for physical activity, the guidance states the following:

- People should not wear masks when exercising as the mask may reduce the ability to breathe comfortably.
- Sweat can make the mask become wet more quickly which makes it difficult to breathe and promotes the growth of microorganisms
- The important preventive measure during exercise is to maintain physical distance of at least one metre from others.

Published 16 June 2020:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-bus>

Guidance for Temperature Checks Before Physical Activity

The World Health Organisation published advice on the use of thermal scanners to check body temperature as follows:

- Thermal Scanners are effective in detecting people who have a fever i.e. have a higher than normal body temperature, they cannot detect Covid-19.

Therefore, temperature checks before a Krav Maga class may be used as a means to ask further questions to ascertain a state of health yet are not a means to detect Covid-19, and therefore the practicality of carrying this out on a group of participants should be considered against the potential results.

Published 16 June 2020

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Guidance on being informed of a Covid-19 diagnosis.

In the event that a participant is diagnosed with Covid-19, it is their responsibility to inform the NHS and follow any advice given. The health authorities are then responsible for informing relevant contacts as per their track and trace system.

It is not the responsibility of the instructor to inform other participants that a member of the club has been diagnosed with Covid-19. This should be carried out by the student, and the NHS.

Should you decide to inform students that a fellow student has been diagnosed, then you must be mindful of any advice that you choose to give and seek guidance before doing so.

In the event that an instructor is diagnosed with Covid-19, they should inform all students they have had contact with and advise them to contact NHS and follow any advice given.

Guidance on the use of HVAC systems during the Covid-19 Pandemic.

The risk of air conditioning spreading coronavirus (Covid-19) in the workplace is extremely low as long as there is an adequate supply of fresh air and ventilation.

Further guidance and detail is available on the link below.

Accessed 03 September 2020

<https://www.hse.gov.uk/coronavirus/equipment-and-machinery/air-conditioning-and-ventilation.htm>

Useful Sources:

For Providers of Grass Roots Sports and Gym/Leisure Facilities.

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>

For the Phased Return of Sport and Recreational Team Sports.

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/return-to-recreational-team-sport-framework>