TAEKWONDO4FITNESS COVID-19 RISK ASSESSMENT

From 19th July 2021, all Taekwondo training and competition forms are permitted, and all legal restrictions did end. This document lists potential risks to the club and all participants coming to the sessions.

According to recent updates, COVID-19 is inevitable, and the virus becomes endemic! Everyone will be exposed to the virus at some point as herd immunity is unachievable even with high vaccine uptake! Unvaccinated people will meet at some point virus depending on age and core mobilities! As known, the Delta variant can infect people already vaccinated. Still, the purpose of this risk assessment is to limit the spread and to protect people who are in the higher risk groups.

**The advice below for providing sport and physical activity should put measures in place for members with higher risk and/ or with underlying health conditions:**

* **Socially distance at 2 metres where possible when moving around the venue**
* **Stay at a minimum of 1 metre+ when this is not possible**
* **Follow Covid-19 hygiene instructions**
* **Occupy 100 square feet (10ft x 10ft) space when exercising**

**These basic rules, replicated through the Covid-19 Activity risk assessment and Implementation Plan, are valid as of 9th July 2020 but may change as government rules relax or change further.**

# Covid-19 Activity Risk Assessment

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| **CLUB NAME:** | **Taekwondo4Fitness** |
| **INDEPENDENT TAEKWONDO ORGANISATION (ITO) LICENSE NUMBER:** | **DE-2021-40-A** |
| **BRITISH TAEKWONDO (BT) LICENSE NUMBER:** | **Instructor & Referee Certificate Number: 18/1303**  **Indemnity Insurance Number: 20/5234** |
| **UK COACHING MEMBERSHIP NUMBER:** | **UKC-00025171**  **Expiry: 1st September 2022** |
| **CLUB VENUE:** | **SIR HENRY FLOYD GRAMMAR SCHOOL (GYM)** |
| **CLUB DAYS:** | **Wednesdays from 15th September 2021** |
| **CLUB TIMES:** | **17:50 – 18:50** |
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| **RISK ASSESSMENT COMPLETED BY (Name):** | **Mario Boser** |
| **DATE OF COMPLETION:** | **1st September 2021** |

**The dojang is up good standing with The Independent Taekwondo Organisation and is licensed to operate under the ITO Headquarter in Germany 2021 – 2022.**

* **This Activity Risk Assessment will identify the risks associated with Covid-19 transmission within our club activity and 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 note any changes in UK Government advice that might change this risk and/or control measures required.**

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| **Review Dates & Signature** | | |
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# Covid-19 Activity Risk Assessment

**This document identifies the risks posed by Covid-19 to our club activities. It identifies the control measures this club is putting in place to protect its coaches, members and supporters from the Covid-19 hazard whilst attending our Taekwondo Activity.**

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| **PLAN EDITION DATE:** |  |

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| **Identified Risks**  (Add more rows as needed) | **Control Measures**  **(Add more rows and detail as needed)** | **Check** |
| Illness and suspected Coronavirus cases | If the instructor or a member develop the classic symptoms like fever, cough, shortness of breath, and loss of smell or taste or the newer set, like headache, running nose, and sneezing, they should:   * return home immediately. * Avoid touching anything. * Consider taking a COVID-19 test even if vaccinated! |  |
| Members unaware of new Virus controls | Pre-Class Communication of implementation plan  Before new starters can participate in an exercise programme at Taekwondo4Fitness, they must complete a booking form with COVID-19 safety measurements as well as a link to the government website for more info. The form can be found [here](https://form.jotform.com/211532920312038). |  |
| Too many people attending the session for adequate social distancing requirements | Booking system or invitation-only session system put in place  Only participants who completed the booking form or contacted the instructor before attending the venue can enter the training hall. |  |
| 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 the 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 labelled Water Bottles |  |
| Cash Payments spread contamination | Use online or contactless payments or ensure cash payments are in sealed envelopes  Participants and their parents are encouraged to use online payments like PayPal or bank transfers. When paying in cash is the only option, the payers must sanitise their hands before handing it to the instructor. |  |
| Members arrive with contaminated hands | All participants are advised to wash their hands at home before leaving and clean with a sanitiser to enter the training room.  Provide Sanitiser (Sanitiser Gel to be over 60% Alcohol) |  |
| 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 for training and are not permitted to use the changing rooms. |  |
| The use of Toilets increases the 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. The venue staff will maintain hygiene according to their venue policy. |  |
| Venue size affects Social Distancing | Review Class capacity and/or training times  The number of participants in a training hall is limited to 20 students, excluding parents. Non-essential visitors are not allowed to enter the training hall unless they obtained the instructor’s approval. This step is taken to protect members with higher risk and/ or underlying health conditions. |  |
| Social Distancing measures | When and where possible, maintain 2m in all directions for members with higher risk and/ or with underlying health conditions. When training (10ft x 10ft square per participant) and 1m+ minimum at all times. |  |
| Spectators bring additional risks to Members | Exclude all non-essential visitors from class  Non-essential visitors cannot enter the dojang to protect members with higher risk and/ or with underlying health conditions.  Parents are encouraged to wait outside or in their car unless training with a student from the same household. Young children parents, only to be in the building if necessary. |  |
| Mats/Floors are infected | Cleaning of Mats/Floor before and after Class  Venue staff will clean the training hall and equipment before and after the class.  Spot cleaned during sessions where sweat or other bodily fluids are apparent that could contain the virus. |  |
| Spillages on floor | Spillages are to be cleaned to prevent the risk of injury. |  |
| Pads/Equipment are infected | Equipment should be thoroughly disinfected & cleaned before and after sessions to minimise the risk of transmission and must not be shared between different household groups during the session |  |
| Touching surfaces occurs | Have available Hand Sanitiser and/or schedule cleaning breaks when necessary |  |
| PPE is requested | Instructors & Members can use their Masks and/or Gloves if they so wish |  |
| Members leaving increases contact risks | 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. |  |
| Leaving behind contamination | Mats/Floors are cleaned before and after the class, Pads/Equipment brought by the instructor is wiped clean as per the cleaning regime |  |
| Waste disposal | Separate bins are provided for potentially infected material.  Secure disposal at the end of the session is required. |  |
| Instructor Test & Trace | The instructor received two vaccines and will follow the government guidelines when experiencing any COVID-19 symptoms. |  |
| Post-session Review | Monitor, review and discuss the session with Members to improve |  |
| As much ventilation as possible through the Dojo, depending on the weather. | All non-fire doors to be propped open or removed. |  |
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| **Taekwondo Specific Activity**  **Identified Risks** | **Control Measures**  ( applies for members with higher risk and/ or with underlying health conditions) | **Check** |
| Warm-Up/Cool Down | At least 2 metres between each Member (unless from the 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 the spot or up and down) | Maintain 2-metre distancing as above except for people from the same household |  |
| Poomsae | Maintain 2-metre distancing as above except for people from the same household |  |
| Free Sparring | Not currently permitted within 2 metres except people from the same household |  |
| Full Contact | Not currently permitted within 2 metres except people from the same household |  |
| Foot Technique/1-2-1 Kicking | Practice techniques (attack & defence) but only at a 2-metre distance unless with people from the same household |  |
| 1 or 3 Step Sparring | Practice techniques (attack & defence) but only at a 2-metre distance unless with people from the same household |  |
| Self Defence | Practice techniques (attack & defence) but only at a 2-metre distance unless with people from the same household |  |
| Breaking | Two 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 people from the same household |  |
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