

Covid-19 Activity Risk Assessment - Tuesday class at BSG



This document identifies the risks posed by Covid-19 to our club activities and identifies the control measures Le Van Taekwondo is putting in place to protect its Coaches, Members and Supporters from the Covid-19 hazard whilst attending our Taekwondo training. With thanks to British Taekwondo for the templates!

PLAN EDITION DATE:	September 2020
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Identified Risks	Control Measures	Check
Members unaware of new virus controls	Published implementation plan, all members to confirm in writing (with parental signature for under 18s) that they have read and understood the new processes. Upon arrival at class, student will be directed to leave items on chair, sanitise hands, proceed to a mat in the hall. Class will start with communication of basics (not moving from mat without instructor permission, use of toilets, use of chair in foyer).	
Too many people attending the session for adequate social distancing requirements	BSG has a limit of 12 children per class. Places in classes will be preallocated and paid for on a monthly basis.	

Covid-19 Activity Risk Assessment - Tuesday class at BSG



<p>Members risk infection travelling to/from the Class</p>	<p>People should follow government guidance. Please avoid public transport and only travel in household groups and maintain social distancing with everyone else.</p> <p>Access to the hall is via the side road, exit down the steps at the front to create one way system as per BSG website: https://bristolschoolofgymnastics.co.uk/</p>	
<p>Members Bags and Pads cause additional areas for transfer of virus</p>	<p>Members should wipe down any bag before bringing it to training. Upon entry to the gym each student will be allocated a chair where they can leave their bag and shoes.</p>	
<p>Members need Water</p>	<p>Members bring their own labelled water bottle, already filled. This should remain on their allocated chair until there is a drink break.</p>	
<p>Cash Payments spread contamination</p>	<p>Payment via bank transfer or cash sealed in an envelope clearly marked with student's name.</p>	
<p>Members arrive with contaminated hands</p>	<p>All participants asked to wash hands at home prior to travelling to training. Hands will also be cleaned with hand sanitiser after removing shoes, before entering the training room. Students are requested to bring their own hand sanitiser, but if this is not possible, there is a sanitiser dispenser on the wall in the foyer.</p>	
<p>Members are confused by new layouts</p>	<p>There are signs and there will be an instructor at the entrance to let them in and direct them to their allocated space.</p>	

Covid-19 Activity Risk Assessment - Tuesday class at BSG



Doors to Training Room spread contamination	Doors between hall and foyer remain propped open. Instructor will open and close the front door to allow entry and exit, handles will be cleaned as per venue policy.	
Changing Rooms increase infection risk	Members need to arrive dressed ready to train in full uniform and belt. They will be allocated chair in foyer for bag and shoes but there is no area for them to get changed.	
Use of Toilets increases risk of infection	Students requested to go to the toilet before leaving home. If needed the toilets in the hall can be used, one student at a time. Toilets to be wiped down after each session as per venue policy.	
Venue size affects Social Distancing	Class now limited to 12 children as per BSG risk assessment. Each child allocated a vinyl mat which will be cleaned after the session. For breaks, exit through the right hand door and go to allocated chair, re-apply hand sanitiser prior to returning to hall.	
Social Distancing measures	Maintain 2m in all directions when training (10ft x 10ft square per participant), mats to be placed with adequate spacing. Students to follow instructions for breaks.	
Members with higher risk and/ or with underlying health conditions	Any student comes to class at their own risk- we will keep all students separated and do our best to minimise any risks we are aware of. If there are special requirements for any child, their parent should contact us and discuss arrangements. We suggest checking with your GP before	

Covid-19 Activity Risk Assessment - Tuesday class at BSG



	attending class if you are concerned about an underlying health condition..	
Spectators bring additional risks to Members	No spectators allowed in class. BSG currently does not allow adults other than instructors into the building.	
Family Members	Can train together in household groups but this can cause confusion. Best to keep everyone separated in the same way.	
Mats/Floors potentially contaminated	Cleaning of Mats/Floor before Classes. Cleaning equipment and cleaning schedule provided by BSG.	
Spillages on floor	Spillages are to be cleaned	
Pads/Equipment are infected	Equipment to be thoroughly cleaned before and after sessions to minimise the risk of transmission and must not be shared between different household groups during session When we decide we are able to use pads again, one pad per student which will be cleaned at the start and end of session. Instructor allocated to a fixed group of students so only one instructor touches each pad.	

Covid-19 Activity Risk Assessment - Tuesday class at BSG



Touching surfaces occurs	Have available Hand Sanitiser, require use before every entry into training hall. Build 15 minute changeover time between classes to allow for cleaning of mats, chairs and toilets before next students enter.	
PPE is requested	Instructors & students are not required to wear masks for class, but they can if they wish to. First aider will wear mask and gloves for dealing with any required first aid situations.	
Members leaving increases contact risks	Each Member cleans their hands with sanitiser on leaving and takes all their possessions with them. Students sit on their allocated chair and are allowed out one at a time by instructor. They must leave via the front steps.	
Member pick ups are late	Students to wait on their allocated chair until they are collected. If the next class needs to start, student to be moved to inside the hall, well away from other students, until they are collected.	
Safeguarding risk for under 18's if pick up late	Under 18s to be supervised by Instructors until collected.	
Leaving behind contamination	Mats/Floors are cleaned, Pads/Equipment is wiped clean as per cleaning regime.	

Covid-19 Activity Risk Assessment - Tuesday class at BSG



Waste disposal	As agreed with BSG, all used cloths will be tied in a bag, any rubbish for disposal tied in a separate bag.	
Test & Trace	Keep a list of names and phone numbers of all club members, and record attendees / absences for each class in case contact tracing required.	
Post session Review	Monitor, review and discuss session H&S operation with members to improve	
<p style="text-align: center;">Taekwondo Specific Activity</p> <p style="text-align: center;">Identified Risks</p>	Control Measures	Check
Warm Up/Cool Down	<p>At least 2 metres between each student, student not to leave their vinyl mat without permission from instructor.</p> <p>Stretching and working individually NOT in pairs/groups. Advise students to face away from each other where possible.</p>	
Basic Techniques (on spot or up and down)	Maintain 2 metre distancing as above.	
Poomsae	Maintain 2 metre distancing as above.	

Covid-19 Activity Risk Assessment - Tuesday class at BSG



Free Sparring	Not currently permitted.	
Full Contact	Not currently permitted.	
Foot Technique/1-2-1 Kicking	Practice techniques (attack & defence) but only at a 2-metre distance.	
1 or 3 Step Sparring	Practice techniques (attack & defence) but only at a 2-metre distance.	
Self Defence	Practice techniques (attack & defence) but only at a 2-metre distance, probably not practical at present as generally requires contact.	
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.	

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