





## International Krav Maga Federation New Zealand (IKMF-NZ) Covid-19 Alert Level 2 Training Guideline

26 May 2020 | Issued by Gabriel Molina – IKMF NZ National Director

6. **TRAINING BUBBLES** – Members are permitted to form “training bubbles” of 2-4 people in order to limit physical contact with others and to make contact tracing easier.

### Guidance:

- A member of a training bubble who becomes unwell must notify other members of his/her group.
- If a member of a training bubble is unwell (has flu-like symptoms or is suspected of Covid-19), it is recommended that the other members of the training bubble should also self-isolate for 2 weeks.

7. **PHYSICAL DISTANCING** - It is recommended that everyone follows the physical distancing requirement of 2 metres when not participating in training (e.g. when taking a break, a 2 metre distance is recommended between individuals or between training bubbles).

8. **TRAINING AREA per PERSON** - As a general guide, the recommended practice area for each participant is about 2 - 4 square metres per person. Groups in active training should physically distance themselves 2 metres away from other groups.

9. **GATHERINGS** – From 12 noon Friday 29 May 2020, gatherings can be held with up to 100 people. The new limit applies to gatherings to events outside of home and public venues.

**Note:** IKMF Clubs/instructors may still put a restriction on the number of participants per training session based on the size of their venue in order to allow for 2 metre physical distancing and contact tracing.

10. **WARM UP** – At Alert Level 2, it is recommended that instructors modify some of the warm up activities in order to reduce the frequency of physical contact and to prevent mixing between training bubbles. For example:

- Encourage partners to remain together throughout the session.
- Encourage partners to warm up and train within their designated space.
- Avoid *balagan*-type drills for the meantime.
- Warm up using body weight exercises, dry drilling, shadow boxing, pad striking.
- Avoid mixing people up during warm up and training.

11. **TRAINING** – Techniques and drills should be well within a participant’s skill level in order to reduce the risk of injury. It is recommended that training session be limited to 3 sessions per week at 2 hours (maximum), per session.

**Level of intensity** - It is recommended that the level of training intensity be kept **light-to-moderate** at this stage in order to prevent injury and excessive fatigue. Since gauging the level of training intensity is rather subjective and dependent on each individual, below is some guidance for both students and instructors:

- Light intensity
  - Involves 10-30% of aggression, power, and speed
  - Dry drills, shadow boxing, pad striking, slow fighting, rolls and breakfalls
- Moderate intensity
  - Involves 40-60% of aggression, power, and speed
  - Partner and dry drills, dynamic pad striking, ground techniques, weapons, light-moderate sparring
- Heavy intensity
  - Involves 70-90% of aggression, power, and speed
  - Light fighting, *balagan*-type drills, multiple attacker drills with/without weapons.

**Techniques** – The techniques in our syllabus will not change as a result of Covid-19. However, since we are still on Alert Level 2, instructors and students are encouraged to find ways so that the techniques can be taught and practised in a way that is effective, while reducing the potential risk of viral spread.



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**Examples of techniques and possible mitigation strategies by both instructor and students at Alert Level 2:**

Technique	Risk	Risk Mitigation
Inside defence versus a straight punch	Technique requires the defender to close-in, defend, and execute an aggressive finishing move.	Reduce the speed of execution and ensure the defender finishes at a distance.
Defence versus a headlock from behind – hands over mouth	Technique requires the attacker to place hands over the defender's mouth.	The attacker could simply mimic the attack without actually touching the defender over the mouth.
Slow fighting or sparring	Partners may resort to grappling manoeuvres for control or takedown during exercise	Enforce 'no grappling' rule. Concentrate on striking

**12. PERSONAL HYGIENE** - Participants must bring their own training gear at training (e.g. gloves, head gear, shin guards water bottle, towel towels, water bottles, etc.). Members should not be lending or borrowing personal training gear from one another.

**Guidance:**

**Before training**

- Wear newly washed clothes/uniform before each session.
- Keep your fingernails short and well-trimmed.
- No jewellery allowed when training (only medical alert bracelets are permitted).
- Long hair should be tied-up.
- Handwash before, during, and after training by using soap and water for 20-30 seconds (dry hands thoroughly). The use alcohol hand gel or wipes are permitted.
- Observe cough or sneeze etiquette (e.g. use a tissue, or on the inside of your elbow)

**After training**

- Handwash after training by using soap and water for 20-30 seconds (dry hands thoroughly). The use alcohol hand gel or wipes are permitted.
- Immediately wash your training clothes/uniform at home.
- Take a shower.

**13. PERSONAL PROTECTIVE EQUIPMENT (PPE)** – Members are not required to wear masks or gloves at training. Members who choose to wear PPE are allowed to wear them as long as they supply it for themselves.

**Guidance:**

- PPE should be worn and disposed of properly.
- PPE does not replace personal hygiene practices such as handwashing or observing cough etiquette.
- Worn PPE should be placed in a zip lock bag and taken home for disposal.

**14. CLEANING OF EQUIPMENT and SURFACES** - All high-touch surfaces and equipment must be cleaned and disinfected before and after training using recommended cleaning products (e.g. Ajax Spray and Wipe, Dettol wipes), or diluted household bleach solution (80 ml of bleach mixed with 3.5 litres of water).

**Guidance:**

- Use disposable paper towels if possible. If using reusable cloth, ensure this is washed and dried regularly.
- Wipe training mats, pads, training guns/knives/sticks, shin guards, floors
- Wipe door handles/toilet handles/light switches/chairs