

KYUDOKAN GOJU RYU KARATE DO



Covid-19 Activity Risk Assessment

This document identifies the risks posed by Covid-19 to our club activities and identifies the control measures we are putting in place to protect our students, instructors and supporters from the Covid-19 hazard whilst attending our classes within a leisure centre environment.

PLAN EDITION DATE:	14th August 2020
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Identified Risks	Control Measures	Check
Members unaware of new Virus controls	Pre-Class Communication of social distancing and Covid-19 specific amendments to the usual class set-up. Eg. No sharing of equipment, maintaining 2m distance (minimum of 1m+) when training, re-iterating hygiene and hand sanitising etc.	
Too many people attending the session for adequate social distancing requirements	Booking system on a first come first served basis in place via our app, which ensures classes adhere to the maximum number of students permitted in the space provided by the leisure centre, so that adequate social distancing can be maintained at all times	
Members risk infection travelling to/from the class	Suggest walking, bike, private car rather than public transport. People should only travel in household groups and maintain social distancing with everyone else	
Student already ill upon arrival	All students will have their temperature taken with a scanner prior to entering the facility, and are required to declare if they think they, or any other member of their household, have any symptoms when booking the class on the app, if so they can not train and must avoid coming to the venue completely	
Members shoes, bags and equipment cause additional areas for transfer of virus	Minimise bags, reduce necessity for equipment, shoes to be placed in students' own coned off zone. Whenever possible, ensure anything brought to the club it is wiped down thoroughly beforehand and kept away from everyone else whilst in the venue	

Members need water	Members bring their own labelled water bottles	
Cash payments spread contamination	All payments associated with the club are made monthly and online	
Members arrive with contaminated hands	All participants to be advised to wash hands at home prior to leaving and cleaned with Sanitiser on entry to Training Room. We will provide hand sanitiser (containing over 60% alcohol)	
Members are confused by new spacing requirements	We will provide signage / cones and/or add warning tape to floors to assist Members, we will follow relevant leisure centre signage / markings where they have provided all / some of this already	
Doors to training room spread contamination	Doors remain open where permitted to avoid touching - also adding ventilation to the room, open the windows where this is possible / permissible too	
Changing rooms increase infection risk	Members come ready dressed to train	
Use of toilets increases risk of infection	Limit number of users at one time, provide anti-bacterial wipes and ensure students clean all surfaces touched and clean hands with sanitiser on returning	
Venue size affects social distancing	Review class capacity and/or training times in accordance with the space available at the leisure centre, including limiting the number of spectators where necessary	
Social distancing measures	Maintain 2m in all directions when training in certain disciplines (10ft x 10ft square per participant) (see below) and 1m+ minimum at all other times	
Members with higher risk and/ or with underlying health conditions	Students / instructors with higher risks, such as those over 60 years old, or with underlying health conditions should consider very carefully the balance of risk / reward for training / instructing. We will not discriminate against such members, but they also have a duty of care to themselves and others	
Spectators bring additional risks to members	Exclude excessive / all spectators from class where appropriate to ensure safe social distancing guidelines are met	
Family members / Social bubbles	Can train together in household groups / social bubbles	
Mats/floors are infected	Cleaning of mats/floor before classes (by the leisure centres) Detergent or disinfectant solutions containing 1000ppm chlorine should be used and spot cleaned during sessions where sweat or other bodily fluids are apparent that could contain the virus	
Spillages on floor	Spillages are to be cleaned with suitable antibacterial products	
Equipment is infected	Equipment should be thoroughly disinfected & cleaned before and after sessions to minimise the risk of transmission and must not be shared between different household groups during session. No sharing of equipment, students bring their own gloves and MUST ensure they are thoroughly cleaned prior to and after class.	

Touching surfaces occurs	Hand Sanitiser will be made available and/or scheduled cleaning breaks employed when necessary	
PPE is requested eg. For a first aid incident, or a student with special risks.	Instructors & students can use their own masks and/or gloves if they so wish. In the event of a first aid incident; instructors will put on suitable PPE, including mask and gloves and will assess injury/illness and take appropriate measures, maintaining relevant Covid-19 guidelines, but also according to our duty to the overall safety of the student, which may supersede the risk involved with Covid-19.	
Members leaving increases contact risks	Each member cleans their hands with the provided sanitiser on leaving and takes all their possessions with them. Members leave immediately	
Member pick-ups are late	Members wait in a designated quiet area within the leisure centre, with 2m social distancing if possible or 1m+ minimum. Juniors will be supervised by an instructor.	
Leaving behind contamination	Floors are cleaned (by leisure centre), equipment is wiped	
Waste disposal	Separate bins provided for potentially infected material. Secure disposal at the end of the session.	
Test & Trace	Keep a list of names and tel nos. in case of instructor or student infection via the app	
Post session Review	Monitor, review and discuss session H&S operation with students to improve	

Karate Specific Activity - Identified Risks	Control Measures	Check
Warm-up/cool down	At least 2 metres between each member (unless from same household or social bubble) front, sides and behind (10ft x 10ft space per person average). Stretching and working singularly NOT in pairs/groups. Using side by side or back to back where possible (rather than face to face)	
Basic Techniques (Basics, fixed stances, punches, kicks)	Maintain 2m distancing as above (except for people from same household or social bubble). Shouting to enhance the strike (Kiai) should not be practiced at present	
Kata	Maintain 2m distancing as above (except for people from same household or social bubble)	
Sparring (kumite)	Non-contact, except from people from same household or social bubbles	
Full contact - applications	Practice techniques but only at a safe distance unless with people from same household or social bubble	
Bunkai (moving in stances / punches / kicks)	Practice techniques but only at a safe distance unless with people from same household or social bubble	
Pad work	Not currently permitted within 2 metres rule except by people from same household or social bubble	