



## KRAV MAGA WELLINGTON COVID19 TRAINING GUIDELINE UNDER ALERT LEVEL 2

This guideline has been updated with stringent restrictions as a result of the Covid19 Delta variant. Everyone attending class (including visitors), must adhere to these guidelines while on alert level 2. Please note that classes are automatically cancelled at alert level 3 and 4. For more information go to the official New Zealand COVID website is <https://covid19.govt.nz/>

1. **STAY HOME IF YOU'RE UNWELL** – If unwell you must self-isolate for 2 weeks, contact your GP, and get tested for Covid19.
2. **GET VACCINATED** – It is strongly recommended that you get vaccinated against Covid19. Vaccinations have been proven to be effective and safe. Everyone in New Zealand from age 12 can now book their free vaccination at <https://bookmyvaccine.covid19.health.nz/>
3. **RISK IDENTIFICATION** – You must consider your own health risk factors and make an independent decision on whether it is safe to resume training. Considered *at risk* are those over the age of 70, pregnant women, and people with underlying medical conditions.
4. **CONTACT TRACING** – Everyone entering our training venue must scan using the [NZ COVID TRACER App](#). If you don't have the app, you must register your details with the instructor.

Business name:	Date: / / 20	Sheet no:	<b>CONTACT TRACING REGISTER</b>			
<small>You should not enter these premises unless:</small>						
<small>• 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)</small>	<small>• You do not have COVID-19 nor are you awaiting the results from being tested for COVID-19</small>	<small>• You have not been in contact with any known or suspected cases of COVID-19 in the past 14 days</small>	<small>• 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
			/ / 20			

5. **RESTRICTED NUMBERS** – Due to the size of our training venues, class numbers will be restricted to maximum of 16. A booking system will be implemented and only current members will be allowed to train at alert level 2. There will be no trial classes for new members until we enter alert level 1.
6. **WEAR A MASK** – Participants are strongly encouraged to wear either a cloth mask or a surgical mask at class. You must provide your own mask if you decide to wear one.
7. **CLOSE CONTACT DURING TRAINING** – We will try our best to maintain physical distancing but we have to accept that close physical contact is unavoidable when practising krav maga. Because of this, we must all be cautious and be more diligent with our hygiene practices.
  - You and your training partner should keep a 2 metre distance from others while training. Remain in your designated area
  - Wash/disinfect your hands before class, during breaks, and after class.
  - Wipe/disinfect any equipment that you use.
  - There will be no communal/shared gloves or shin guards while we're at level 2.



**8. STICK TO YOUR TRAINING PARTNER or TRAINING BUBBLE** – Participants are encouraged to stick with their training partner throughout the class. Forming a *training bubble* is strongly encouraged.

- Observe 2 metre physical distancing when not training (e.g. when taking a break).
- Observe 2 metre physical distancing between pairs during training.
- Training partners should stay in their allocated space while training.

**9. WARM UP AND TRAINING INTENSITY** – At alert level 2 we are aiming for **low-to-moderate** intensity in order to prevent fatigue and injury. Since gauging the level of training intensity is rather subjective and dependent on each individual, below is some guidance for both students and instructors:

- **Low intensity** - Involves 10-20% of aggression, power, and speed  
 Example: Dry drills, shadow boxing, slow fighting, rolls and breakfalls
- **Moderate intensity** - Involves 20-50% of aggression, power, and speed  
 Example: Partner drills, pad striking, ground techniques, light sparring
- **High intensity** - Involves 50-80% of aggression, power, and speed  
 Example: Multiple person drills (multiple attackers), sparring.

The techniques that we practice will not change as a result of Covid19. Both instructor and students are encouraged to find ways so that techniques can be practised *the way it's mean to be practised* while reducing the potential risk of viral spread.

**Examples**

Technique	Risk	Risk Mitigation
Inside defence versus a straight punch	The technique requires the defender to defend quickly with controlled aggression.	Reduce the speed and intensity.
Defence versus a headlock from behind – hands over mouth	The technique requires the attacker to place hands over the defender's face.	Do not touch the face. Instead, mimic the attack with the hand at 2 cm away from the face.
Slow fighting	Trainees may resort to grappling manoeuvres for control.	Enforce 'no grappling' rule.

**10. PERSONAL HYGIENE and EQUIPMENT DISINFECTION** - Participants must bring their own safety gear at training (e.g. gloves, head gear, shin guards water bottle). Members should not be lending out or borrowing personal training gear from one another.

- Shower and wear newly washed clothes/uniform before attending class.
- Keep your fingernails trimmed and short.
- Wash/disinfect your hands before, during breaks, and after training.
- Cover your cough/sneeze.
- Wipe down with disinfectant all training mats, pads, training guns, knives, sticks, and shin guards.
- Wipe down with disinfectant all high touch surfaces (door handles, light switches, chairs).