

Dear Students and Parents,

Our Latest News and Tier 3 Schedule from Week Commencing 7th December 2020. Lynx Black Belt Leadership Academy is following the government guidelines for tier 3.

(The schedule will be reviewed again on the 16th December)

- **Online Tuition will continue** (Please check for any modifications on times via the website <https://www.lynxmartialarts.com/Website/schedule-retford-martial-arts> or your Facebook Group Platform)
- **Face to Face Private Tuition** Available (Ask for offers) Students with private lessons will be contacted.
- **Open-House Practise for Children, Adults and Family's** (supported with tuition work sheets, Restricted Space) This is not group class with an Instructor, Students will be allocated space to practice on their own or with their family support bubble. Facility Supervision Only. Starting Week Commencing 7th December 2020

Monday 5.45pm to 7.15pm
Wednesday 5.45pm to 7.15pm

30 & 45minute slots available.

Booking is Essential. Visit the website schedule

<https://www.lynxmartialarts.com/Website/schedule-retford-martial-arts> or email:
lynxacademy@hotmail.co.uk

Priority will be given to adult and family student's; however, children can attend. **(Children 12years and under parent or guardian supervision required. Parents wear loose fitting clothes & face covering)**

- **Children/Teenage classes for 18 years and under and students with any disability** All belt levels white belt to black belt. Starting Week Commencing 7th December 2020

Monday 5pm to 5.40pm
Wednesday 5pm to 5.40pm

Booking is Essential. Visit the website schedule

<https://www.lynxmartialarts.com/Website/schedule-retford-martial-arts> or email
lynxacademy@hotmail.co.uk

- **Contact Sports** (Our Martial Arts Retail Shop) From Wednesday 2nd December, open by appointment only, place orders over phone, by email or online.
- **Graduation** and End of Year Awards Presentation details will Follow. **Please return your forms**

Please ensure your Insurance is renewed and up to date for in house lessons and Live Online lessons. [Click Here to Renew online](#)

**Times and days may be modified by Lynx Black Belt Leadership Academy discretion. The Tier 3 schedule will start week Commencing 7th December 2020
Reviewed again on the 16th December.**

Kind Regards
Master Andrew Blinston

Maintaining Social Distancing And Safe Practice During Any Lesson, Open Practise Or Private Tuition

We would like to deliver all our tuition with confidence for everyone's health and safety.

- Basic health check questionnaire and temperature reading.
- Two-meter social distancing spots around the academy.
- One way on and one way off the maps.
- A booking in system for in house practise.
- In-house training and live online streaming.
- Any classes will be taught from designated stage area.
- Two-meter social distancing on the mats were classes are in operation.
- Students to wear face coverings or Lynx coverings can be order at £5 or £13 package also disposable masks are on sale at the reception.
- Changing rooms to operate as communal rooms one person/family in one person out.
- Designated area in main training facilities to put academy pull cord bags.
- Basic training aids provided on the mats in boxes with sanitising equipment put In a safe social distancing position.
- Hand sanitiser stations throughout the Academy.
- Hand washing posters on display paper towels and bins provided.
- A separate first aide and PPE room.
- A reception area with sneeze screen.
- All academy Staff to wear masks and visors.
- Windows to remain open and main door to allow the circulation of fresh air.
- Door dividers pulled across when classes are in operation for when the changing room is in use.

- Risk assessments and spot checks will be done thoroughly with sanitisation in between each class.
- A full deep clean of the academy will commence on Friday's
- We recommend that all students arrive in a clean and fresh uniform no leadership training equipment bags to be brought into the academy at this time.
- We have removed the spectators area for the safety of yourselves ourselves and fellows students.
- If you feel unwell at any time either whilst at the academy after taking part in practise prior to lessons please contact the academy immediately.
- When entering the main gate of the academy on exchange Street please follow the arrows on the way in and adhere to social distancing thank you.
- Please take the time to watch our video on our policy page via the website.
- Please read all emails, notices and work sheet instructions carefully before participation.

Finally, we are doing our very best to put your safety and our safety first I'm sure there will be small challenges along the way, however with close monitoring and guidance We can overcome these.