Covid-19 Activity Risk Assessment

This document identifies the risks posed by Covid-19 to our members and outlines the control measures the club is implementing to protect the coaches, members and supports whilst attending the club sessions.

This risk assessment is to be used to analyse the potential hazards associated with karate practice, and to determine control measures to minimise risk.

- We have populated some common risks as a starting point, however, this does not represent an exhaustive set of risks and should be adjusted according to your assessment.
- The control measures listed are only proposed methods and should be adjusted as necessary.
- There may be crossovers with the Covid-19 Risk Assessment; duplication of information in this manner is appropriate.
- Control measures should form the basis of a **Covid-19 Activity Implementation Plan** to be distributed to club members.

Identified Risks	Control Measures	Action by (*who?*)	Done (✓)
Coaches, members, and parents/guardians unaware of control measures	Covid-19 Activity Implementation Plan to be distributed to all members prior to attendance.	Club Instructor	☐
Social Distancing	Marked training areas of 10ftx10ft will be in effect. A one way system will be implemented and social distancing of 2m while training, or 1m+ in other areas, will be enforced.	Club Instructor / Venue Manager	☐
Cash Payments	Contactless payment method to be adopted	Club Instructor	☐
Equipment Sharing	No equipment to be used for the foreseeable future. Mats will not be used and members will be required to train in shoes.	Club Instructor	☐

Kumite training	No contact training to be permitted unless between members of the same household. Distanced 'shadow' kumite without contact is acceptable.	Club Instructor	☐
Too many attendees	Booking system to be implemented to limit number of attendees. Anyone who does not book will be turned away. Electronic register with Team App will be used for track and trace.	Club Instructor	☐
Kiai and breathing techniques	Kiai and heavy breathing techniques will not be used.	Club Instructor	☐
Warm up/Warm Down	Maintain at least 2 metres between each member, ideally side-by-side or back-to-back where possible.	Club Instructor	☐
First Aid	First Aiders will be required to wear a mask and gloves when treating. Both items to be provided by club.	Club Instructor / First Aiders	☐
Members risk infection travelling to/from the class	Suggest walking, bike, or private car as opposed to public transport	All members	☐
Members need water	All members should be advised to bring their own, labelled, water bottles	All members	☐
Changing rooms	Changing facilities will not be available. All members must arrive and leave in gi. Gi must be cleaned between each session.	All members	☐

Use of toilets	Toilets will be limited to one person at a time and members encouraged to clean all surfaces they use and thoroughly wash hands.	All members	☐
Members arrive with contaminated hands	Hand sanatiser will be provided at the entrance for all members to use. Members will be encouraged to carry their own hand sanatiser with their equipment.	Club Instructor / members	☐
Spectators to class	Spectators will not be permitted with the exception of members of the same household training on different sessions. They will be required to observe social distancing and wear a mask.	Club Instructor	☐
Members crossing over between sessions	A gap of 30 minutes will be instigated between sessions to provide adequate time for one group to leave, for cleaning, and for the next group to arrive.	Club Instructor	☐
Lack of cleaning equipment	Venue will be requested to provide cleaning equipment. If this is not possible, club will provide cleaning equipment.	Club Instructor	☐
Bare foot training	All members will be required to wear appropriate footwear for training.	Club Instructor / Members	☐
Group training	No group training will be permitted except between members of the same household	Club Instructor	☐
Members showing symptoms or have been in contact with anyone with confirmed Covid-19 infection	Temperature check will be taken as members arrive. Any member who feels unwell, or has been in contact with someone showing symptoms, must not attend, should inform the club instructor, and should follow government advice on self-isolation.	Club Instructor / All members	☐

Out of date contact information / medical records	Members will be required to check their contact information and medical records on their TeamApp profile and update accordingly.	Club Members	☐
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