



WELCOME

BACK!

ENGLAND KARATE TEAM

ENGLISH KARATE FEDERATION

Squad training COVID Protocol

Welcome back to face-to-face training of National/ Regional Kata/Kumite sessions. It's been a long wait and we are pleased that we can now have some sense of normality. However, despite the easing of government imposed lockdown it important that we all follow the protocols set out below.

Before Arrival everyone attending must complete the **COVID-19 Pre-screening Questionnaire** and bring a copy of this to registration. In addition, everyone must take a **Lateral Flow Test (LFT)** within 48 hours of the session prior to arriving at the venue.

- This test must be registered with the NHS track and trace system which can be done either on the website or by calling 119.
- When you have done this, you will receive an email/text to confirm your negative test result which must be shown on arrival at the session.
- The test takes seconds and is very easy to do. Results are known within 30 minutes. If you are participating in both sessions, then it is advised you to do the one test on the Friday as this would cover both days.

On Arrival

- Please follow the directions to designated entrance.
- Please form an orderly queue, maintaining social distance.
- Please wear a mask until instructed to remove. You will need to wear your mask before training, if leaving the hall for any reason and once training has finished.
- Please do not enter the training hall until directed by EKF staff members, who in turn will provide further direction.
- The changing facilities will be out of bounds, so please arrive ready to train.
- Please have your COVID-19 Pre-screening Questionnaire form ready to hand to staff.
- Please ensure you have either a printed copy, or a digital copy of your proof of negative LFT
- Unfortunately, parents / carers and association / club coaches are not allowed to enter the training room.
- Please minimise any kit bags, there must be no sharing of any equipment.
- No food is allowed in the training hall, only water bottles are permitted (which must not be shared).
- At the end of the session, you will be directed which exit to use. Please leave promptly, ensuring you have all your belongings and rubbish with you.

We are expecting significant numbers, and as such due to the process above we ask for your patience during registration.

COVID-19 Pre-screening Questionnaire
(Complete no more than 48 hours before National training)

Name –

Address –

Contact Number-

Association –

1. WITHIN THE LAST 14 DAYS, HAVE YOU EXPERIENCED A NEW CONTINUOUS COUGH?

- YES
- NO

2. WITHIN THE LAST 14 DAYS, HAVE YOU EXPERIENCED LOSS OR CHANGE OF TASTE OR SMELL?

- YES
- NO

3. WITHIN THE LAST 14 DAYS, HAVE YOU HAD A TEMPERATURE AT OR ABOVE 37.8°C OR FELT FEVERISH?

- YES
- NO

4. WITHIN THE LAST 14 DAYS, HAVE YOU HAD CLOSE CONTACT WITH SOMEONE WHO IS OR WAS ILL WITH SUSPECTED OR CONFIRMED COVID-19? (NOTE: CLOSE CONTACT IS DEFINED AS WITHIN 6 FEET FOR MORE THAN 10 CONSECUTIVE MINUTES)

- YES
- NO

5. WITHIN THE LAST 10 DAYS, HAVE YOU OR A HOUSEHOLD MEMBER BEEN ISOLATING?

- YES
- NO

6. HAVE YOU COMPLETED A LATERAL FLOW TEST WITH A POSITIVE RESULT (WITHIN 48 HOURS OF THE SESSION)? **This must be registered on the NHS website as per the instructions, we will ask for sight of the text/email confirmation from NHS.**

- YES
- NO

If you answer YES to any of these questions, please Do NOT travel to the Regional training session.

PARENT / ATHLETE SIGNATURE

NAME OF CONSENTING PARENT (FOR U18 ATHLETES)

DATE