



STAGE <i>Pre and post session</i>	<i>Potential Risk/Solution</i>		Student/Parent/Guardian responsibilities	MGRM responsibilities	Rationale
<b>1. PRE-SESSION (Ahead of attending the site)</b>	1.1	Contact with others and avoid further spread of the virus	<p>Anyone who has tested positive for Covid-19 should follow the government guidance.</p> <p>They should not attend sessions until a further 7 days after their quarantine period is over and only if they are not showing symptoms.</p>	<p>Prior to return, we will communicate with all students, advising them to read our return procedures and risk assessment PDF online.</p> <p>Students will be advised to inform us as soon as possible if they have tested positive for Covid-19.</p> <p>Test and Trace and Schools Plus will be notified. Whole bubble and supervisor may be required to self-isolate for 14 days</p>	<p>As required by the government guidance, and to support the track and trace system</p>
			<p>Anyone with symptoms prior to attending a session should not attend the premises and should follow government guidance.</p> <p>If a participant develops symptoms of Covid-19 while in attendance, they should inform a member of MGRM Muay Thai staff and will need to leave the site immediately if well enough to do so.</p>	<p>Students will be advised to inform us if they are showing symptoms and will be reminded not to attend the premises.</p> <p>If a participant develops or is showing symptoms of Covid-19 while in attendance will be required to leave immediately. If they are unable to leave immediately, they will be kept in an allocated room awaiting collection, with a Supervisor. In the instance of a child, we will contact the parent / guardian and request they are collected immediately.</p> <p>Test and Trace and Schools Plus will be notified. Whole bubble and supervisor may be required to self-isolate for 14 days</p>	<p>As required by the government guidance</p>



			Anyone from a household with symptoms should not attend the premises and should follow government guidance.	Students will be advised not to attend the premises if they are from a household displaying symptoms.	As required by the government guidance
			Students / parents / guardians should follow social distancing throughout their visit and wear a suitable face covering.	For the first few weeks of return, only regular students will be allowed to attend – no new starters.	Control the flow of students allowing the ability to identify a potential spread
				Students will be required to book their session online prior to attending.	
				Instructors will wear a face covering and disposable gloves during the session	Minimise any contact with contaminated surfaces
				All windows and doors will be opened before the start of session	To allow ventilation and fresh air to circulate in the room
				One-way flow – our students will enter and depart the building through the allocated entrance	Prevent any cross contact with those coming and going
				<p>Contact points and mats used for the session will be wiped down with antibacterial wipes before and after each session.</p> <p>Although the products that we use have an 'Allergy Friendly Seal of Approval' they are not endorsed as being suitable for sensitive skin. Therefore, please note that the product may cause a reaction to very sensitive skin.</p> <p>Punch bags and benches that are used will also be wiped down.</p>	Remove the risk of contact with potentially contaminated equipment



				Training sessions will be configured with socially distanced activities	Reducing the risk of spread and cross contamination
	1.2	For the individual's safety	Anyone in a Covid-19 vulnerable category, those with asthma and/or other respiratory conditions should not attend until advised to do so by their GP. Students from this category that attend a session, we will assume they have received consent from their GP to attend sessions.	Students from a vulnerable category will be advised not to attend until advised to do so by their GP	To ensure the safety of students within the vulnerable category.  As required by the government guidance

<b>2. STUDENT'S ARRIVAL</b>	2.1	Safe training environment and avoiding overcrowding	Only pre-booked students will be allowed to attend the session	A communication will be sent to all students explaining a pre-booking system which will have limited spaces to avoid exceeding the maximum capacity instructed by Schools Plus.	Control the flow of students allowing us the ability to identify a potential spread
	2.2	Contact with others and avoiding overcrowding.  Spread or contamination of the virus.	Entry will be allowed to pre-booked students only  Parents/guardians will be required to drop and collect children from the first-floor gym, forming a socially distanced queue while waiting to drop off or collect.	Entry will be allowed to pre-booked students only	Control the flow of students and avoid overcrowding.  Reduce risks of potential spread of the virus.
	2.3	Cross contamination and spread of the virus prior to entering the training room	Form a socially distanced line at the designated entrance and wait until asked to come into the training area.	Temperature checks at the door.  Advise students to wash their hands before and after a session.	Reduce risks of potential spread or contamination of the virus
				If a student shows / mentions any signs of COVID-19 when they attend a session (e.g., high temperature, continuous cough, a loss or change to sense of smell or taste or any symptoms identified by the government), they will be sent home and advised to follow	To ensure the wellbeing of our students and staff



				government regulations and seek medical attention	
	2.4	Contamination of the virus with cash payments to avoid contamination and spread of the virus	Pre-pay in advance or by digital payments at the door.	Students will book sessions online using our online booking system or via a card terminal onsite.	Reduce risks of potential spread with cash payments
	2.5	Contamination amongst everyone onsite and in the building	Students and parents will be required to wear a suitable face covering while in the building. Students may remove this when the session starts.	<p>Parents / guardians will not be permitted to enter the training room</p> <p>Students who are not wearing a suitable face covering will not be permitted to enter the training room. This can be removed when the session starts.</p> <p>Staff will be wearing face coverings.</p> <p>A pack of 3-ply surgical face masks will be available for purchase if needed.</p>	Reduce risks of potential spread or contamination of the virus
	2.6	Contamination of the virus amongst students	<p>Students are required to come training ready in their club kit/uniform (shorts/t-shirt/anklets), hand wraps and only bring their boxing gloves, water, towel, and any relevant medication they need. Students will be unable to get changed on site before or after the session.</p> <p>There will be no facility to get changed in the training room or in the building - changing room facilities will be unavailable until further notice.</p> <p>Toilets will be available but should not be used as changing room facilities.</p>	<p>Students / parents / guardians will be reminded of their responsibilities as part of communications sent prior to returning.</p> <p>Toilets will be available by using a social distancing measure.</p> <p>Students will be advised to leave the site immediately.</p>	Reduce risks of potential spread or contamination of the virus



