

RETURN TO TRAINING GUIDANCE



Can I attend class?

If the answer is YES, to any of the following questions, please DO NOT attend class.

In the previous 14 days...

1. Have you had any COVID-19 symptoms?
2. Been in contact with any confirmed /suspected COVID-19 case?
3. Travelled internationally?

If you feel unwell at all then please do not come to class.

The John Marshall Hall

- The Church has had a deep clean carried out on the hall, lobby and toilet areas and will be maintaining regular cleaning following this.
- Hazard tape on the floor marks areas for people to stand.
- There are notices displayed throughout the hall, lobby and toilets explaining new measures in place to adhere to social distancing.
- Windows in the hall will be opened to ensure appropriate ventilation.
- The capacity of the Hall is now limited to **18** people.
- There is hand sanitizer and disposable gloves in the entrance lobby of the hall, but it is also recommended that you carry your own supplies of these too
- It is important you regularly wash and/or sanitise your hands, especially on arrival and exit of the building



Toilet Facilities

- The toilet facilities will be limited to 1 person at a time to best accommodate social distance measures.
- Please shut the first door as you enter the toilet to show someone is in there (Signage on the door will aid this).
- Please try to keep the lobby area clear with only 1 person walking through at a time. If the toilet is occupied, please return to the Hall, and wait until the occupier has come back.

Changing Facilities

- The church has asked that wherever possible please avoid changing your clothes using John Marshall Hall facilities. Given that guidance, please change into T-shirts etc. at work before attending, allowing for a quick 10 secs change of trousers at the hall.
- The men's changing area will be restricted to a maximum of 2 people at any time.
- Women will need to follow the above guidance (max of 1 person) for changing in the toilet block or using the disabled loo.

Training and CHA Equipment

- All participants will be temperature checked before class starts.
- Social distancing must always be maintained during training.
- It is important that you regularly wash and/or sanitise your hands, especially on arrival and exit of the building
- Face masks will not be supplied, but you are welcome to bring your own and wear it during sessions.
- No physical touch – skills, physical corrections, hugs, shaking hands, and so on.
- Hands should be sanitized before and after using any equipment, e.g. targets.
- Equipment should be fully disinfected following use.
- There is a maximum of 18 people allowed in the room. We very rarely exceeded this number pre-lockdown ... if we start to exceed this number now though, I'll develop an online sign-up facility.
- The traditional structure of the class will need to adapt until we are able to resume physical contact. The syllabus will adapt accordingly.