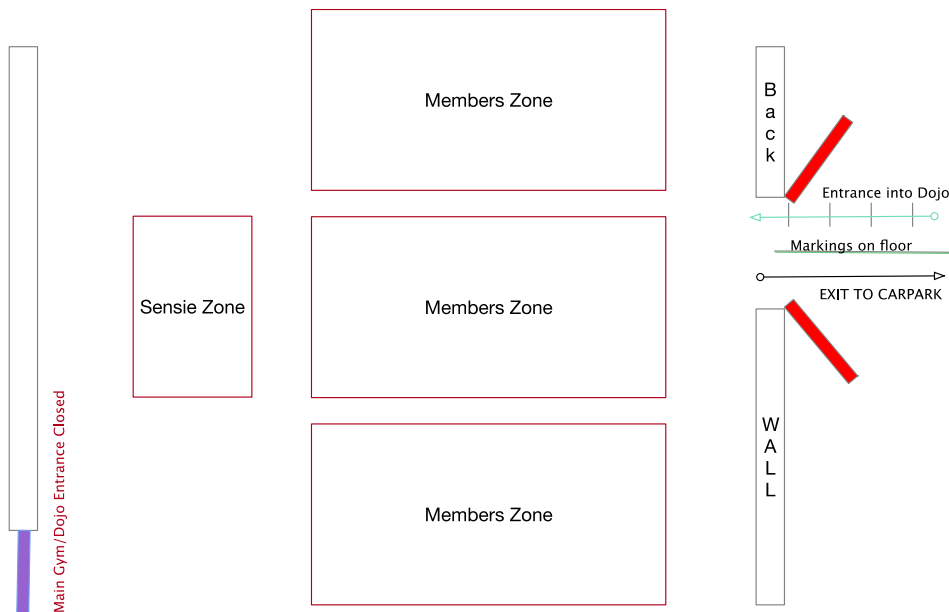


Taidokan Milton Keynes – Back to training Preparations

Reference Training: Starts Tuesday 06 October 2020 19:15

To enable us to get back to training and to ensure we don't invalidate our club and members insurance we need to follow British Aikido Board (BAB), Government (Gov) and NHS guidelines, also to provide peace of mind to our members we are taking the necessary steps to keep us all safe.

A risk assessment has been carried out by the club's senior members to comply with the above BAB, Gov and NHS guidelines. Shenley Church End Leisure Centre has also implemented its own COVID 19 measures, such as dividing the main hall (Dojo) up into sections that enable the Club to maintain social distancing.



This is an entirely new way of training for all of us and is subject to change in line with Gov, BAB and NHS recommendations and a good dose of common sense that keeps us all safe, it will develop and adapt over time as things change.

1. The Club is allowed groups of **up to 15** including the instructor (these are called POD's by the BAB) – spectators are also counted in that total, so unfortunately no spectators.
2. You must agree not to attend if you have any of the common Covid-19 symptoms or have been in contact with someone who has tested positive for Covid-19
- 3.
4. You cannot train unless your BAB is up to date. Renewal dates have changed due to the lockdown, please see Suzie or Dean to check if your BAB needs renewing.
5. You will need to complete an Opt in Form confirming that you understand that there is still an element of risk even with all the safety measures that have been put in place.
6. Initially training will be non contact and everyone will have to remain 2 metres apart at all times
7. As a member of a POD you Cannot train within another POD e.g. Watford.
8. A first come first served will be in place – this means a commitment from each member will be required, that wants to train as it will be controlled (POD size must not exceed 15 members)
9. We will accept some of our younger members, but the age limit has been set at no younger than 10
10. The Dojo layout is in reverse, this means you will need to enter from the CAR PARK. (See diagram)
11. Your Temperatures will be taken and recorded – we will need your current (not email address) contact number (Track and Trace)
12. You will need to wear a mask at all times while training, including younger members
13. You are required to sanitise hands entering the dojo and leaving the dojo
14. You will be required to wear sensible footwear for training (the Dojo floor is wooden, maybe not your best grippy trainers) Mats are not being used in the first instance. (All Subject to Change)
15. When Mats are reintroduced, these will be sanitised at the beginning and end of every training session.

16. Members Fees will need to be paid electronically – either by Standing order or banking apps. The account details are as follows: Taidokan (Milton Keynes), account number 43413997, sort code 09-01-27, bank Santander. Initially we will be asking for one months commitment to training and the months cost is £23 for adults and £15 for children. If you need assistance with payment please contact one of the senior members to discuss.
17. All weapons will need to be cleaned prior to training and after training and must not be shared -
18. We are sorry to say that we are not accepting new members at this time.
19. We will keep you posted via the Taidokan web site and What's App Group – Taidokan (Milton Keynes) If you have not already joined the WhatsApp group please contact us with your current number
20. If you have any questions queries – please reach out on What's app, Taidokan Milton Keynes or the Taidokan website or Facebook page