

Covid-19 Activity Risk Assessment

Manchester Karate Ltd



RISK ASSESSMENT COMPLETED BY (Name):	Antje Timmermann Gary Bohm
DATE OF COMPLETION:	06/09/2020

- 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.

Review Dates & Signature

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Covid-19 Activity Risk Assessment



PLAN EDITION DATE:	06/09/2020
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Identified Risks	Control Measures	Check
Members unaware of new Virus controls	Pre-Class: Newsletter, WhatsApp, Social Media communication of Covid measures Assessment on website and blog. Direct info to everyone who books the class.	
Too many people attending the session for adequate social distancing requirements	Lessons have to be pre booked. Not more than 6 participants per class.	
Members risk infection travelling to/from the Class	Remind members to physically distance and travel responsibly. If possible, provide space for bicycle storage.	
Members Bags and Pads cause additional areas for transfer of virus	Currently no indoor pad training. Dedicating a restricted area for member's bags.	
Members need Water	Members bring their own Water Bottles	
Cash Payments spread contamination	Use online or contactless payments, ideally in advance	
Members arrive with contaminated hands	All participants to be advised to wash hands as often as possible. Hand Sanitiser provided in the training room.	
Doors to Training Room spread contamination	Doors remain open to avoid touching – Also adding ventilation to the Room If possible, we open windows as well. Doors are wiped with antibacterial wipes regularly.	
Changing Rooms increase infection risk	Members either arrive dressed for training or change in the venue. Social distancing is maintained at all times.	
Use of Toilets increases risk of infection	Following venue rules. Provide Hand sanitizer.	

Venue size	We allow a maximum of 6 participants at a time. Social distancing is maintained within the room. When possible, we mark distance box on the floor. No spectators in the training room.	
Social Distancing measures	We maintain 2m distance between participants whenever possible and whenever possible mark the floor in 10ft x 10ft squares.	
Members with higher risk and/ or with underlying health conditions	We talk to participants who booked the class beforehand and strongly discourage to join the class in case of high risk and underlying health conditions. The online classes are always an option in this case.	
Spectators bring additional risks to Members	We cannot allow spectators in class.	
Family Members	Can train together in household groups	
Mats/Floors	The Floor and any mats used are cleaned before the lesson. During the lesson, any spillage or body fluids are being cleaned right away.	
Pads/Equipment	Any equipment we use is thoroughly disinfected before and after class. For now, we are not using pads.	
Touching surfaces occurs	Hand sanitizer available	
PPE is requested	Instructors & Members can use their own Masks and/or Gloves if they so wish In case social distancing rules have to be breached (for example injuries), the coach has gloves and masks available.	
Members leaving	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.	
Waste disposal	Depending on venue rules.	
Instructor Test & Trace	Keep a list of Names and Tel Nos. in case of Instructor or Member infection	
Pre-existing conditions	All members are asked for symptoms on arrival. Fever is measured with a thermometer.	
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) Use side by side or Back to back when you can (rather than face to face)	
Techniques and kata	Maintain 2 metre distancing as above except for people from same household/bubbly	
Kumite/Partnertraining/pads	Not currently permitted within 2 metres except from people from same household/bubble	