

KEW KARATE ACADEMY

Covid-19 Activity Risk Assessment

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

PLAN EDITION DATE:

01 October 2020

- 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

Identified Risks	Control Measures	Check
Members unaware of new Virus controls	Pre-Class Communication of implementation plan All members will be briefed of our H&S policy and COVID control measures that we've put in place.	
Too many people attending the session for adequate social distancing requirements	Booking system or invitation only session system put in place All students, parents / carers will have to pre book their place for the lesson. Please be aware that there will be limited spaces available and they will be allocated to those that have pre booked. All students will be training in an allocated space to ensure social distancing is maintained.	
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 Pads	

	Whenever 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 our online payment system We encourage all students to pay for a group of lessons, this will limit the number of transactions that take place.	
Members arrive with contaminated hands	All participants to be advised to wash hands and use hand gel on entry of the Dojo (hall)	
Members are confused by new layouts	Provide Signage to assist Members and/or add Warning Tape to Floors We will mark safe standing spots on the floor.	
Doors to Training Room spread contamination	Doors remain open to avoid touching – Also adding ventilation to the Room Open windows 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 Wipes and ensure Members clean all surfaces touched and clean hands with Sanitiser on returning Students will be encouraged to wash hands after the use of the toilet. Hand sanitise upon entry of the hall.	
Venue size affects Social Distancing	Review Class capacity and/or training times The capacity will depend on the size of the hall. All students will have their safe standing spot. This will be set out in rows and columns. All movements practiced will be done within the socially distanced space	
Social Distancing measures	Maintain 1m in all directions when training (10ft x 10ft square per participant) and 1m+ minimum at all other times	
Spectators bring additional risks to Members	Exclude all spectators from Class Parents can spectate from outside the hall (outdoors) through the glass doors	
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 used and spot cleaned during sessions where sweat or other bodily fluids are apparent that could contain the virus. Floors will be wiped down before and after the class.	
Spillages on floor	Spillages are to be cleaned	

Free Sparring	Not currently permitted within 1 metre 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	

