

24.9.20

Hi Everyone

A few points to update you:

New Covid Safe Plan

- **Effectively immediately** use the now updated [for NSW Training Centres] attached Covid safety plan *please destroy the previous version* **print this new version of** and have it readily available for an Inspector when requested to do so
- It is critical all front office staff and your lead Instructors fully understand the content of the revised plan and they ensure all aspects are implemented as described within the plan at all times
- **EVERY** person who enters your training area **must** sign in every time they enter [**see attached Sign in Sheet form**].

One particular aspect to note is now restrictions are being lifted Covid Safety plans are being **enforced** and they now have Inspectors across NSW actively reviewing all aspects of what and how we do things.

Insurance

Most KWA members have been issued with insurance but if we have missed any member please contact me ASAP as the three month coverage extended to all members (1 July – 1 October) expires next week.

Masks

Some members have enquired about the advisability or otherwise of masks in the training area.

It should be noted that the risks of wearing face masks during any exercise type training session will increase because of the resistance to airflow.

- During low to moderate intensive exercise – breathing may become difficult.
- During moderate to heavy intensive exercise – you may be re-breathing in carbon dioxide (CO₂) trapped in the mask which can reduce cognitive function and increase breathing rate.

Accordingly I have included a fact sheet on this matter. I think point 8 on this attachment sums it up.

*Best
Walt*

Walt Missingham
President
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