

# Phased Return of Krav Maga - Guidance for Clubs in England.



# Foreword

We all want to return to Krav Maga as soon as we can. The last year has been tough on everyone and in times like these, we understand more than ever how important Krav Maga can be to our well-being, physically and mentally.

By the very definition of Krav Maga, i.e. contact combat, Krav Maga will be one of the last sports to return to full action. What this document represents is a phased return framework, aligned with government guidelines and legislation to keep our students, instructors and spectators safe.

Krav Maga Round table is a cooperative of Krav Maga associations, clubs and independent instructors in England with the aim to put forward a framework and help members with advice and guidance in relation to COVID-19. All Krav Maga associations, clubs and independent instructors in England are invited and welcome to join the Krav Maga Round Table.

We want to support ALL Krav Maga clubs in England as best we can, sharing ideas and other tips and providing full transparency with regards to any information relating to the Phased return of Krav Maga and operating during and post the COVID-19 pandemic.

We will provide the right guidance, at the right time to all Krav Maga clubs and their members. Behind the scenes, the team has been working incredibly hard to ensure we can respond to the changing situation as quickly as possible whilst ensuring the safety of the Krav Maga community.

Please read carefully through this Framework for a safe return to Krav Maga. It is really important that we all work together to keep each other safe and healthy.

We will be monitoring Government advice closely and will work with Sport England, endeavouring to keep you up to date every step of the way, however it remains your responsibility to ensure you are up to date and are following the government guidance with regards to COVID-19.

We thank you all for your support and joining the fight to save Krav Maga!

Matt & Laura  
Co-founders



# Introduction

This Framework sets out guidance on how to work, operate and participate in Krav Maga safely while minimising the risk of spreading COVID-19.

It sets out the steps that allow Krav Maga to take place with appropriate mitigations, whilst maintaining appropriate compliance with social distancing and legal gathering limits, in line with the government's contact combat sport framework and roadmap out of lockdown.

Returning to any sport is only permitted if the guidance for each sport is fully implemented by a governing body for each contact combat sport, including an action plan which takes into account risks and mitigations for the relevant sport. Compliance with legal gathering limits and social distancing must be maintained at all times.

Where there is no recognised national governing body as is the case with Krav Maga, one single action plan may be submitted to Sport England for approval by the government.

This is where Krav Maga Round Table comes in. We will work with all Krav Maga clubs in England to create and deliver this framework. It is paramount that clubs, instructors and club owners prepare to adapt their training environments, venues and practices to ensure that health and safety is rigorously adhered to.

Our Framework for the return of Krav Maga (once approved), will allow all Krav Maga clubs to return to training, albeit with the minimum restrictions necessary to ensure the safety of all participants and full compliance with guidelines from the government and Sport England.

This Framework only covers clubs that strictly offer Krav Maga and Kapap training.

# Overriding Principles

All members of Krav Maga Round Table must:

- Ensure all activity is consistent with the Government's Public Health Guidelines regarding health, travel, social distancing and hygiene
- Ensure all activity is consistent with the government's [Coronavirus \(COVID-19\): grassroots sports guidance for safe provision including team sport, contact combat sport and organised sport events](#), especially the [Contact combat sport framework](#) as well as the [government's phases of the roadmap out of lockdown](#).
- Consider safety first, particularly minimising the risk of infection/transmission. A thorough risk assessment should be undertaken, and appropriate measures put in place to ensure participants, staff and volunteers are protected
- Communicate clearly and regularly with their members and participants setting out what they are doing to manage risk and what advice they are giving to individuals to do likewise
- Urge EVERYONE to follow the Government Covid-19 guidelines
- Ensure to support NHS track and trace and make QR codes available for registration of attendance and have a recording of contact details of everyone attending the lesson
- Ensure that everybody coming to the training environment does not exhibit any symptoms and has not been in contact with COVID-19 to the best of their knowledge
- Ensure that anyone coming to the training environment informs the club immediately if they display symptoms of COVID-19, have been in contact with anyone who does or are isolating
- Continue to adhere to strict handwashing and hygiene rules and take temperature checks
- Anyone displaying COVID-19 symptoms should not come to training and must get tested as soon as possible. If the Covid-19 test is negative, a person must wait until their symptoms have gone and they are well enough to train. If the test is positive, they must follow the NHS and government guidelines with regards to [Coronavirus test results](#).

