



# Krav Maga Wellington & Self Defence Training - IKMF

## Covid-19 Alert Level 2 Training Guideline

15 February 2021

### KRAV MAGA WELLINGTON – COVID-19 TRAINING GUIDELINES UNDER ALERT LEVEL 2

- Everyone attending class (and also visitors), should read our **Covid-19 Training Guidelines Under Alert Level 2**.
- The official New Zealand COVID website is <https://covid19.govt.nz/>
- This guideline will be reviewed and updated as necessary.
- Please note that classes will be automatically cancelled at Alert Level 3 and 4.

1. **FEELING UNWELL?** – You must stay home if you feel unwell. If you are experiencing flu-like symptoms you must self-isolate for 2 weeks, contact your GP, and get tested for Covid-19.
2. **RISK IDENTIFICATION** – Participants must identify their own health risk factors and make an independent decision on whether it is safe for them to resume training.

#### At risk population:

- Those over 70
  - Pregnant women
  - People with underlying medical conditions (underlying medical conditions include: serious respiratory disease such as chronic lung disease or moderate to severe asthma, serious heart conditions, immunocompromised conditions, severe obesity — a body mass index (BMI) of 40 or higher, diabetes, chronic kidney disease, people undergoing dialysis, liver disease)
3. **CONTACT TRACING** – Before each class, students, visitors, and instructors must scan using the [NZ COVID TRACER App](#). If you don't have the app, you must register your details with the instructor. This information is being collected in case it is required for contact tracing purposes.

| Business name:   |                    | Date: / / 20 | Sheet no: | <b>CONTACT TRACING REGISTER</b> |          |           |
|--|--------------------|--------------|-----------|---------------------------------|----------|-----------|
| <small>You should not enter these premises unless:<br/>• You do not have any symptoms associated with COVID-19 (e.g. fever, cough, sore throat, shortness of breath, sneezing/runny nose or loss of sense of smell)<br/>• You do not have COVID-19 nor are you awaiting the results from being tested for COVID-19<br/>• You have not been in contact with any known or suspected cases of COVID-19 in the past 14 days<br/>• You have not returned, or been in contact with anyone else who has returned, from overseas in the past 14 days</small> |                    |              |           |                                 |          |           |
| Full Name  | Phone and/or Email | Address      | Date      | Time IN                         | Time OUT | Signature |
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- 4. EXERCISE AT ALERT LEVEL 2** – Our classes can still go on at Alert Level 2 as long as physical distancing, limit to gathering numbers, handwashing and personal hygiene are observed.
- 5. TRAINING BUBBLES** – Participants are encouraged to train with their usual training partners or if possible, to form “training bubbles” between 2-4 people. This measure can limit physical contact with others and 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 and get tested for Covid-19.

- 6. 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).
- 7. 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.
- 8. GATHERINGS** – Although gatherings can be held with up to 100 people the instructor may 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.
- 9. 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.

- 10. TRAINING** – Techniques and drills should be well within a participant’s skill level in order to reduce the risk of injury.

**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.



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**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.

#### 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  |

**11. PERSONAL HYGIENE** - Participants must bring their own safety gear at training (e.g. gloves, head gear, shin guards water bottle, towel towels, water bottles, etc.). Members should not be lending out 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.

**12. PERSONAL PROTECTIVE EQUIPMENT (PPE)** – Participants are encouraged, but are not required to wear masks or PPE gloves at training. Those who choose to wear PPE for COVID prevention during class must 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.



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**13. 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