

Coronavirus Update (Tuesday 17th March)

I wanted to keep you up to date with regards to my classes in Hornchurch and Ilford.

At present my classes will carry on as normal but with appropriate safeguarding actions in place. Schools have not yet been instructed to close (although I think this will happen soon) and they are functioning as normal, including lettings continuing as normal.

All the schools I teach at have put out statements to assure hirers that they are taking the current situation very seriously. They have confirmed that cleaning of surfaces in high traffic areas is being performed on a much more regular basis. There should now always be soap available in the toilet facilities for you to wash your hands with. Enhanced hygiene routines have been put in place across all sites.

We also have to play our part to stop the spread of Coronavirus to those who are most vulnerable.

I will be adapting the way students train to ensure there is the least amount of contact between students as possible.

As mentioned in my previous correspondence, please:

- use hand sanitiser before entering the building
- wash your hands frequently
- avoid unnecessary contact (no shaking hands, etc)
- avoid touching your face, including mouth, nose and eyes
- sneeze into your elbow or a tissue (not your hands)
- put any used tissues in the bin and then wash your hands

Please do not:

- come to the class if you or your children, or any members of your household has **a persistent cough or fever**
- come to the class if you have travelled to a high risk area in the last 14 days or if you have been in contact with anyone else who has done so
- **come to class if you are in any of the at-risk groups specified in the latest government guidance**

I would also ask you to inform me if you or anyone you have been in contact with has been confirmed as having the coronavirus, so that I can develop the appropriate response with the school community.

I am sure that I will have to close the dojo at some point in the near future, but at present we are carrying on as normal and following the above hygiene protocols.

Please don't hesitate to contact me should you have any queries or concerns.

Jason

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>