# Key Points



Strict rules of hygiene should be applied at all times. Training kit/equipment must be washed between sessions and special attention must be given to personal hygiene. Sharing of training equipment should be avoided and where this is not possible, it must be disinfected after each use and before it is given to another person. Personal items should not be shared at any time. Shoes must be worn at all times. Everyone should be instructed to sanitise their hands before entering the venue, before and after use of shared equipment and at the end of the training session when leaving the venue. Symptom checks should be carried out pre-attendance to the activity.



Social distancing must remain in place at all times, before, during and after the training session, with the exception of activities where close contact is permitted as part of this framework and the clubs risk assessment and with the exception of same households/household bubbles.



It is every club owner's responsibility to ensure that all facilities and equipment are thoroughly sanitised before and after each training session, whether the venue and equipment is your own or it is hired. The club's risk assessment should outline who will be responsible for sanitising and keeping facilities clean.



Students should be encouraged to bring their own training equipment where possible and where needed to minimise the risk of infection. Students should regularly sanitise their own equipment and always before and after each training session. Personal equipment/items should not be shared with anyone.



Instructors **MUST** ensure that any equipment used and handed out to students by the instructor is sanitised thoroughly before and after the session.



Spectators will not be allowed to training sessions, with the exception of parents/guardians of children students and carers for people with disabilities. Authorised spectators must maintain 2 metres social distance from people outside their household at all times and stay within the spectator section.



Areas for spectators should be clearly marked and sectioned off.



Participants should not use changing rooms but arrive Krav Maga ready, wearing their kit and with their own personal equipment (water bottles etc.). Following the session, they will be asked to leave the venue immediately with no social interaction and shower at home. Where toilets are available, a strict one in and one out rule should apply. (Parents may accompany their child if needed).



Depending on layout and size of the venue, numbers of non-participants (parents/guardians) may need to be restricted, this may mean children being dropped off and picked up after the session. Where drop-off is not possible, and suitable waiting area is not available, parents/guardians may be required to wait in their car.



Class sizes may be required to be reduced to ensure that unnecessary encounters between people parking cars or accessing the venues is avoided. Staggering of session times should be considered to manage footfall in entrances and common areas.

# Krav Maga Framework

The government has outlined 4 Phases for the return of contact combat sports and released a 4 step roadmap out of COVID-19 for England. In this document we bring together both, the contact combat sport framework and the government roadmap into one clear framework that only applies to Krav Maga in England, is easy to follow and understand whilst being in line with the government guidelines and legislation and allows Krav Maga Clubs in England to reopen.

The overriding principles and key points of this document remain at the forefront of this framework during all steps and phases of this framework.

For organised outdoor training, there are no applicable gathering limits. For indoor training there are no gathering limits, however the capacity of a class will be dictated by the size of the venue. It must allow for social distancing to take place and compliance with the Krav Maga framework and Health & Safety Executive guidance.

# Contact Combat Sport Framework and its application to Krav Maga

## **PHASE 0 - Non-contact, socially distanced**

- Krav Maga may resume non-contact training. (I.e. Shadow fighting, dry drills)
- This means that participants should only train individually and there should be no activity with others, including with equipment (such as pad work).
- Clubs, providers and participants must adhere to legal gathering limits, social distancing guidelines and venue requirements, as set out in government guidelines.

