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## **British Aikido Association Approaches to COVID 19**

### **On behalf of the Executive Committee British Aikido Association**

#### **General grading regulations under COVID 19 British Aikido Association**

1. Grading can be done by any 1<sup>st</sup> Dan Coach within the BAA to 2 Kyu senior and any junior grade. During times of lockdown these can be undertaken by candidates producing video content with shadow performance with verbal description of principles of the techniques in the syllabus.

Proof of BAA membership will also be required.

2. Meritorious and Honorary Dan Grade promotions are still available; candidates are reviewed each January for award at the following AGM (May 2021). Application is by CV and supporting letter to the General Secretary. This can also be supported by video evidence.

#### **Membership and Insurance**

If association membership has been maintained then all insurances are valid both for individuals and coaches. This has been the case from the start of COVID 19 and insurance covers all activities outlined below in this document. Of course Coaches and Individuals must be members of the British Aikido Association for the insurance to pertain to them.

#### **Training Options during Covid 19**

1. Training options depend on National and Local restrictions and social distancing at any one point in time.

2. All BAA courses and competitions are suspended until 2021.

#### **Current Rulings as of 22<sup>nd</sup> September 2020 – Sport England**

**“Organised outdoor sport or licensed outdoor physical activity, and supervised sporting activity (indoors or outdoors) for under-18s. Organised indoor sport or exercise classes can take place in larger numbers, provided groups of more than 6 do not mix. Organised indoor team sports for disabled people can take place in any number.”**

**“From 24 September, organised indoor sport and indoor exercise classes can continue to take place with larger numbers present, provided groups of more than six do not mix. If groups of six are likely to mix, these indoor activities must not go ahead. There is an exemption or organised indoor team sports for disabled people”.**

**Where the social distancing guidelines cannot be followed in full in relation to a particular activity, businesses and/or organisations should consider whether that activity needs to continue for the business and/or organisation to operate, and, if so, take all the mitigating actions possible to reduce the risk of transmission between their staff.**

#### **Mitigating actions include (extract):**

- **Further increasing the frequency of hand washing and surface cleaning**
- **Keeping the activity time involved as short as possible**
- **Reducing the number of people each person has contact with by using ‘fixed teams or partnering’ (so each person works with only a few others)**

**Social distancing applies to all parts of a business and/or organisation, not just the place where people spend most of their time, but also entrances and exits, break rooms, canteens and similar settings. These are often the most challenging areas to maintain social distancing**



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**You may wish to consider a range of delivery option including: -**

- a. Online sessions focussing on appreciation of basic skills.
- b. Advise members to watch suggested You Tube videos
- c. Non contact exercise such as physical, movement, weapons work up to nationally/locally-approved number.
- d. Shadow practice having a socially distanced Tori and Uke.
- e. Activities in existing family bubbles.
- f. Family and extended social bubble practice in small groups no larger than nationally/locally approved number.

When negotiating with host centre, specific responsibilities have to be agreed so an accurate Risk Assessment can be produced.

**Please ask for the host centres COVID Risk Assessment and processes.**

The following areas maybe of shared responsibility or the total responsibility of the host venue and therefore may already be established.

1. Entry and Exit to the site procedures including movement around the venue.
2. Ventilation and size of training area and numbers permitted.
3. Mat area (ownership may determine responsibility) and proposed cleaning regime.
4. Changing facilities and availability.
5. Travel to venue guidelines.
6. Spectators and parents.

**A British Aikido Association club Risk Assessment should cover the following –**

1. Entry and Exit to the site procedures.
2. Ventilation and size of training area and numbers permitted.
3. Mat area and proposed cleaning regime.
4. Changing facilities and availability
5. Travel to venue
6. Toilet procedures
7. Footwear (off the mat and on the mat considerations)
8. Hand sanitizer and usage
9. Temperature checks
10. Use and type of masks.
11. Use of equipment and cleaning regime
12. On the mat distancing including Coach and etiquette
13. Parents and visitors
14. Notices and information especially if members feeling unwell should not attend.
15. Track and Trace – attendance and contact details.
16. Special considerations of at risk groups, those with underlying medical conditions and BAME
17. First Aid during COVID 19.
18. Action to be undertaken for known or suspected COVID 19 outbreak
19. Provision of own refreshments and equipment
20. Link with existing Dojo Risk Assessment and Host Risk Assessment



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**Risk Assessment Format:** Any Risk Assessment should illustrate the following: -

Location and address of dojo.  
Sessions covered including times.  
Completed by and dated by person responsible (and qualifications if any)  
Columns would have

<b>Item/ Hazard</b> (1 – 20 above)	<b>How affected</b> (Description)	<b>Actions to be Taken</b> (Mitigating Actions)	<b>Risk Rating</b> (Low, Medium, High)	<b>Actioned by</b> (Responsible person)
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### **COVID 19 Track and Trace App**

You can download the poster using this link and should be displayed in your club:

[https://pdf.create-qr-code-poster.service.gov.uk/75ef9a8b-0104-46ca-b991-327420d5e1c0\\_R983XX25.pdf](https://pdf.create-qr-code-poster.service.gov.uk/75ef9a8b-0104-46ca-b991-327420d5e1c0_R983XX25.pdf)

### **Support, Advice and Guidance by the British Aikido Association**

A package of support is being developed by the EC to support clubs as they return to practice. If your club requires any support or help by the British Aikido Association please contact the CEO at the following: -

**Bob Jones (contact details above)**

COVID 19 is and continues to have a major effect on all our lives, personal, professional and sport, the Executive Committee wish to do all it can to help its members at this worrying time.

**28 September 2020**

**Information correct at time of distribution**