

Key points for Clubs returning to training

- 1: Disclaimer form to be filled out by parent
 - 2: Attendance log at every class (contact tracing)
 - 3 Hand sanitisers for instructors
 - 4: Signage for entry Exit
 - 5: No parents in hall or no contact between parents if very young children.
 - 6: No sharing of equipment where possible. Hogus and headguards must be disinfected if shared.
 - 7: Students to bring their own hand sanitiser.
 - 8: Students to bring their own empty bottles etc home.
Anything left behind including clothing must be discarded.
 - 9: All used wipes etc must be double bagged and disposed of in accordance with HSE protocols.
 - 10: Identify touchpoints in hall (door handles etc) and minimise or disinfect regularly
- Distancing where possible – sparring allowed but equipment must be sanitised between and after use.