## **PHASE 1 - Return to equipment training**

- For the purpose of training with handheld and wearable equipment solely, social distancing of two metres is not required.
- Only close proximity training that requires holding a pad/shield or similar equipment for another person for the purpose of striking/kicking is allowed.
- There should be no direct personal contact or contact with clothing.
- Where training with others means not being able to maintain 2 metres distance, in line with the Department for Health and social Care guidance on face coverings, face masks should be worn unless wearing a mask negatively impacts a person's ability to perform the exercise or activity.
- Close range training should only take place within training bubbles.
- Training bubbles of up to 6 people may be formed.
- Mixing of training bubbles is not allowed.
- Participants may only be part of a single training bubble at an individual club or gym.
- Participants may not be part of multiple bubbles at the same or at different venues.
- If instructors are holding equipment for students or doing any form of contact training with others, they must form a training bubble and may only instruct the same group of people
- If instructors are keeping social distance from students at all times, they may instruct across different bubbles, classes and locations

# Contact Combat Sport Framework and its application to Krav Maga

## **PHASE 2 - Return to contact training**

- Full contact training is allowed.
- Where training with others means not being able to maintain 2 metres distance, in line with the Department for Health and social Care guidance on face coverings, face masks should be worn unless wearing a mask negatively impacts a person's ability to perform the exercise or activity.
- Close range training should only take place within training bubbles.
- Training bubbles of up to 6 people may be formed.
- Mixing of training bubbles is not allowed.
- Participants may only be part of a single bubble at an individual club or gym.
- Participants may not be part of multiple bubbles at the same or at different venues.
- If instructors are holding equipment for students or doing any form of contact training with others, they must form a training bubble and may only instruct the same group of people
- If instructors are keeping social distance from students at all times, they may instruct across different bubbles

## **PHASE 3 - Return to "competition"**

- As Krav Maga does not take part in competition, this phase indicates the return of gradings, seminars and Krav Maga training events that include mixing of several groups/clubs.
- These events must operate strictly within government guidance and ensure event delivery plans are COVID-secure and adhere to legal gathering limits. The number of participants set out in legal gathering limits does not include coaches, officials and others attending for work purposes but these numbers must be minimised. There should be a two week break between Phase 3 activities, i.e. after participating in a grading/seminar/other phase 3 activity, participants must wait two weeks before participating in another event.



# Government Roadmap and its application to Krav Maga

## **STEP 1b - 29th March 2021**

- Outdoor training only
- Phase 1 for adults
- Phase 2 for children (under 18's).

## **Step 2 - 12th April 2021**

- Indoor training for adults - Phase 0
- Outdoor training for adults - Phase 1
- Indoor training for children - Phase 2
- Outdoor training for children - Phase 2

## **Step 3 - 17th May 2021**

- Indoor and outdoor training for adults Phase 1
- Indoor and outdoor training for children Phase 2

## **Step 4 - TBC**

- Most restrictions lifted but some may remain in place

# Krav Maga Framework Summary



# Guidance for instructors

## Pre Session

Preparation information	<ul style="list-style-type: none"><li>• Ensure government safety and hygiene guidelines are available for members</li><li>• Ensure all training areas in and around venue or outdoor training space allow for recommended social distancing (includes car parks) to be maintained</li><li>• Inform members and parents what a return will look like – dates, times, delivery method, what to bring, social distancing expectation etc.</li><li>• Ensure NHS Track and Trace QR Code is displayed for people to register attendance and encourage its use.</li><li>• Names of attendees must be collected and recorded</li><li>• Ensure all members understand that contact details may be shared with NHS track and trace</li><li>• Where possible, payments should be made through contactless means.</li><li>• Symptom checks should be carried out pre-attendance to the activity.</li><li>• All participants must prior to attending the training environment have their temperature taken and confirm that they do not currently display any COVID-19 symptoms and have not been in contact with anyone who has displayed symptoms in the last 14 days. These symptom checks must be carried out prior to each lesson and entering the training environment.</li></ul>
Travel	<ul style="list-style-type: none"><li>• Abide by social distancing guidelines travelling to and from Krav Maga. Includes public transport.</li></ul>
Personal Items	<ul style="list-style-type: none"><li>• All equipment must be sanitised before entering the training environment</li></ul>
Personal Hygiene	<ul style="list-style-type: none"><li>• Cleaned clothing must be worn</li><li>• Hands must be washed/sanitised before arrival, when entering the training environment and when leaving the training environment</li><li>• Face coverings must be worn if and when required, following government guidelines and risk assessments</li><li>• Personal equipment must not be shared with others</li></ul>
Session	<ul style="list-style-type: none"><li>• Anyone who displays COVID-19 symptoms,(temperature of 37.8 degrees or above, new continuous cough or change in taste and smell) will not be allowed to enter the training environment and is urged to follow NHS and government guidelines.</li><li>• Sessions and techniques should be pre planned and must follow the framework</li></ul>

