**Covid-19 Activity Risk Assessment**

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| **CLUB NAME:** | **Weston TAGB Tae Kwon Do Club** |
| **BTC Instructor reference** | **BTC 47842/19** |
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| **CLUB VENUE:** | **Hutton Moor Leisure Centre, Weston super Mare** |
| **CLUB DAYS:** | **Wednesday** |
| **CLUB TIMES:** | **18:00 - 19:00 (TBC)** |
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| **RISK ASSESSMENT COMPLETED BY (Name):** | **Simon Lambert** |
| **DATE OF COMPLETION:** | **30/11/2020** |

* **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.**

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| **Review Dates & Signature** | | |
| **14/08/2020** | **Simon Lambert** | **1.1** |
| **30/11/2020** | **Simon Lambert** | **1.2** |
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**Covid-19 Activity Risk Assessment**

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

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| **PLAN EDITION DATE:** | **Nov 2020** |

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| **Identified Risks** | **Control Measures** | **Check** |
| Members unaware of new Virus controls | Pre-Class Communication of implementation plan via email |  |
| Limit students to U16 in line with Tier 3 restrictions | Bookings only open to registered students U16 Yrs |  |
| Too many people attending the session for adequate social distancing requirements | Students are only invited to class. An on-line booking system has been tested to allow 1 less than the permitted number of students per session. |  |
| 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 |  |
| Members Bags and Pads cause additional areas for transfer of virus | Student are not required to bring any equipment to class, there is no need for bags or pads |  |
| Members need Water | Members bring their own labelled sports bottles |  |
| Cash Payments spread contamination | Subscriptions are paid by transfer or on-line, there is no cash transactions in class. |  |
| Members arrive with contaminated hands | All participants to be advised to wash hands at home prior to leaving and cleaned with provided sanitiser on entry to training areas. |  |
| Members are confused by new layouts | Provide information prior to attending class to assist students and follow guidelines set out by venue. |  |
| Doors to training room spread contamination | Doors remain open to avoid touching – Also adding ventilation to the room by opening windows or external door where possible. |  |
| Changing rooms increase infection risk | Members must come ready dressed to train |  |
| Use of toilets increases risk of infection | Limit number of users at one time, provide wipes and ensure Members clean all surfaces touched and ask |  |
| Venue size affects Social Distancing | There are no parents or spectators allowed into the training room. Class sizes are defined by the maximum occupancy restrictions set by the venue including social distancing guidelines. Proposed changes to have more sessions but with smaller class sizes and shorter duration. |  |
| Social Distancing measures | Maintain 2m in all directions when training  and 1m+ minimum at all other times |  |
| Members with higher risk and/ or with underlying health conditions | Students who have declared conditions that may increase vulnerability are advised to stay away from classes until advised by the government that it is safe to freely interact with all sections of society |  |
| Spectators bring additional risks to Members | Exclude all parents and spectators from Class |  |
| Family Members | Can train together in household groups |  |
| Floors are infected | Students are allowed to wear non-marking training shoes in class, so there is no bodily contact. |  |
| Spillages on floor | Spillages are to be cleaned |  |
| Contamination on the floor | Students are asked to wear non-marking sports shoes to class |  |
| Particulate contamination from “Kihap” or shouting | The practice of exhaling, or “kihap” is suspended in class |  |
| Pads/Equipment are infected | There will be no pad used in classes until such time as the guidelines allow. |  |
| Touching surfaces occurs | Have available Hand Sanitiser and/or schedule cleaning breaks when necessary |  |
| PPE is requested | Instructors & Members can use their own masks and/or gloves if they so wish |  |
| Members leaving increases contact risks | Each Member cleans their hands with Sanitiser on leaving and takes all their possessions with them. Members leave immediately |  |
| Member Pick Ups are late | Members 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 | The venue will carry out a clean after students have left. |  |
| Waste disposal | Yellow hazardous waste bags provided for potentially infected material.  Secure disposal at end of session. |  |
| Instructor Test & Trace | Student register and contact details are confirmed as correct in case of Instructor or member infection |  |
| Post session Review | Monitor, review and discuss session H&S operation with members to improve |  |
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| **Tae Kwon Do specific activity**  **Identified Risks** | **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) | Solo practice and at a 2-metre distance. |  |
| Patterns | Solo practice and at a 2-metre distance. |  |
| Free Sparring | Not currently permitted |  |
| Full Contact | Not currently permitted |  |
| Foot Technique/1-2-1 Kicking | Solo practice and at a 2-metre distance. |  |
| 1 2or 3 Step Sparring | Solo practice and at a 2-metre distance. |  |
| Self Defence | Solo practice and at a 2-metre distance. |  |
| Breaking | Not currently permitted |  |
| Pad Kicking (e.g. Pads, bats, bags etc.) | Not currently permitted |  |
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