

Covid-19 Activity Risk Assessment – Template



BT CLUB NAME:	Ali's Dojang
BT CLUB No:	289
CLUB AFFILIATION EXPIRY DATE:	31/03/2021

CLUB VENUE:	All saint's Arts centre and Moberly Sport Centre
CLUB DAYS:	Tuesday And Thursday
CLUB TIMES:	17.00 to 20.30

RISK ASSESSMENT COMPLETED BY (Name):	Alipour
DATE OF COMPLETION:	11/08/2020

- This Activity Risk Assessment will identify the risks associated with Covid-19 transmission within our club activity, and will list the Control Measures that this Club is putting in place to protect its Members and Instructors from the Covid-19 hazard.
- The control measures from this risk assessment should then form the basis of the Implementation plan that clubs should complete and share with their participants and supporters.
- This Assessment will be reviewed regularly to ensure the Control Measures are effective in use.
- We will also take note of any changes in UK Government advice that might change this risk and/or control measures required.

Review Dates & Signature		

This document identifies the risks posed by Covid-19 to our club activities and identifies the Control Measures this BT Club is putting in place to protect its Coaches, Members and Supporters from the Covid-19 hazard whilst attending our Taekwondo Activity.

PLAN EDITION DATE:	11/08/2020
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Identified Risks	Control Measures	Check
Members unaware of new Virus controls	It will be communicated to parents/guardians/students via text that a 2m distance must be maintained during practice, aside from members living in the same household. People not practicing (such as parents/carers) must maintain a minimum distance of 1m+. This information will also be shared to our website and social media pages. Pamphlets will be set by the door for people to take as they enter the club.	
Too many people attending the session for adequate social distancing requirements	A booking system will be set in place in order to ensure social distancing measures can be enforced. Members that are unable to secure their booking will be able to join online and will be given priority booking for the next session.	
Members risk infection travelling to/from the Class	We will advise people attending the session to avoid public transport if possible as well as setting hand sanitizer at both the entry and exit points of our club.	
Members Bags and Pads cause additional areas for transfer of virus	Members will be instructed not to share pads/equipment and that their belongings must be kept separately from other members. If pads/equipment must be used by students, they will be asked to wipe it down as soon as possible. Mats will also be cleaned regularly.	

Members need Water	Members must bring their own labelled water bottles and must not share.	
Cash Payments spread contamination	Members will be encouraged to provide online payments and pay in cash only when necessary. Members paying in cash must provide it in a sealed envelope with the name/names of who they are paying for. There will be a box to place the envelopes, in order to reduce contact.	
Members arrive with contaminated hands	All participants will be advised to wash hands at home prior to leaving and cleaned with sanitiser on entry to training room. Hand sanitizer will be provided at both the entry and exit points to the club, with the gel being over 60% alcohol.	
Members are confused by new layouts	Our mats are 1m x 1m and have red and blue colours. The red mats will be used to show the area that students should not enter and the blue mats will be the spaces used by the students to train in.	
Doors to Training Room spread contamination	The club will keep all doors open in order to have good ventilation and reduce members' contact with surfaces.	
Changing Rooms increase infection risk	Members must arrive in the clothes they plan on training in, as our club does not have sufficient space for multiple people get changed in an area at one time.	
Use of Toilets increases risk of infection	When members must use the toilet facilities, there will have to be a limit of one person in the toilets at any given time in order to maintain social distancing. When a member returns back into the training area, there will be hand sanitizer available for them to use. Wipes will also be available for the members to wipe down any surfaces they touched.	
Venue size affects Social Distancing	Our mats are set out to be 7m x 13m, with each mat being 1m x 1m. Between each blue mat, where one student is permitted, there will be two red mats to clearly show how far to stay distant from another member	
Social Distancing measures	Maintain 2m in all directions when training (10ft x 10ft square per participant) and 1m+ minimum at all other times	
Members with higher risk and/ or with underlying health conditions	Members will need to inform the instructor of any underlying health conditions they may have and give the instructor any medication they may require throughout the session, in case it is required. The only exception to this is if a member has a parent/carer with them who is staying throughout the session and can provide them	

	with the medication if required. The members' details will be securely stored so that the privacy of our members are respected.	
Spectators bring additional risks to Members	Spectators will only be allowed if they are able to keep to the 1m+ restrictions whilst keeping away from the training area. If there are too many spectators and the instructor feels that the distancing regulations cannot be kept to, they will be asked to leave.	
Family Members	Can train together in household groups	
Mats/Floors are infected	Detergent or disinfectant solutions containing 1000ppm Chlorine will be used and spots will be cleaned during sessions where sweat or other bodily fluids are apparent that could contain the virus. No shoes will be allowed on the mats in order to keep the training area clean.	
Spillages on floor	Spillages are to be cleaned	
Pads/Equipment are infected	Our instructors have planned adequate sessions that do not require the use of any equipment	
Touching surfaces occurs	Hand sanitizer will be available in club and surfaces will be cleaned.	
PPE is requested	Instructors & Members can use their own Masks and/or Gloves if they so wish. Members will not be provided with personal protective equipment by the club. In the case of a first aid/emergency incident where the instructor must breach the social distancing requirement, the instructors will opt to use PPE.	
Members leaving increases contact risks	Hand sanitizer is available upon entry and exit points to/from the club. Separate doors will be assigned for entry and exit, in order to reduce the crossing of paths between people. Members must leave immediately so that congestion can be reduced.	
Member Pick Ups are late	Members are to wait in a quiet area with 2m social distancing if possible or 1m+ minimum	
Safeguarding risk for under 18's if pick up late	Under 18's to be supervised by Instructors until collected.	
Leaving behind contamination	Mats/Floors are cleaned, Pads/Equipment is wiped clean as per cleaning regime	
Waste disposal	Separate bins provided for potentially infected material. Secure disposal at end of session.	

Instructor Test & Trace	Keep a list of Names and Tel Nos. in case of Instructor or Member infection	
Post session Review	Our instructors will convene and discuss if any new risks come to their attention after a session and will act swiftly in order to make sure it has been dealt with by the next session.	
Taekwondo Specific Activity Identified Risks (Add more rows as needed)	Control Measures (Add more rows and detail as needed)	Check
Warm Up/Cool Down	At least 2 metres between each member (unless from same household) front, sides and behind (10ft x 10ft space per person average) Stretching and working singularly NOT in pairs/groups. Use side by side or Back to back when you can (rather than face to face)	
Basic Techniques (on spot or up and down)	Maintain 2 metre distancing as above except for people from same household	
Poomsae	Maintain 2 metre distancing as above except for people from same household	
Free Sparring	Not currently permitted within 2 metres except from people from same household	
Full Contact	Not currently permitted within 2 metres except from people from same household	
Foot Technique/1-2-1 Kicking	Practice techniques (attack & defence) but only at a 2-metre distance unless with people from same household	
1 or 3 Step Sparring	Practice techniques (attack & defence) but only at a 2-metre distance unless with people from same household	
Self Defence	Practice techniques (attack & defence) but only at a 2-metre distance unless with people from same household	
Breaking	2 people are usually needed for holding; therefore, this is not currently allowed.	
Pad Kicking (e.g. Paddles/Bats, bob, bags etc.)	Not currently permitted within 2 metres except from people from same household	