# Pre Session

Signage	<ul style="list-style-type: none"> <li>• Government social distancing and hygiene guidelines must be clearly displayed all around the venue</li> <li>• Ensure you have registered for the NHS Test and Trace and have your QR poster displayed prominently in the venue (liaise with your facility regarding whether they have a centralised QR code for the venue that all clubs will use, if not, create your own on this website <a href="https://www.gov.uk/create-coronavirus-qr-poster">https://www.gov.uk/create-coronavirus-qr-poster</a>)</li> </ul>
Social Distancing (participants)	<ul style="list-style-type: none"> <li>• Adhere to government guidelines in social areas, do not mix and avoid interaction. Avoid changing areas</li> <li>• Organise session times to allow for social distancing and cleaning</li> <li>• During Phase 0, Participants must have their own marked 3x3m space for training. Marked training spaces must be 2 metres apart from each other</li> </ul>
Facility Hygiene	<ul style="list-style-type: none"> <li>• Club or facility owner to clean/sanitise venue before and after the session</li> <li>• For ventilation do all that is possible to ventilate the venue</li> <li>• If no pedal bins are available, everyone must take their rubbish home and dispose of it at home</li> </ul>
First Aid	<ul style="list-style-type: none"> <li>• Equipment/process for dealing with injury/illness must be available and details included in risk assessment</li> </ul>
Social Distancing	<ul style="list-style-type: none"> <li>• Two metres social distancing from non-family members must be in place (except for when the framework allows for close contact training)</li> <li>• The number of students and spectators in the hall at any one time will be dependent on the size of your hall</li> </ul>
Equipment	<ul style="list-style-type: none"> <li>• Clean any equipment before and after use</li> </ul>

# During Session

Social Distancing	<ul style="list-style-type: none"> <li>• Three metres space must be maintained between spectators and training area</li> <li>• Two metres space maintained between people participating (unless same household) during Phase 0</li> <li>• The size of your venue will dictate the number of participants allowed.</li> <li>• All members must have a minimum of 100 square feet training space available for the session</li> </ul>
Hygiene	<ul style="list-style-type: none"> <li>• Handwashing must be carried out as per Government guidelines</li> <li>• Footwear must be worn at all times</li> <li>• Water bottles and personal equipment must not be shared (unless same household)</li> <li>• Ensure all tissues or other waste products are immediately put in the bin, if not available, participants must take their rubbish home for disposal</li> </ul>
Handwashing	<ul style="list-style-type: none"> <li>• Handwashing and/or anti-bacterial (60% alcohol) hand sanitiser must be available in toilets and training area</li> </ul>
Session Delivery	<ul style="list-style-type: none"> <li>• Phase 0 - socially distanced - no contact</li> <li>• Phase 1 - Padwork/Shield work/equipment work</li> <li>• Phase 2 - Contact Training</li> <li>• Phase 3 - Gradings/Seminars resume</li> <li>• Training Bubbles in Phases 1 &amp; 2</li> </ul>

# Post Session

Social distancing	<ul style="list-style-type: none"><li>• Maintain social distancing from non-family members until all government restrictions are lifted</li></ul>
Handwashing	<ul style="list-style-type: none"><li>• Handwashing and/or anti-bacterial (60% alcohol) hand sanitiser available in toilets and training area</li></ul>

# Returning to Krav Maga

## All participants should:

- ✓ Follow government guidelines on self-isolation and stay away from training if they exhibit any signs of infection of COVID-19.
- ✓ Scan the NHS track and trace code and be encouraged to register.
- ✓ Ensure good personal hygiene before and after training and sanitise hands before and after training.
- ✓ Arrive in washed and cleaned clothes and ensure shoes are worn at all times.
- ✓ Ensure clothing, footwear, training bags, water bottles etc. are cleaned as per government guidelines (only essential kit to be taken to training to include hand sanitiser, wipes and towel).

