

BT Video Conference Call Notes – 23rd April 2020

Speaker

Siva Ramasamay – Subject: Running a 1.5-hour online lesson

- What an online session looks like
- Come back to basics and the foundations/fundamentals of martial arts
- Creates a weekly schedule/plan with individual session plans for each session, all based around the outcomes
- Planning and preparation is key to success for online delivery
- Is also good to show parents that all is planned, safe and thought through
- You can run a Zoom session from your phone if required
- Uses camera on a tripod so he can move around the room and good visuals for learners
- Equipment is key, whistle, stop-watch, other available equipment at home
- Start with intro, bow, then loosen off joints and some muscles etc
- Gradual warm-up while replicating your club environment
- Warm-up with star jumps and other CV exercises to get the heart rate and breathing rate up as well as warming and loosening the muscles and joints, followed by footwork and multi-directional work to keep challenging the participants
- Replicate an event atmosphere by chanting together and getting everyone buoyed up for the session
- This leads onto more specific work like exercises such as press-ups, sit-ups and others
- Tag-sparring the instructor by countering their moves and interacting with them via the screen
- Use apparatus like chairs or other pieces of home equipment that can be a static opponent, no hitting the static item that could cause injury
- 3x3 is great, but 2x2 is more than adequate for a complete workout
- Finish with static stretches for all the relevant body parts and muscle groups, finish with dynamic stretching before going into the main workout
- Show them videos of other students training and encourage them live to keep the interaction going
- Back to basics towards the end, especially with children or those with mobility issues, with most done on the floor to lessen the risk of injury
- Follow up with hand-technique, especially for the juniors
- Huge focus on the basics
- Keep them fit, focused, engaged and involved by talking to them, encouraging them and praising their efforts
- Senior/advanced sessions a bit more-advanced with more challenging drills/exercises
- Replicate the event feelings and energy by holding pads and asking them to do their reaction drills with feedback and instructions all the time
- Constraint-based learning and scenarios relevant to competition environment
- Variety is key and you should know what your students will react to and find exciting
- Make sure there is a fun element to sessions also
- Use what you can to make the sessions interesting, target practice with paper balls soft balls etc
- Use chairs and other pieces of equipment with caution so as not to cause injury, utilise whatever you have around the home

Key Take-aways

- Planning and preparation are key to successful sessions
- Use session plans and start with the end/outcomes in mind
- Keep the participants engaged during the session, so is not all one-way comms.
- High-energy is key for interaction, unless it is a low-energy session

Speaker

Terry Statham – Subject: Varying Your Online delivery

- How they started online: took a while to get the confidence to do the online sessions, but they just went for it using Zoom. Not always smooth for delivery, but works most of the time and issues are usually quickly sorted
- Work together as a club/family to make things work and keep the sessions running
- Launched online classes on 3rd April with a timetable which was published online and everyone know exactly what was happening and when
- Any members allowed to attend any class, but the main content is aimed at the target group on the timetable
- Feedback from parents was that morning sessions for the children work better than afternoon or evening sessions due to energy levels and allow the parents to have a short break in the morning
- Timetable has really helped organise everyone
- Fitness class is for everyone and is never too difficult, is more for fun and engagement
- Other online and digital offers from the club include; family bingo night with Korean numbers using Zoom with prizes; Easter eggs, t-shirt, colouring competitions
- Have taken the time to review their syllabus and rewrite them to ensure they match up to the BT syllabus
- Loads of screenshots from sessions and fun activities to promote and to keep engaging with members
- Club do wellbeing checks with their members and make direct contact to check on anyone that may be struggling, some are even offered one to one sessions to engage them and pick them up a bit
- Doing further learning online to enhance delivery and opportunities when the club returns
- Feedback from students and families copied and shared, which helps with morale and planning of future sessions
- What's next; have a plan to keep going forward and new ways of engaging with members
- One to one sessions for key workers
- More practice videos for students to do outside of the session
- Plan how you incorporate what you've learned/implemented during lockdown into your sessions/club when things go back to the new normal

