

Risk Assessment Covid 19

Written by Administrator

Wednesday, 12 August 2020 12:34 - Last Updated Sunday, 25 July 2021 12:34

This is the basic plan □ but each training hall will have a more□ in-depth working procedure

Preparation/Planning

Each association must ensure the following:

1. There should be sufficient signage around the dojos to point out directions, the importance of regular handwashing, and social distancing.
2. Spectators, including parents, should not be allowed into the dojo, and should wait outside.
3. Safe and orderly entry and exit to the club dojos, observing social distancing protocols

Risk Assessment Covid 19

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of 2 metres.

4. Members queuing outside must observe and maintain social distance. They should not enter the dojo until invited.

5. There should be a mandatory health check on arrival. A simple health check questionnaire should be completed asking if the member has experienced any illness since the previous session. Should a member report having any symptoms of COVID 19, then they must not be allowed to train and must report immediately to the NHS for a formal test. Instructors must make a clear note of such an occurrence. Every person is temperature checked on arrival (handheld devices are readily available from various sources online). Anyone with a raised temperature must not be allowed to train. For those that hire facilities, this check might be conducted by the facility management (instructor must check). Anyone showing any signs of the coronavirus must not train and contact the track and trace service.

6. The dojo must have clear markings where each person should stand. Everyone must be allocated 9.3 square metres (100 square feet) based on calculations using the dojo area, toilet, and changing facilities. The member should occupy the middle of that square. This is to ensure that adequate distance is always maintained, even during practice. A member can occupy other parts of their allocated space, but all members in the class must occupy the same space within their allocated area, which maintain social distancing. An instructor must constantly observe that social distancing is maintained throughout training.

Risk Assessment Covid 19

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7. The dojo must always be ventilated as best as possible with doors and windows open unless otherwise directed by the facility provider. The area must be well ventilated and systems that simply recirculated the same air are not acceptable ventilation systems. It is recognised that some modernised facilities will have appropriate ventilation. In facilities where such ventilation is not available, the appropriate risk assessment must be undertaken to identify how this can be mitigated.

8. On entry, a member must be directed to a designated marked position and wait for the session to begin. This may be particularly challenging for our younger members who must be constantly monitored. A full explanation will help to maintain this.

9. Members should arrive changed and ready. It is anticipated that changing rooms will not be open. There should be no changing in toilets, or the dojo. There is still debate about whether shoes are safer than bare feet. It is recommended that each association clarifies this with their local public health authority.

10. Preferably, sessions should be pre-booked.

11. Payments for sessions should be contactless where possible.

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12. A record of contact details of all those that attend sessions must be kept assisting the Government's track and trace programmes. Clubs are legally obliged to ensure they have this information. Members must be advised of this record, and that they do not have a choice to 'opt-out' of this obligatory requirement.

13. Soap and water hand washing is the preferred option but in any event cleansing gel needs to be available and used as additional cleansing before and after practice. It is the responsibility of both the instructors and the members to ensure that antibacterial gel is readily available. Paper towels should be provided.

Training/Practice

1. Only NON-CONTACT training is allowed at this time. Though some family groups could practice with contact, this should not happen in 'public' sessions as it will give the wrong impression and must not form any part of the community training programme at this time

2. Drilling in moving lines (like marching) is only allowed if members are in a single rank and have clear 'lanes' to move up and down. There must be no entry into another person's marked space at any time.

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3. There should be no kiai Forcefully driving air from the body (as in shouting) increases the risk of droplets being spread and would require greater social distance needed between members as well as potentially infecting surfaces around the members. In this context, Instructors need to be mindful of their calls/commands and should seek to increase the distance between themselves and the assembled class.

4. All forms of face coverings may restrict breathing efficiency and should not be used during exercise except on specific advice from a Doctor. If they are to be used, then the following is recommended:

- Wash hands thoroughly with soap and water for 20 seconds or use hand sanitiser before putting a face covering on, and after removing it
- Avoid touching the face or face covering
- Change face covering if it becomes damp or if it has been touched
- Continue to wash hands regularly
- Change and wash the face-covering daily

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· If the material is washable, wash in line with the manufacturer's instructions. If it is not washable, dispose of it carefully in the usual waste

5. Sharing of any equipment is prohibited.

6. Instructors must refrain from guiding or touching any member's limb during practice.

7. If toilets are used, they must be cleaned immediately following use. The hands must be washed thoroughly, and paper towels disposed of properly.

Post-Session

At the end or between sessions

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1. Members must leave the dojo in an orderly and organised fashion. They must leave as they arrived and change at home.
2. All members are advised to immediately shower on returning home.
3. All members **MUST** clean their training clothes (gi or otherwise) between sessions.
4. Any congregating of people must be away from the dojo and outside, whilst maintaining social distancing protocols. The social aspects of a club should not be under-estimated as it contributes to the overall well-being of members, but these activities must be conducted in line with government guidance.
5. There must be no hugging or embracing between members at any point, but especially after a session when members are likely to have been perspiring.

Risk Assessment Covid 19

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6. If the session is in between sessions, then all surfaces must be cleaned using an appropriate steriliser.

7. If multiple classes are held over the day/evening, the instructor must allow adequate time between classes for clearing and cleaning of the dojo (15 minutes between each class to allow for air circulation. The hall must be empty). This is to ensure and minimise the risk of contamination and maintaining social distancing. There must be no over-crowding at any time around entrances and exits (we will be using one door for entrances and another for exits. Members will be brought into sports centres from the car park without parents. It is very important to be on time – 10 minutes before class start is ideal as we have to check temperatures. If you arrive late, you will not be able to enter the sports centre).

8. There must be no shared use of drinking bottles at any time.

It is recognised that implementing the above measures will place significant pressure on time and space. Class sizes will more than likely reduce in number, and perhaps need to be shorter, which in turn places pressure on finances. However, these measures are mandatory if clubs wish to train in their dojo.

IN SUMMARY

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- The dojo and facilities must be thoroughly cleaned before returning to training.

- Temperatures must be taken and anybody found to have a high temperature should not be allowed to train. Anyone who displays COVID symptoms should leave and arrange for testing.

- Class timetables should be adapted to allow for social distancing.

- When waiting to enter or leaving the dojo, social distancing of 2 metres should be maintained.

- Changing rooms should not be used except for people with disabilities and those with special needs.

- When training each individual must have a minimum of 9.3 square metres (100 square feet) subject to adequate ventilation.

- Classes must not include any contact training whatsoever including those from the same 'bubble'.

- Equipment should not be used.

- Following training, all areas which have been used should be cleaned.

- Touching any part of the face should be discouraged while regular handwashing and/or hand sanitisation should be strongly encouraged.

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- Parents are not allowed into the dojo and if you are late, you will lose your pre-booked space