## Travel

- ✓ Travel to and from Krav Maga training in training gear, changed and ready to train
- ✓ Abide by social distancing guidelines travelling to and from Krav Maga. This includes public transport and car parks, wear face coverings as per government guidelines.

## On Arrival

- ✓ Follow training centre signage and social distancing rules.
- ✓ Limit use of toilets, and not use changing rooms and shower facilities.
- ✓ Expect to have your temperature checked and confirm that you are fit and well, not displaying COVID-19 symptoms and have not been in contact with anyone who has displayed symptoms.
- ✓ Use hand sanitiser on arrival, per government guidelines (sanitiser supplied by club / sports centre at entrance).

### **Inside the training area**

- ✓ Sanitise their hands before entering the venue (sanitiser supplied by club at entrance).
- ✓ Adhere to social distancing rules
- ✓ Stick to their training areas which should be clearly marked
- ✓ Train Krav Maga according to instructions given
- ✓ Have their personal belongings next to them within their personal area.
- ✓ Stand in the middle of their training area.
- ✓ Expect shorter sessions – (to allow for cleaning between sessions and more sessions to be run to accommodate more members).
- ✓ Not continue training if they begin to feel unwell, and inform the instructor immediately

### **When the session has finished**

- ✓ Not go into the changing rooms.
- ✓ Not gather, meet up with friends or socialise either inside or outside the venue or building.
- ✓ Go out of the building straight away and make their way home without delay.
- ✓ Stick to the Government guidelines when travelling home by public transport.



# Venue/Dojo layout and capacities

The instructor has the responsibility to ensure that the approved spacing guidelines are not compromised in any way, the training space ratios that Krav Maga Round Table are working to are a minimum space per participant of 100 square feet, as per government advice.

The number of members in the training area at one time will be dependent on the size of the area.

