



Flitwick Karate Club **Returning to training at Flitwick Leisure Centre (FLC)**

Flitwick TASK Karate Club & FLC have taken enhanced health and safety measures for you, your family and instructors. You must follow all instructions while participating in any training session provided by Flitwick Karate Club and follow FLC rules whilst on site. Obey signage instructions and follow floor markings on entry & exit to the Leisure Centre Building and when inside the building. Failure to do so may result in you being asked to leave the building by FLC.

An inherent risk of exposure to COVID-19 exists in any public space where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the UK Government, senior citizens and those with underlying medical conditions are especially vulnerable.

Given the nature of COVID-19 it is impossible for anyone, including Flitwick TASK Karate Club to reduce the risk of infection to zero, regardless of the enhanced health and safety measures we are taking, and therefore by participating in our training sessions, you voluntarily assume all risks related to exposure to COVID-19.

Please note the following:-

- Please arrive 5 mins before your class starts. There may be a queue to enter the building and the Sports Hall so please allow for that.
- Hand sanitiser must be used on entry and exit to the building and the Sports Hall. Also during class as and when required.
- Only one parent, guardian or carer allowed per two children, under 14yrs only. FLC rule.
- Parents guardians & carers are not allowed into the Sports Hall. FLC rule.
- Students must wait outside the sports hall until allowed in by the Club Instructor or secretary.
- Only students allowed entry to the Sports Hall.
- *Different doors will be used for entry and exit. FLC one-way system. Follow the arrows.
- *Parents, guardians and carers leave via the 3G pitches exit. Following the one-way system.
- *Students will leave the Sports Hall via the fire exit and the 3G pitches exit into the car park.
- *Student collection/pick up point is at the exit gate for the 3G pitchers.
- *As indicated on FLC Covid -19 site plan.
- Students please arrive ready to train wearing your Gi, beginners wear other suitable clothing.
- There is no access to lockers or changing rooms.
- Water bottles must be labelled with student's name. No sharing allowed.
- The toilets opposite the Sports Hall are open. Limited to two persons at any one time.

For complete list of FLC rules and regulations ref <https://www.sll.co.uk/coronavirus-covid-19/>

I confirm that I participate in Flitwick TASK Karate Club training sessions completely at my own risk and state that I do not hold organisers or instructors responsible for any risks related to exposure of COVID-19.

I confirm that I have not experienced any symptoms or, tested positive for COVID-19 in the past 14 days and that no one in my household has experienced any symptoms or tested for COVID-19 in the past 14 days. If this changes in the future I will notify the Club.

****Students Name:** _____

Signature: _____ **Date:** _____

****Note:-** If under 16 years of age, Parent, Guardian or Carer must sign this document

Parent/Guardian /Carer. Name: _____

Signature: _____ **Date:** _____