



MF Face to
Face Training
Induction

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Why We Are Running Classes Outside

We have been closely following government advice regarding COVID-19 and we are now able to deliver coaching in groups of no more than 30 people in an outdoor setting.

We are going to continue with our online classes until we are able to return to our regular venues, however we've missed seeing you and have decided to run some bonus outdoor sessions to support the online classes

When Not to Train

MF Martial Arts & Dance remains committed to preventing the spread of COVID-19 and as such must ask that you follow government guidelines with regards to self isolating.

As of the 10th July, please do not attend any sessions if:

- you have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you're waiting for a coronavirus test result
- you've tested positive for coronavirus – this means you have coronavirus
- you live with someone who has symptoms, is waiting for a test result or has tested positive

What to Wear

As we are going to be training outdoors, it's important that we dress appropriately

MF Martial Arts

Please wear your MF Uniform during classes, you don't need to wear the uniform top and can train in a MF or plain t-shirt if you wish.

MF Dance

Please wear your full MF Dance Uniform during classes.

MF Martial Arts & Dance

Training in sun caps are allowed.

Please wear appropriate footwear, we recommend trainers if possible but be aware they may get dirty. Please also make sure they are suitable for the weather conditions and won't be too slippery on the training surface (check with your instructor if there are any doubts). You won't be able to train bare foot.

What to Bring

- Sun Screen – Please apply this before you come to classes if needed
- Any medication – including antihistamines if you suffer from hay fever
- Appropriate drinks for hydration
- Insect repellent – Please apply this before you come to classes if needed

Please be aware that where we are training outside, we won't have our usual facilities including seating for parents, please feel free to bring something for yourself if needed.

How Classes Will Run

We want the classes to be able to continue in a safe environment for all of our students and so have put in place the following protocols:

Please arrive 10 minutes before classes start

There will be a one way system into the training area, each student will sanitise their hands and will be directed to an individual training area

We will run the classes from the front maintaining a 2m gap between students at all times, instructors will coach from a distance

Parents will be required to watch from a safe distance

Classes will be adapted to teach curriculum within the 2 meter social distancing guidelines. Our focus for the sessions will be on coaching and improving your technique. We can't wait to see everything you've been practicing at home!

At the end of the class, students will exit in single file and will sanitise their hands again

Our Safety Measures

All of our instructors are first aid trained and will have their first aid kits with them

They will assess the weather and the teaching surface before each session to determine whether it can go ahead safely. If the session needs to be cancelled you will be notified in plenty of time and we will run an online session instead

We will make sure that students are supervised at all times

We will train in an area away from the general public to avoid any disturbances

We won't be using shared pads or equipment to reduce the risk of COVID-19 spreading

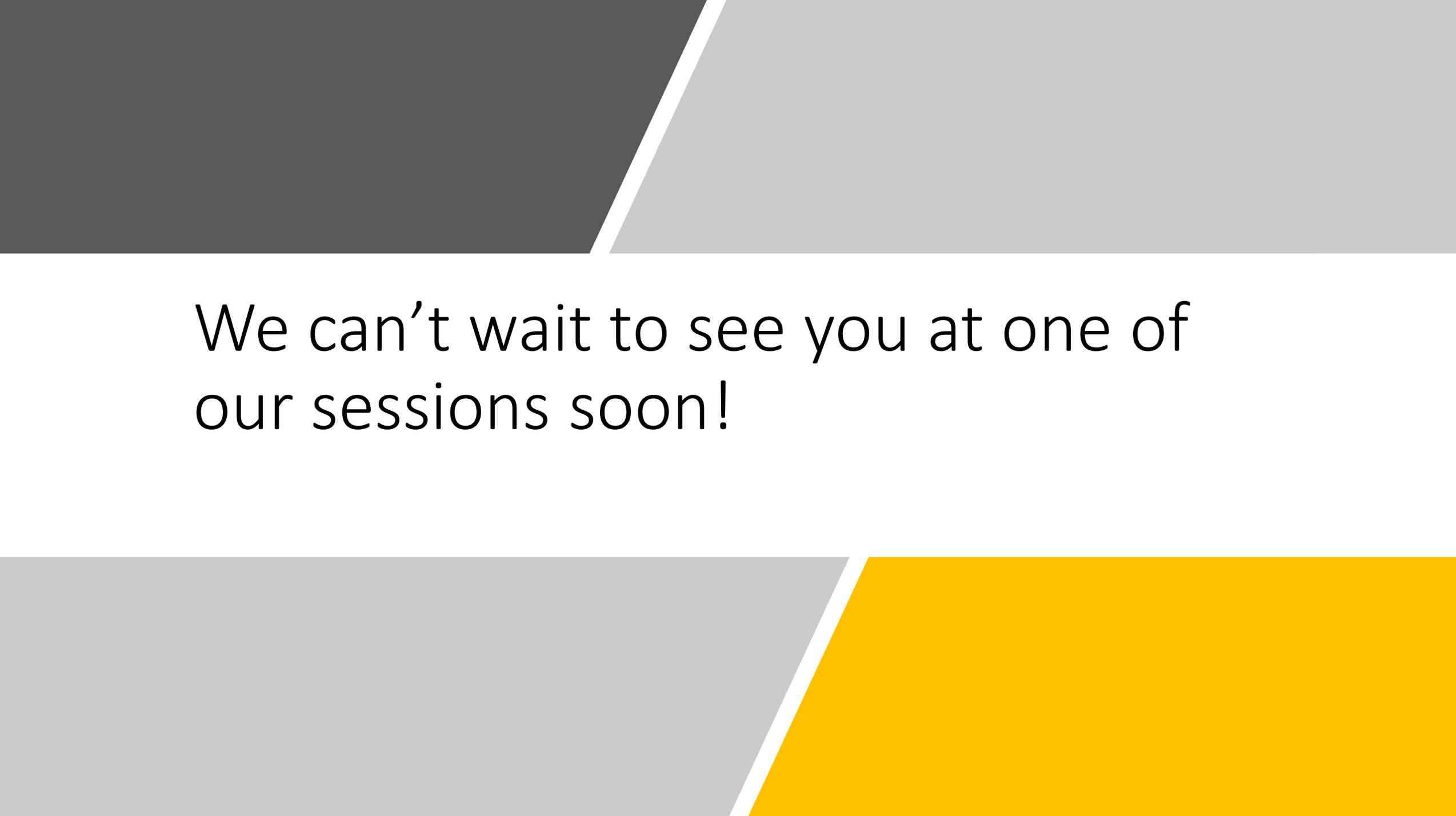
Key Notes

We won't have access to toilet facilities, please use the toilet before you come to classes. Unfortunately, if you do need the toilet during the class time, please be aware that you will have to return home for this

When on the premises, we aren't able to touch or use any school equipment. This not only protects you but also protects the school children and teachers.

Please be aware that part of being outdoors is that there may be insects and wildlife who also want to see our lessons, if this is likely to cause a problem please notify us beforehand

If you suffer from something which can be aggravated by being outdoors for a prolonged period of time, such as hay fever, please take the appropriate medication and notify us in advance



We can't wait to see you at one of
our sessions soon!