

# **SOUTH AFRICAN KICKBOXING ASSOCIATION (SAKA)**

## **COVID-19 OPERATIONAL PLAN**

### **LEVEL 3**



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## INTRODUCTION

1. Physical training and sport have become an integral part of the lives of many people and as stated within the white paper of sport, it contribute to the physiological and psychological make-up of individuals. These are elements that are of paramount importance for the sustainability of people globally enduring the current phenomenon.

2. The sport of kickboxing within South Africa under the auspice of the South African Kickboxing Association (SAKA) whom are internationally affiliated to the World Association of Kickboxing Organization (WAKO) accepted by the IOC, comprises of various competitive disciplines (protective gear are worn) such as;

2.1 Tatami Sport (competing on a sport matt).

2.1.1 Musical Forms (Non - Contact).

2.1.2 Points Fighting (Semi-Contact; participants allowed to touch each other with controlled techniques).

2.1.3 Light Contact and Kick Light (participants allowed to touch each other on a continuous basis with controlled techniques).

2.2 Ring Sport (competing within a traditional boxing ring)

2.2.1 Full Contact Kickboxing

2.2.2 Low Kick Kickboxing

2.2.3 K-1 Kickboxing


3. The South African Kickboxing Association with its Districts are the custodians for amateur and professional athletes



# WHAT IS COVID-19?




The name corona refers to a crown because these viruses have crown-like spikes on their surface when viewed under an electron microscope.



Human coronaviruses are common throughout the world. There are many different coronaviruses identified in animals but only a small number of these can cause disease in humans.

Examples of these are the Middle East Respiratory Syndrome Coronavirus (MERS-CoV), first reported from Saudi Arabia in 2012, and the Severe Acute Respiratory Syndrome Coronavirus (SARS-CoV), first recognised in China in 2002. On January 9, 2020 the World Health Organization reported that a new coronavirus was identified in China associated with an outbreak of pneumonia in Wuhan City, Hubei Province. This virus is the COVID-19. The majority of the cases/patients initially identified were dealers and vendors at a seafood, poultry and live wildlife market (Huanan Seafood Wholesale Market) in Jiangnan District of Hubei Province. This suggests that the novel coronavirus has a possible zoonotic origin. The specific source of the virus is not yet known.



Some coronaviruses such as 229E, NL63, OC43 and HKU1 are common causes of illness, including respiratory illness, in humans throughout the world. Sometimes coronaviruses infecting animals can evolve to cause disease in humans and become a new (novel) coronavirus for humans.

## **COVID 19 PANDEMIC**

3. The South African Kickboxing Association as a sport Federation understands the challenges and strategy of government in terms of curbing the spread of the Corona virus and have been abiding to such regulations since the inception of the SA National Lockdown which started on 23 March 2020.
4. With the Country currently in level 3 Lockdown, SAKA as a Sport Federation are of the opinion that our athletes must be afforded the opportunity to start with their training programs as preparatory for potential National and or International events, whether on-line and or physical events, with all necessary protocols in place as per government and health guideline.
5. The Federation will ensure that all their affiliated Districts with their clubs must adhere to the insurances of a safe environment for person/s to engage in kickboxing training, one-on-one training sessions with a qualified kickboxing trainer.





# CORONAVIRUS DISEASE 2019 (COVID-19)

## WHAT IS CORONAVIRUS DISEASE 2019?

Coronaviruses are large groups of viruses that are common amongst animals. These viruses can make people sick, usually with a mild to moderate upper respiratory tract illness, similar to a common cold.

A new coronavirus called COVID-19 was identified in China and is associated with an outbreak of pneumonia.

## HOW IT SPREADS

The COVID-19 spreads mainly via respiratory droplets produced when an infected person coughs or sneezes.

The COVID-19 is spread through:

- The air by coughing and sneezing
- Close personal contact such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands



## SYMPTOMS

Mild to severe respiratory illness with:

- fever
- cough
- difficulty breathing
- sore throat

The complete clinical picture with regards to COVID-19 is still not clear.

Patients with underlying illness and the elderly appear to be at increased risk of severe illness.



## WHO IS AT GREATER RISK?

Currently travellers to Wuhan, China and other affected areas.

## TREATMENT

Treatment is supportive (e.g. provide oxygen for patients with shortness of breath or treatment for fever).

- There is no specific antiviral treatment available.
- Antibiotics do not treat viral infections. However, antibiotics may be required if bacterial secondary infection develops.

## PREVENTION

There are currently no vaccines available to protect you against COVID-19 infection. Transmission is reduced through:



Washing hands often



Avoid touching with unwashed hands



Avoid close contact with infected people



Cover your cough or sneeze with a tissue, once used throw away

If you are mildly sick, keep yourself hydrated, stay at home, and rest.

