



Daoshu/Leaf Dragons COVID 19 Risk Management Policy (Last Updated 28/08/20)

Daoshu Wudang Arts Oxford will apply the following key practices during its adult and family (Leaf Dragons) classes, in line with advice from the government and Sports England:

- Any students who are experiencing a raised temperature and symptoms of fever and/or respiratory ailments are required to abstain from class attendance for two weeks (and/or 14 days from the onset of symptoms).
- Any student who has been in contact with someone else with the above symptoms is also required to abstain from class attendance for two weeks.
- **Outdoors classes** will observe 2 meter social distancing at all times for those from a different household. In the family classes, the same family will train together, distanced from other families. Upper limit on class numbers will be in line with Sports England guidelines.
- **Indoor classes** at Cowley Road Methodist Church (from September 2020 for adult classes and October 2020 for family classes, or during the summer if the weather prevents outdoor training):
 - Adult indoor classes will be restricted to 10 students per class
 - Family indoor classes will be restricted to 5 families per class
 - Students who are new/returning after a long period away will need agree their first class attendance with Shifu Giles (dependent on current numbers of regular students). Unexpected arrival at class is unfortunately likely to lead to non-admittance.
 - Please use the hand sanitiser gel upon entry into the building
 - Each student (or family) will enter the building and proceed to the training hall in a staggered fashion. Shifu Giles will be wearing a mask when admitting each student/group.
 - Each student/family will leave the hall in a staggered fashion
 - During training, 2 meters social distancing will be observed where possible
 - Shifu Giles will not be able to provide physical adjustments or demonstrate applications during the current period of social distancing. Verbal guidance for posture and technique adjustments will be provided.
 - The wearing of masks during physical activity is acknowledged as problematic and left to each student's discretion. For this reason, the aforementioned measures above are essential.
 - Any equipment used in the classes (e.g., weapons) will be thoroughly cleaned between each class. Antibacterial wipes, are available during class for students' use.
 - The venue (Cowley Road Methodist Church) will be subject to an intensive cleaning protocol throughout the week.
 - Options for payment by bank transfer are available for regular students.