Key Take-aways

- Keep planning
- Think of new ideas all the time and look at what others are doing that is working
- Keep in touch with your members and check how they are, as not everyone is coping well at this point in time. Especially with members that haven't engaged for a week or more. Friendly text/WhatsApp message to let them know you're there for them.
- Plan for the new normal and how what you're doing/delivering just now will have to be incorporated into your new timetable

Speaker

Richard Allen – Subject: Connecting with Your Community

- We all have our own way to connect to our students and their families, how to we get them and keep them involved
- Started online sessions due to his brother's advice to use Zoom and go online
- Checked with Instructors who were doing online delivery and got tips, advice etc on how to do it best
- Loads of students that paid per session disappeared and were hard to get back, monthly subscriptions were ok and stayed with it
- Re-assessed the clubs objectives to suit the new normal and the online world
- Communicated with the parents and family members to engage them and get them into Taekwondo through the Family and Friends memberships, Richard paid for their Family and Friends membership to
- Spoke to the schools and asked what can we offer the school to keep the children engaged and decided to have it as activity with Taekwondo twist
- Explain to the schools and the family members what BT is and what Taekwondo is, how they get involved and how their parents get involved
- Sessions were adapted to make them easier and more accessible to new members/parents
- Don't take Taekwondo for granted, understand how amazing it is and what it offers to people who take part, which helps sell it to other people
- Communicating with your community, contact your local MP or newspaper direct and see if they can promote your sessions/offer to get more people active at home
- Parents and new people will require adapted sessions from regular Taekwondo sessions
- FUN is a key element to the online Taekwondo sessions being successful
- Go to your Hub and contact your old students, roughly 10 per day and tell them about your online delivery, you should get about 2 back every day
- Have the children put their doboks on for the sessions
- Looking to do online gradings
- Share your knowledge with all other BT instructors, as we are all in this together!
- Getting parents involved is key to engaging with the children and keep it to the basics
- When you do your sessions, try to invite people to your sessions to give them more kudos, everyone wants to help each other

Key Take-aways

- Parents are key to engaging with the children
- Involve family and friends your own and your members and sign them up to BT via Family and Friends memberships
- FUN is a key element to online sessions
- Promote what you do/offer and be proud of it, as Taekwondo is amazing and does amazing things for those that take part

Speaker

Phil Payne – Subject: Update on Financial and Government Support

- Coronavirus Job Retention Scheme –
- Prepare all documentation in advance all on Phil's slides
- Support for retail, hospitality and leisure grant should be issued automatically, but if not heard, don't panic, check with your Local Authority
- Long-term planning; 1. If you mainly use Facebook to get new people in, you will probably see a rise in costs from Facebook with less effect than before the crisis – Advertise now with paid content and reuse it when the lockdown is over to maximise value for money 2. When the restrictions are lifted and subsidies end, less income with normal bills, be aware! 3. Social distancing, be prepared for when lockdown ends and social distancing continues, how will you and your club adapt to this. Be prepared and plan for the worst-case scenarios! 4. How will you ensure your members who get used to social distancing conditions can come back to normal club sessions 5. High rate of unemployment will likely rise due to the recession 6. Taxes will rise after the crisis, but make sure your tax affairs are all in order and you are running your club/business as tax efficiently as possible 7. Lockdown will be a phased approach and won't end abruptly.
- Self-employed with no premises, should be help available in June from the Government
- **Even if you don't meet the criteria for the Sport England Emergency Fund, please apply, as regulations have been relaxed**

Key Take-aways

- **Sport England Emergency Fund – clubs/instructors that don't meet the criteria can still apply and some have been successful – Get applying now!!!**
- Plan for financial independence with robust financials;
Reduce Debt where possible
Create a buffer/Emergency Fund for future crises
Buy less junk/items not needed
Multiple sources of income (ideally online for future reference)
Keep more of the money you have by working out your tax affairs and how to invest your money
Track your figures and never ignore bills etc. don't stick your head in the sand. Face any problems and seek help.
- Always plan for the future and make yourself a self-sustaining club/company
- Work out your finances using the BT Financial Checker Spreadsheet in the BT Club Assistance Pack
- The support is out there, you just have to know where to look, check out the BT Club Assistance Pack and the money Saving Expert site; <https://www.moneysavingexpert.com/> for Coronavirus assistance