## MEASURES IN PLACE

Fever screening is in place at international airports.

- Procedures are in place for case detection, isolation and management for quick diagnosis to be made.
- All health facilities will be able to manage suspected or confirmed cases and refer to the appropriate referral or designated hospital.
- Protocols are in place for follow up of case contacts to ensure that the virus does not spread.



For more information:  
[www.westerncape.gov.za/coronavirus](http://www.westerncape.gov.za/coronavirus)

Contact the **24hr Public Hotline**  
**0800 029 999**



Western Cape  
Government  
Health

## **AIM**

6. The Aim of this document is to provide structural procedures/guidelines regarding the prevention of any kind of communicable disease including that of COVID-19.

## **MEET AND GREET**

7. When enter the training facility greeting take place in the form of a head bow and or a verbatim gesture such as good morning, good afternoon or goodbye.

8. The following is strictly prohibited:

- 8.1 Any form of handshake.
- 8.2 Hugging and or kissing of any kind.

## **SCREENING AND TESTING (See appendix I)**

9. On entry of the DOJO (Club), individuals must complete the screening document (attached to this document) for verification and tracking purposes.

10. The temperature (digital thermometer) of individuals will be measured and recorded on the screening document.

11. In the event of any discrepancies and or COVID-19 symptoms are present such athletes will be placed under isolation as per medical guideline and or will be referred to a medical institution.

## **SANITATION**

12. It's compulsory to clean hands with sanitizer as provided by the dojo/club on entering, also in the following situations.

- 12.1 At any time the member feel necessary to clean their hands.
- 12.2 After utilizing the bathroom.;
- 12.3 After training as members leave the facility.

13. The entire training facilities will be sanitized regularly, however the areas such as cloakrooms and toilet facilities will be sanitized immediately after utilization by athletes.





## **TRAINING PROTOCOL**

14. It's mandatory for kickboxers to have their own training equipment such as:
  - 14.1 Boxing gloves,
  - 14.2 Hand wraps,
  - 14.3 Skipping ropes,
  - 14.4 Towel,
  - 14.5 Mask
15. Always ensure a 1,5m square distance from the kickboxer and trainer any given time during training.
16. Spitting are STRICTLY forbidden in the training facility.
17. At no time will any kickboxer remove sweaty clothes from their body in the training area; it must be done in the bathroom.
18. Sweat on the body must be wiped off on a regular basis during the training program.
19. Kickboxers must place their training bag and clothing in the lockers which must be disinfected directly after the session.

## **TRAINING PROGRAMS (see appendix II)**

20. All training programs will be designed in such a manner which will ensure the 1,5m square distance between kickboxer and trainer.

## **TRAINERS**

21. All trainers will wear a facial mask/plastic visor with surgical gloves and maintain the distance of 1.5 square meters during conducting a training program.
22. Punching bags and equipment utilized must be disinfected directly after the session including that of the bathroom and locker facilities

## **MONITORING AND COMPLIANCE OFFICER (see appendix III)**

23. The compliances of the clubs/dojo's will be facilitated by Kickboxing District Covid-19 Compliance Officer as appointed by the respective District.
24. The compliance officer will inspect all affiliated clubs/dojo's to ensure that they are in compliance with regulations as pertained within this document and as per government guidelines before such clubs/dojo's can commence with their training.

## REGISTERED CLUBS WITHIN THE SAKA

SN	Coach/Instructor	Contact	Email	Area
01	Josh Cloete	0741434963	josh@vibrantsport.co.za	Ottery
02	Dave Venter	0605080680	daveventer@hotmail.com	Melkbosstrand
03	Nic Radley	0764772467	nicholas@thaiholics.com	Montague Gardens
04	Chantell Kotze	0766114222	kickboxing.kazoku@gmail.com	Panorama
05	Jeremy Petersen	0760286123	jctpetersen@gmail.com	Mitchell's Plain
06	Neville Addinal	0760533130	profitness1@mweb.co.za	Bothasig
07	Gert Kotzee	0715637341	rcfa@gertkotzee.co.za	Gordonsbay
08	Saint Dumas	0842337123	udumas1955@gmail.com	Delft
09	Francois De Wet	0837395006	j.francois.de.wet@gmail.com	Somerset West
10	Charles Nolte	0730558627	cnoltehj@yahoo.com	Parow Valley
11	Nathaneal October	0614465281	erinandnathanael@gmail.com	Gatesville
12	Monique Morrison-Hagen	0827066998	monique@imaa.co.za	Brackenfell
13	Fidaah Edries	0727956170	fidaahedrieslifecoach@gmail.com	Ottery
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15	Rico Hattingh	0826417202	reps_fitness@yahoo.com	Bellville
16	Ruhan Louw	0842290248	ruhan@tricore.co.za	Kraaifontein
17	Alexander Biccard	0845962222	dorettebiccard@gmail.com	Parow Valley
18	Ian Arendse	0827107734	ian@kickboxfitness.co.za	Bergvliet
19	Zain Karriem	0725297880	zain.karriem1979@gmail.com	Retreat