3. PRE-START OF session	3.1	Transporting potentially contaminated items	<p>Students should bring only the necessary equipment for a session. You will need to come wearing a club kit/uniform (shorts/t-shirt/anklets) and only bring hand wraps, boxing gloves, water, towel, and any relevant medication you need.</p> <p>Avoid bringing a holdall where possible.</p>	Students will be advised that they should bring only the necessary equipment for a session.	To ensure that no contaminated items are transported onto the premises
	3.2	Contamination or spread of the virus via equipment	<p>Students should ensure that their personal training equipment is cleaned and sanitised before and after they attend a session.</p> <p>No personal equipment or items should be shared with another person in a session.</p> <p>Drinks bottles should not be shared with anyone else in the session.</p>	<p>We will not be providing the use of our equipment e.g., boxing gloves, hand wraps, etc... for students to use within the session.</p> <p>Personal equipment, water bottles or other personal items should not be shared with another person in a session.</p>	<p>To reduce the risk of cross contamination.</p> <p>To reduce the risk of potential spread of the virus</p>
	3.3	Cross contamination with other people's items	Keep all personal belongings together in one place.	<p>Students will be advised to attend with only the essentials which have been identified.</p> <p>Areas for personal belongings will be socially distanced in the training room.</p>	<p>To reduce the risk of theft, loss, or damage.</p> <p>To reduce the risk of cross contamination.</p>
	3.4	Cross contamination or spread of the virus	Any equipment or items that are brought to session must be kept at least 1m distance from the nearest person where possible	<p>This instruction will be delivered upon entrance.</p> <p>Areas for personal belongings will be socially distanced in the training room.</p>	<p>To reduce the risk of theft, loss, or damage.</p> <p>To reduce the risk of cross contamination.</p>

4. START & DURING SESSION	4.1	Contamination or spread of the virus to anyone in the training room	Students will be required to wear a face covering until a session starts and to ensure social distancing	Staff will be wearing a face covering before, during and after a session.	To reduce the risk of cross contamination and avoid spread of the virus.
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			<p>while waiting for the session to start.</p> <p>There should be no crowding in groups while waiting.</p>		<p>To avoid overcrowding off the training area.</p>
	4.2	Cross contamination and spread of the virus on the training area	<p>When on the mats, students should try to maintain a social distance from the nearest person.</p> <p>Be aware, be alert and ensure that a social distance is maintained during training.</p>	<p>Session training will be divided into small groups, allocated into training zones.</p> <p>Sessions will be conducted with no face-to-face contact.</p> <p>Students will be advised to maintain a social distance from the nearest person.</p>	<p>To avoid overcrowding in the training area.</p> <p>Reduce the risk of cross contamination and spread of the virus.</p>
	4.3	Asthmatics and/or people in a vulnerable group, or a health condition that have been allowed to resume Muay Thai training by their GP.	<p>Those with Asthma should use their inhaler as and when necessary.</p> <p>Those with other conditions that need medication should use it as and when necessary.</p>	<p>Regular drinks and rest breaks will be given during the session.</p>	<p>To support the student's return to training after a period of absence from physical activity</p> <p>To avoid overcrowding off the training area during breaks.</p> <p>Reduce the risk of cross contamination and spread of the virus.</p>

5. END OF SESSION	5.1	Cross contamination when changing groups and/or sessions.	<p>Students should be ready to leave immediately at the end of their session.</p> <p>Students are required to leave the room from the designated exit and ensure social distancing.</p>	<p>Sessions may end earlier to allow the student to collect their belongings and leave via the designated exit.</p> <p>Students will be reminded to leave the room from the designated exit, which will be separate to the entrance.</p>	<p>Allowing time to leave safely.</p> <p>Reduce the risk of cross contamination and spread of the virus.</p>
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<p><b>6. SWAPPING GROUPS</b></p>	<p>6.1</p>	<p>Cross contamination amongst groups</p>	<p>Students should not enter the room until advised to do so.</p> <p>Incoming students are required to follow the steps above.</p> <p>Outgoing students are required to follow the steps above.</p>	<p>There will be an interval between sessions to allow for swapping of groups and cleaning contact points and any equipment used.</p> <p>We will then follow the measures noted above.</p>	<p>Reduce the risk of cross contamination and spread of the virus.</p> <p>Remove the risk of contact with potentially contaminated equipment</p>
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<p><b>7. ADDITIONAL HYGIENE MEASURES</b></p>	<p>7.1</p>	<p>Overall cross contamination</p>	<p>Students should be proactive and ensure personal hygiene is always maintained, following government recommendations where applicable e.g., washing hands regularly, using face coverings, keeping personal training equipment clean and maintaining social distancing</p>	<p>We will encourage personal hygiene before and after the session.</p> <p>Hand sanitiser will be provided within the session for sanitising hands in an instance where students are unable to go and wash their hands.</p>	<p>Reduce the risk of cross contamination and spread of the virus.</p>
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