**Covid-19 Activity Risk Assessment**

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| **BT CLUB NAME:** | **Quest Taekwondo Lincoln** |
| **BT CLUB No:** | **317.003** |
| **CLUB AFFILIATION EXPIRY DATE:** | **31-01-21** |
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| **CLUB VENUE:** | **Strike Zone** |
| **CLUB DAYS:** | **Monday / Wednesday** |
| **CLUB TIMES:** | **5.30pm – 9pm** |
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| **RISK ASSESSMENT COMPLETED BY (Name):** | **Simon Stockdale** |
| **DATE OF COMPLETION:** | **19th July 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** |
| **Simon Stockdale** | **19 August 2020** |  |
| **Simon Stockdale** | **19 September 2020** |  |
| **Simon Stockdale** | **19 October 2020** |  |

**Covid-19 Activity Risk Assessment**

**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.**

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| **PLAN EDITION DATE:** |  |

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| * **The most common identified risks are listed in black and are only included to assist clubs as a base line starting point**
* **They may not be a complete set of risks**
* **The control measures listed in black are also suggested base lines that clubs should follow**
* **The guidance notes in green should be considered, addressed and the notes replaced with control measures**
* **Add additional rows to identify additional risks & control measures unique to your location, people or club session operation that may pose a risk**
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| **Identified Risks**(Add more rows as needed) | **Control Measures****(Add more rows and detail as needed)** | **Check** |
| Members unaware of new Virus controls | Pre-Class Communication of implementation plan |  |
| Too many people attending the session for adequate social distancing requirements | Booking system or invitation only session system put in place |  |
| 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 | Minimise bags, reduce necessity for PadsWhenever possible – ensure anything brought to the club it is wiped down thoroughly before coming to training and kept away from everyone else whilst in the venue |  |
| Members need Water | Members bring their own labelled Water Bottles |  |
| Cash Payments spread contamination | We only use Direct Debit |  |
| 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. Provide Sanitiser (Sanitiser Gel to be over 60% Alcohol) |  |
| Members are confused by new layouts | Provided Signage to assist Members and/or add Warning Tape to Floors |  |
| Doors to Training Room spread contamination | Doors remain open to avoid touching – Also adding ventilation to the Room |  |
| 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 Wipes and ensure Members clean all surfaces touched and clean hands with Sanitiser on returning |  |
| Venue size affects Social Distancing | Class sizes limited to 12 students |  |
| 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 | Advised not to train |  |
| Spectators bring additional risks to Members | Excluded all spectators from Class |  |
| Family Members | Can train together in household groups |  |
| Mats/Floors are infected | Use steam cleaner |  |
| Spillages on floor | Spillages are to be cleaned |  |
| Pads/Equipment are infected | Equipment will 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 |  |
| 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 | 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 | Monitor, review and discuss session H&S operation with Members to improve |  |
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| **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 |  |
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