**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:** | **19 July 2020** |

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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 planEmail all students with details. Handouts available upon arrival. Roller banner on entrance with info. Outside A-Board with info before they enter building. | ✓ |
| Too many people attending the session for adequate social distancing requirements | Quest Lincoln will monitor class sizes through our martial art management system. All students are pre-booked. | ✓ |
| 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 | Use online or contactless payments or ensure cash payments are in sealed envelopes | ✓ |
| 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 | Provide Signage to assist Members and/or add Warning Tape to FloorsThere will be clear markings on the floor to identify safe social distancing areas. | ✓ |
| Doors to Training Room spread contamination | Doors remain open to avoid touching  | ✓ |
| 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.Parents will be advised to try to ensure children are toileted before classes.Poster will be each toilet, advising correct method for cleaning. | ✓ |
| Venue size affects Social Distancing | Review Class capacity and/or training times. There will be 12 spaces available each class. This ensures correct social distancing can be adhered to. | ✓ |
| 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 | All students that have higher risk or underlying health conditions will not be allowed to train until further government guidance is available. | ✓ |
| Spectators bring additional risks to Members | All spectators are not permitted | ✓ |
| Family Members | Can train together in household groups | ✓ |
| Mats/Floors are infected | Cleaning of Mats/Floor before Classes Detergent or disinfectant solutions containing 1000ppm Chlorine should be usedand 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 |  |
| Pads/Equipment are 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 sessionDetergent or disinfectant solutions containing 1000ppm Chlorine should be used.Focus mitts are not permitted for use. Kick tower will be cleaned after individual use. |  |
| 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.This will be kept using our martial arts management software |  |
| 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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