

# Seido Karate Beach Training Programme 2021

I am delighted to confirm arrangements for our forthcoming beach training programme. Due to the extension of Government Covid Restrictions, we are required to adjust our plans to comply with the rules set out by our Governing Body NAKMAS, the requirements of the National Trust and the current UK Covid Laws.

As we are identified as an official sport, and have undertaken a full risk assessment for the event, we have a student and instructor capacity of 100 participants and a maximum of 30 spectators. If we follow the Government guidance and maintain safe distance, we can run the training session safely.

However the plans for the afternoon are not considered 'official' and therefore we are restricted to a max of 30 people. As a result we are unable to organise any activities in the afternoon as it is likely that we would exceed this capacity.

The fine for contravening the rules are £10,000 for a mass gathering.

Therefore the plan is to hold the official Karate beach training event from 7.00-12.30. Thereafter everyone is welcome to stay on the beach in their own family or household groups. It will be your own responsibility to follow the rules. If you are unclear on any of the current restrictions please refer to the government website:

<https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do>

## Seido Beach Training

All students to arrive according to the times set out below.

Students should always maintain safe distance, and will be organised into separate groups. Please ensure you stay in your group and follow the instructions from your senior.

Like training in the dojo, you should not attend the event if you are unwell, or have Covid related symptoms. It is recommended you take a Lateral Flow Test prior to the event. You are not required to wear a mask but may do so if you wish.

You should wear your karate gi, your belt and either your karate gi top or a Seido t-shirt. Black belts please wear your full gi and your bo & jo. Please note we will train in the sea so please wear a swim suit under your gi. You may train in bare feet, but this will be at your own risk. We will check the beach for sharp objects but there will naturally be sharp shells and other objects in the sand and therefore this should be considered.

If you cannot swim, please let your senior know, special arrangements will be made so that you can enjoy the event without training in the sea. Please also let your senior know if you have any medical conditions they should be aware of. We have trained first aiders on site. In the event of a medical emergency Sensei Mark Cartlidge is our primary first aider, supported by Sensei John Vincent.

## Seido Black Belt Training

- 7.00 - First Ferry from Sandbanks to Studland
- 7.15 - Black belt arrivals
- 7.25 - Check / Visual sweep of the training area
- 7.30 - Formal bows and Seido warm up (Sei Shihan/Jun Shihan)
- 9.30 - Black belt programme finishes

## Seido General Kyu Grade Training

- 9.30 - Kyu grade arrivals at the Beach
- Collection of beach T-shirts
- 9.50 - Seniors to organise training groups
- Check / Visual sweep of the training area
- 10.00 - Formal Bows and Seido Warm up (Sei Shihan Brandt/Jun Shihan Stuart)
- Beach training
- 11.50 - Formal Bows / Meditation (Sei Shihan Brandt/Jun Shihan Stuart)
- 12.00 - Tidy Beach
- 12.30 - Event Officially Closes

Departures at Leisure.

If you have any questions please contact Sensei Mark Terry,  
[mark.terry66@btinternet.com](mailto:mark.terry66@btinternet.com). Mobile 07450 277155.

22<sup>nd</sup> June 2021.