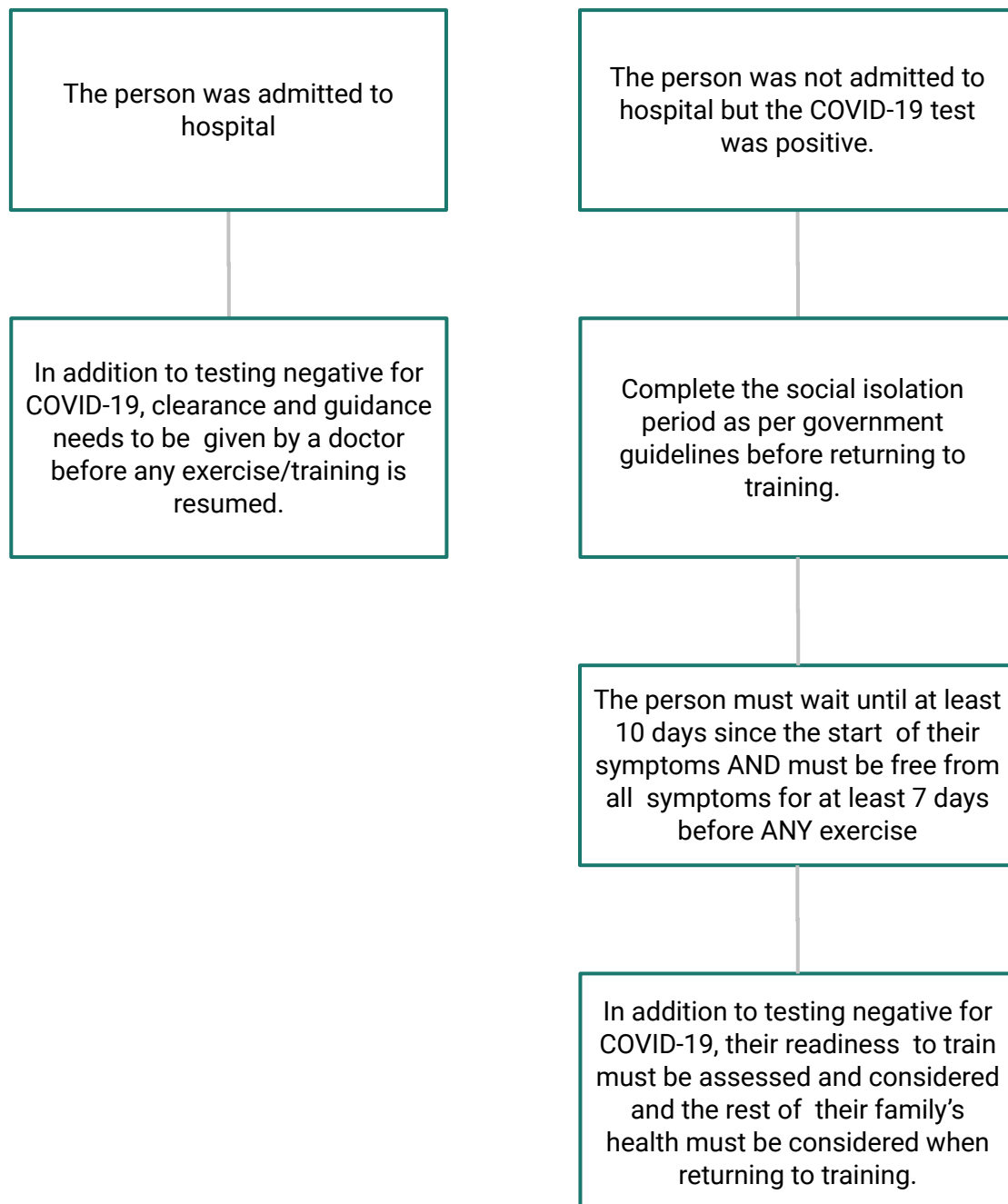
## Session Management

*Assuming there is 1.5m or more of clear walking space all-round the the training area:*

All participants should stay within their designated and marked area (this can be done with cones for example) and, unless otherwise directed by the instructor, use the centre part of their area.

All training areas (ideally squares) must have the opportunity for the individuals to leave the area without compromising anyone else's social distancing, this may need additional spacing where the training square edges are up against obstructions. Where additional space does not exist, the entering and leaving process must be defined by the instructor before the session begins.

# Return to Krav Maga after a confirmed case of Covid-19



# Conduct and Sanctions

This framework is open to all Krav Maga clubs in England.

Krav Maga Round Table may be required to conduct random audits of Krav Maga lessons in England.

Clubs found to be operating in serious and repeated breach, can be reported to local health and public order authorities.

All Krav Maga clubs and instructors must;

- Agree to abide by the framework
- Be willing to admit an official of the Krav Maga Round Table to their class to allow us to audit at any time
- Agree that they are responsible for any loss, damage or harm caused to any party through their Krav Maga class
- Be aware that Krav Maga Round Table accepts no liability for any damage, loss, harm or injury caused to anyone attending or participating in their club, class or association
- All instructors, clubs and associations must have appropriate insurance in place
- All instructors, clubs and associations must accept responsibility for ensuring compliance with all laws, acts and guidelines relating to Covid-19 and Health & Safety

# References and sources

## [Government Contact Combat Sport Framework](#)

Phases 0, 1, 2 and 3 have been applied

## [Government COVID-19 Response Spring 2021](#)

All relevant section from the steps of the roadmap have been applied to Krav Maga

## [Government Guidance on the wearing of masks](#)

We have aligned this framework and relevant sections with this guidance

## [Health and Safety Executive Guidance](#)

We have aligned this framework and our risk assessments with this guidance

## [Government Guidance on Coronavirus](#)

We have aligned this framework with this guidance