

Covid-19 Activity Risk Assessment – Template



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.

PLAN EDITION DATE:	23 rd August 2020	
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 An email will be sent to all students with a copy of the covid-19 risk assessment and detail clear instructions as to what will be changing.	
Too many people attending the session for adequate social distancing requirements	Students will be required to book on to a set session each week. Initially students will be unable to swap classes but can be added to a waiting list for an alternative class.	
Members risk infection travelling to/from the Class	Try walking, cycling, or driving rather than Public Transport. You should only travel in household groups and maintain social distancing with everyone else.	
Members Bags and Pads cause additional areas for transfer of virus	Only bring necessary equipment (water, license, jumper/coat). Leave fit kits and pads at home. 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 must bring their own labelled Water Bottles	
Cash Payments spread contamination	Use online payments or ensure cash payments are in sealed envelopes. If you must pay cash, please let us know beforehand and ensure you are wearing a mask when you approach the admin desk.	
Members arrive with contaminated hands	All participants must wash hands at home prior to leaving and cleaned with Sanitiser on entry to Training Room. Hand Sanitiser will be available and given to all students as they enter. (Sanitiser Gel will be over 60% Alcohol)	
Members are confused by new layouts	Signs will be up to assist Members and training areas will be marked I will be using cones or chalk to mark out spaces within the hall. There is 2m tape already outside the hall at the school. Please stay at 2m apart when waiting to enter.	

Doors to Training Room spread contamination	Doors and windows will remain open to avoid touching – Also adding ventilation to the Room	
Changing Rooms increase infection risk	Members come ready dressed to train. Student will not be allowed to use the toilet to get changed before class.	
Use of Toilets increases risk of infection	You must go before you leave home and wait until you return home. If you must use the toilet, only one at a time may go, anti-bacterial wipes will be available to wipe down the surfaces after use. Members must clean all surfaces touched and clean hands with Sanitiser on returning. Doors between hall and toilet will be left open where possible.	
Venue size affects Social Distancing 50ft x 35ft - Eastcote 90ft x 30 ft - Brampton	Review Class capacity and/or training times Numbers will be reduced to allow each student to have a 3m x 3m training area. Eastcote allows for max 12 students Brampton allows for max 9-12 students	
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	If you have an underlying health condition or are feeling unwell, please do not return to training yet. Please join via zoom and wait until we enter the next phase.	
Spectators bring additional risks to Members	No spectators will be allowed. Parents/guardian will be asked to drop of the students and then return to your car until the class has finished. If your child is unable to train without a guardian present, we may have to ask for you to hold off on returning until we are allowed to have spectators in the hall again.	
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 will be used and spot cleaned during sessions where sweat or other bodily fluids are apparent that could contain the virus. I will be cleaning the floor with an anti-bacterial cleaner before each class, but we will also be asking for you to train in plimsoles or taekwondo shoes to start with.	
Spillages on floor	Spillages will be cleaned	
Pads/Equipment are infected Only Bob and free standing kick bag to be used at the start	Equipment will be thoroughly disinfected & cleaned before and after sessions to minimise the risk of transmission and will be wiped down between use. Detergent or disinfectant solutions containing 1000ppm Chlorine should be used Black bags will be used for rubbish of wipes and hand towels and taken away to dispose of.	

Touching surfaces occurs	Hand sanitiser will be available and surfaces will be cleaned.	
PPE is requested	Instructors & Members can use their own Masks and/or Gloves if they so wish We are asking for you to arrive with a face mask for when you approach the admin desk, however, once you are in your training space PPE is optional. Instructor will wear a face shield.	
Members leaving increases contact risks	Each Member cleans their hands with Sanitiser on leaving and takes all their possessions with them. Members leave immediately maintaining social distancing	
Member Pick Ups are late	Members wait in a quiet area with 2m social distancing if possible or 1m+ minimum. Where possible, please make sure to arrive on time to drop off and pick up to reduce risk.	
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	

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)	Not currently permitted within 2 metres except from people from same household	
Use of Bob and freestanding kick bag	As long as in a 3m x 3m area, 2m away from others training and wiped down between use of people from different households.	

