

COVID19 Risk Assessment

Organisation: **Seitou Ryu Karate**

Date of Risk Assessment: 14/07/2020 - Updated 03/08/2020

What are the hazards?	Who might be harmed and how?	What do you need to do to prevent this risk?	Do you need to do anything else to manage this risk?	Action by whom?	Action by when?	Done
Potential spread of COVID19	Instructors	Consult with all instructors to identify any who are at higher risk, such as those with pre-existing health conditions, or those who may have a family member who's shielding at home. Consult with all instructors on how they will be getting to class and how we can reduce the risk for those who need to travel.	Reduce instructor presence in class to two adults only.	<i>RHH/CHH</i>	22/07/2020	22/07/2020 and ongoing
Misinterpretation and/or miscommunication re. COVID19 guidelines	Instructors, students and families	Communicate with students explaining the nature of re-opening, advising them of the responsibility they have regarding cleaning touch points and provide an opportunity for Q&A's to reassure students and instructors. Display Public Health England (PHE) or equivalent posters informing students and instructors of social distancing and cleanliness/hygiene protocols throughout the dojos.		<i>RHH, CHH</i> <i>RHH, CHH</i>	25/07/2020 25/07/2020	01/07/2020 Information will be ready for opening on 01/09/20
Potential spread of COVID19	Instructors, students and families	Everybody will commit to the wellbeing of the instructors and students by conforming with the "Student Guideline For Safe Training" which can be found within the "SRK Covid-19 Safe Practice Policy", and if they show/have any signs of COVID-19 (temperature, cough and difficulty breathing), they will be sent home to follow Government regulations Face masks: are not mandatory whilst training. Instructors, students and parents will be advised to wear masks when arriving at the facilities up until the class commences and thereafter, once the class has finished, to leave the facilities.	Student guidelines are attached to online booking system and must be acknowledged when booking classes. We will implement non-contact temperature checks at the door. We will consider additional steps for any Students over 70 or those with underlying health conditions.	<i>All instructors & students CHH to monitor</i>	25/07/2020	Processes in place and communicated to students and instructors by 25/07/20
Potential spread of COVID19 - Social Distancing	Instructors, students and families	Training Area: Maximum capacity will be based on 2m ² per person whilst training for juniors, and 3m ² for teens and adults. Social distancing guidelines must be followed at all other times that students and instructors are in the dojos. (2m	Ensure that social distancing is adhered to. Social distancing will be promoted by the instructor(s) at	<i>All instructors to monitor</i>	25/07/2020	Processes in place and communicated to students and instructors by 25/07/20

		<p>apart or 1m apart if mitigated; for example, by wearing a mask).</p> <p>Queue management: 2m spacing markings on the floor and, if necessary, outside the entrance.</p> <p>Instructor Paperwork Area: Students are to remain 2m away from the instructor paperwork area unless invited by the instructor, at which point all parties should wear a mask.</p> <p>Changing Rooms/Toilets: Extra care/signposting will be provided to maintain social distancing when in these areas.</p> <p>Changing rooms will be closed, all members should arrive in their training attire.</p> <p>The use of toilets will be limited to emergencies only. Disposable antibacterial wipes will be made available for cleaning touch points after use (this will be monitored by an instructor in the case of a child using the toilet). All students to be advised to go to the toilet before arriving.</p> <p>There will be a minimum of a 10-minute window in between classes, so no 'waiting around' in groups before/after sessions.</p>	<p>the beginning and throughout classes.</p> <p>New belt tags and 9th kyu certificates will be collected from the instructor paperwork area after they have been awarded.</p> <p>Queries from parents should be made after class via phone, text or email.</p>			
Potential spread of COVID19 – Cleanliness	Instructors, students and families	<p>Ensure that cleaning guidelines are adhered to:</p> <p>Using a disposable cloth, disinfect hard surfaces with normally used cleaning products. Pay particular attention to frequently touched areas and surfaces, such as bathrooms, grab-rails in corridors and stairwells, light switches and door handles.</p> <p>Instructors will carry out cleaning of high-contact touch points before and after classes</p> <p>Wash hands regularly with soap and water for 20 seconds.</p> <p>Hand sanitisers will be on offer (or people will be directed to where they can clean their hands).</p> <p>Toilets: Spray and cloths and antibacterial wipes will be available for students use for touch points.</p>	<p>Continue rigorous cleaning procedures.</p> <p>Cleanliness will be promoted by the instructor(s) at the beginning and throughout classes.</p>	<i>All instructors and Students. Instructors to monitor</i>	25/07/2020	<p>Processes in place and communicated to students and instructors by 25/07/20</p> <p>Processes in place and communicated to students and instructors by 25/07/20</p>

		<p>Training Area: Touch points of equipment should be cleaned after use. Spray and cloths/ antibacterial wipes will be available for students use.</p> <p>Training Floor area should be brushed and mopped with antibacterial spray after each class.</p>				
Potential spread of COVID19 – Use of Equipment	Instructors, students	<p>Pad work: Equipment cannot be shared, and any training aids used (focus mitts, training mats) should be sanitised in between classes.</p> <p>All protective/sparring equipment must be brought in by the student. The Club will not lend these to students.</p> <p>All students and instructors agree to sanitise all sparring equipment and wash their training clothes after each session.</p> <p>Brown and black belt students: must bring their own grappling dummies when the instructor states these will be used in class, these will have to be cleaned after each use.</p>		<i>All instructors and Students. Instructors to monitor</i>	25/07/2020	Processes in place and communicated to students and instructors by 25/07/20
Potential spread of COVID19 – First Aid	Instructors, students and families	<p>Use the following PPE when needed: Gloves. Resus masks for emergency first aid to be provided to all first aiders. Face masks for general first aid.</p> <p>Follow the specific guidance on CPR delivery provided by the Resuscitation Council UK.</p>	Ensure First Aiders are up to date with current guidance and First Aid training.	<i>All instructors and first aiders. Instructors to monitor</i>	25/07/2020	Processes in place and communicated to students and instructors by 25/07/20
Potential spread of COVID19 – Miscellaneous	Instructors, students and families	<p>Ventilation: All windows will remain open during sessions to allow for ventilation.</p> <p>Towels/‘sweat towels’ can be used within the training area but must not be left on the floor. Towels can be hooked over the belt.</p> <p>Nothing will be passed to/from the instructor to/from the students – including personal items, water bottles, equipment, etc.</p> <p>Students will not be admitted into class if they are more than 5 minutes late. This is to ensure that both instructors are able to focus fully on the class to maintain safety.</p>	*(if applicable) The CIBSE COVID-19 Emerging from Lockdown – safely re-occupying buildings guidance on aerosolization will be followed.	<i>Instructors/venue managers/venue caretakers All instructors and Students. Instructors to monitor</i>	25/07/2020	Processes in place and communicated to students and instructors by 25/07/20

		Card/contactless payment will be promoted.				
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