



Air extraction and ventilation measures for your dojo/venue.

If your dojo/venue has no mechanical ventilation, please ensure you train with doors and windows open to allow access to fresh air.

Ventilation is an important part of mitigating against the transmission of COVID-19. Ventilation into the building should be optimised to ensure a fresh air supply is provided to all areas of the facility and increased wherever possible. Particular attention should be given to areas where high intensity exercise takes place.

To achieve this, specific measures should be implemented:

The maximum occupancy of each indoor facility should be limited by providing a minimum of 100sqft per person. For this figure, the area is the net useable indoor facility space available to members to use, including changing rooms, toilet and wash facilities. Reducing capacity in this way whilst sustaining ventilation flows, will increase the typical current 10l/s/p flow rate of ventilation to at least 20l/s/p, as fewer people are being served by the ventilation system.

Ventilation systems should provide 100% fresh air and not recirculate air from one space to another.

You should also consider:

- Increasing the existing ventilation rate by fully opening dampers and running fans on full speed.
- Operating the ventilation system 24 hours a day
- Increase the frequency of filter changes
- In the absence of known ventilation rates, a carbon dioxide sensor shall be used as a surrogate indicator to switch on additional mechanical ventilation or open windows.

Further guidance is provided in the [CIBSE COVID-19 Ventilation guidance](#) and [HSE ventilation guidance](#)

