



## Kickboxing Ireland & IMAC

The Kickboxing Ireland is a Sport Ireland recognised National Governing Body for Kickboxing . Below is a draft summary of the return to training protocols for KBI clubs expected to come into effect from July 5<sup>th</sup> subject to Public Health and official announcement.

- Subject to Public Health, and official announcement Indoor sports training and martial arts classes can recommence from 5th July in pods of up to 6.
- Multiple pods of 6 can be operated in a class setting if sufficient space is available and strict public health protocols are in place. Participants must maintain social distancing guidelines with all members of other pods.
- Contact activity such as pad work and sparring should only be conducted with members of a participant's own pod during specific times of class.
- Social Distancing (2 metres) should remain at all times with the exception of short periods of specified contact training within a Pod group. The principal coach should maintain social distance from all of the pods for the duration of the class.
- Martial arts classes must operate subject to the approved protocols of the KBI with regard to hygiene, cleaning & ventilation, participant & coach wellbeing, facility management and social distancing, these protocols are available to venue operators for review.

Following official announcement, specific protocols for the next period of easing of restrictions will be issued to KBI & IMAC instructors all will be available to venue operators.