## CONCLUSION

25. The usage of this guidelines will without a doubt ensure a healthy and safe environment in a one-one-one training set up within SAKA Dojos/Clubs to foster fitness and fighting preparedness, which will ultimately contribute to a strong immune system that will be able to resist many onslaughts.

ELECTRONICAL SENT  
**(J.C. CLOETE)**  
 DEPUTY PRESIDENT SOUTH AFRICA KICKBOXING ASSOCIATION

**26/06/2020**  
 DATE:



**APPENDIX-I: SCREEN DOCUMENT  
TO SAKA COVID-19 SUBMISSION**

**FITNESS COVID 19 SCREENING QUESTIONNAIRE**



**SCREENING QUESTIONNAIRE**

<b>SECTION 1: PERSONAL DETAILS</b>			
Name and Surname			
Age			
Address			
Mobile			
Email address			
<b>SECTION 2: BIO PHYSIOLOGICAL COMPONENTS</b>			
Are you experiencing the following symptoms			
<i>Coughing?</i>	Yes	No	
<i>Sore throat?</i>	Yes	No	
<i>Shortness of breath?</i>	Yes	No	
<i>Fever?</i>	Yes	No	
<i>Measured temperature as entered the Dojo/Club</i>			
<b>If, yes to any of the question, no training will commence and please consult your doctor immediately</b>			
<b>SECTION 3: ENVIRONMENTAL MATTERS</b>			
<i>Have you been in contact or exposed to a suspected and or confirmed person with COVID-19/CORONAVIRUS? In the last 14 days?</i>	Yes	No	
<b>If, yes no training will commence, please consult your doctor immediately</b>			
<b>Contact details of person/s living at the same residence</b>			

**Herewith I declare that the above information provided is correct as given at the particular screening date.**

.....  
**SIGNATURE OF KICKBOXER**

.....  
**DATE**

.....  
**SIGNATURE OF INSTRUCTOR**

.....  
**DATE:**

**APPENDIX- II: TRAINING OUTLAY  
TO SAKA COVID-19 SUBMISSION**

**SAKA TRAINING OUTLAY FOR KICKBOXERS DURING COVID-19 LEVEL 3**



<b>LAYOUT OF KICKBOXING TRAINING PROGRAM</b>			
<b>ITEM</b>	<b>ACTIVITY</b>	<b>DURATION</b>	<b>REMARKS</b>
Meet and greet	On entering with a bow	2 min	
Screening	Complete of questionnaire and conducting of temperature	05 min	Club compliance officer to oversee
Changing	Kickboxers move to cloak room to get ready for training	05 min	Meet with the trainer
Warm up	Skipping and plyometric exercises	15 min	In the case of more than one athlete, athletes must be 1.5 m distance from each other
Skills training	Shadow boxing Punching Bag exercise Kicking drills	30 min	Shadow box without partner Kickboxer work alone on the punching bag, 1.5 m away from another should there be more than one kickboxer
Exhausting exercise	Strength training and or kinetics 'exercises specific to kickboxing	20 min	Maintain social distancing
Cool down	Stretching exercises	10 min	Maintain social distancing
Departure	Athletes sanitize before leaving the club/Dojo	5min	All observe no physical contact
Sanitize	Sanitizing and cleansing of club	As long as it takes	Club/Dojo Covid-19 official to oversee

**APPENDIX- III: COMPLIANCE DOCUMENT  
TO SAKA COVID-19 SUBMISSION**

**SAKA COVID-19 CLUB/DOJO COMPLIANCE DOCUMENT**



<b>COVID-19 COMPLIANCE DOCUMENT</b>		
<b>ITEM</b>	<b>Comply</b>	<b>Not-comply</b>
Screening Station at entrance		
1. Non-contact Thermometer (Temp)		
2. Sanitizing of hands capabilities (entrance and at bathrooms)		
3. Screening Document		
Daily attendance Register		
Disclaimer forms		
Covid -19 info graphics and guidelines		
Cleaning and sanitizing of training equipment during and after training		
Emergency numbers for providing support and assistance		



