



Lifting of Covid-19 restrictions in England Statement by the Aikido Alliance UK on the return to full contact training

Based on information provided to the NGB for Aikido by Sport England:

- Full contact Aikido can resume for both Adults and Juniors as of 19th July 2021.
- There is no limit on class size
- There are no restrictions on who aikidoka can train with.
- The use of face covering is at the choice of the Association and/or Club Instructor/s but is NOT a legal requirement.
- The use of the NHS Track and Trace QR code to register at your club is suggested, but is not a legal requirement.
- There is no legal requirement to be vaccinated.

The Aikido Alliance UK recognises that some club members may be anxious about returning to contact aikido. The Alliance therefore suggests that everyone should be sensitive to individual feelings at this sensitive time.

The prime minister announced as follows:

“There will be no Covid certificate required as a condition of entry to any venue or event, although businesses and events can certainly make use of certification and the NHS app gives you a Covid pass as one way to show your Covid status.”

and

“We will move away from legal restrictions and allow people to make their own informed decisions about how to manage the virus”

This suggests that organisations and individuals are now free to make their own decisions. Clubs and Associations may wish to make their own risk assessments based on the demographic of their students.

Some clubs may have a prevalence of vulnerable participants; some clubs may have high numbers of fully vaccinated participants; some clubs may decide to continue with social distancing and non-contact activities.

The Aikido Alliance UK recommends that clubs make appropriate and risk-assessed decisions with regard to their return to training – and consult their Association representatives for further guidance if needed.

Guidance on resuming aikido

Most aikidoka will have been away from “normal” training activities for some time. It is recommended that all instructors plan their aikido classes on this basis. Aikidoka may need to recondition themselves for ukemi and other techniques. There could be a lack of spatial awareness – and indeed there could be an over-enthusiastic approach to training as people enjoy being on the mat again.

Some clubs may have already introduced solo and pairs weapons work. However, instructors are advised to be alert for any lack of awareness within the class when using weapons. Careful planning is always required when using weapons and a return to “normal” training may introduce another risk factor.

Instructors are advised to be suitably cautious about their lesson plans in these early stages of returning to aikido and to monitor performance carefully.

Pre-class briefings and appropriate screening activities should take place during this return to aikido phase.

Membership

Please ensure that your membership is up to date. Instructors should ensure that all class participants are in membership.

Anyone requiring copies of our insurance documentation (e.g. in order to resume venue bookings) should contact our Insurance Liaison Officer, Vincent Sumpter: vince.sumpter@gmail.com

Visit your club or association web site for updates.

Or visit www.sportengland.org