

COVID-19 RISK ASSESSMENT – Dorset Taekwondo Association

The current available government guidance for the leisure and gym industry states that facilities and providers of Sport and Physical activity should put measures in place so that all participants:

- 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 are valid as at 9th July 2020 but may change as government rules relax or change further.

Industry specific guidance varies and we should be aware that the requirements and guidance for a school, community centre, leisure centre, and gym all vary in requirements. Where in doubt, follow the safest requirement and / or venue providers adhere to.

British Taekwondo (as the National Governing Body (NGB)) provide further sport specific guidance which is agreed with the Government Department for Digital, Culture, Media & Sport (DCMS). British Taekwondo provide coach and member insurance against these agreed guidance documents. Coaches must not deviate away from this guidance and seek clarification where unsure.

Venue specific risk assessments will be reviewed by coaches via zoom every 4 weeks / monthly or when guidance changes. Feedback will be sought from members. Updated risk assessments will be shared online with members, and with venue providers.

Covid-19 Activity Risk Assessment



CLUB NAME:	Dorset Taekwondo Association
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VENUE:	Beaufort Community Centre
CLUB DAYS:	Previously Tuesdays
CLUB TIMES:	Previously Tuesdays 7.15-8.15pm

RISK ASSESSMENT COMPLETED BY (Name):	D.Naraine
DATE OF COMPLETION:	22/8/20

- This Activity Risk Assessment will identify the risks associated with Covid-19 transmission within our club activity, and will list the Control Measures that our Club is putting in place to protect its Members and Instructors from the Covid-19 hazard.
- The control measures from this risk assessment then form the basis of the Implementation plan and will be shared with participants, parents and volunteers.
- This Assessment will be reviewed regularly as above to ensure the Control Measures are effective in use.
- We will also take note of any changes in UK Government & British Taekwondo advice that might change this risk and/or control measures required.

Review Dates & Signature		

Please complete the following information which applies specifically to Covid-19 risks to your BT Club training in a specific Venue
Once completed we recommend that you print these pages to carry to the Club and use to check effectiveness and changes.

Covid-19 Activity Risk Assessment



This document identifies the risks posed by Covid-19 to our club activities and identifies the Control Measures this Club is putting in place to protect its Coaches, Members, parents and volunteers from the Covid-19 hazard whilst attending our Taekwondo Activity.

PLAN EDITION DATE:	22/8/20 (V1)
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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 via email / website and social media. There will also be a briefing at the start of each class. (main message is that social distancing will be maintained at all times) At beaufort members attending need to be aware there are common parts to the building and therefore masks should be worn in the common part. (this needs to be highlighted as it is different to other venues that we use exclusively.	
Too many people attending the session for adequate social distancing requirements	Online Booking system so number can be controlled. <i>No booking = No Training</i> The hall at Beaufort is currently limited to 30 – we will start at a maximum of 15 + the coach (16) until we get used to it. Under 8s will not be permitted at first as the parent of a under 8 must stay in the room.	
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. Several members car share and this should be discouraged.	
Members Bags and Pads cause additional areas for transfer of virus	Members don't need to bring PPE or kick targets.	
Members need Water	Members bring their own labelled Water Bottles	

Cash Payments spread contamination	No cash payments / pay-as-you-go option. Classes are paid by bank transfer at time of booking.	
Members arrive with contaminated hands	All participants to be advised to wash hands at home prior to leaving and cleaned with Sanitiser on entry to Training Room. Members encouraged to bring their own hand sanitizer although some will be provided by the coach. Sanitiser Provided (Sanitiser Gel to be over 60% Alcohol)	
Members are confused by new layouts	Provide Signage to assist Members and/cones to mark out the floor with individual training areas. Make a video / photos of the layout and provide instructions on social media channels.	
Doors handles to Training Room spread contamination	Doors remain open to avoid touching. Sanitizer to clean hand contact points.	
Ventilation	Windows opened at start of session. Only closed if the room temp drops dangerously low to cause injury (e.g below 15C) - door to main corridor open to facilitate a draft / air exchange.	
Changing Rooms increase infection risk	Members come ready dressed to train, and go home in their training gear.	
Room temperature	Kept lower than normal approx. 17C to avoid too much sweating. But not too low so that more muscle strains.	
Use of Toilets increases risk of infection	Limit number of users to one at a times The toilet area will be checked and cleaned by beaufort staff on an hourly basis.	
Venue size affects Social Distancing	Review Class capacity and/or training times Hall size approx. 18 x 8.5 meters. Allowing for 2 meters square for participants = max 30 allowing for distancing. Will start with max of 15+ coach (16) and review after a couple of sessions. We will mark individuals training areas out with cones, approx. 2m ² (and they will stay in their allocated coned area for the whole class. Only 1 door in and out so need to allow a time interval between classes to avoid overlap and discourage people coming early. If arrive early wait outside / in car.	
Social Distancing measures	Maintain 2m in all directions when training (10ft x 10ft square per participant)	

	and 1m+ minimum at all other times	
Members with higher risk and/ or with underlying health conditions	These details are shared with the participants. People with increased risk from underlying health conditions that impact their home / school / work life should discuss directly with the D. Naraine (Head of school) or Marina Malaffo (Safeguarding officer) before attending a class. All conversations will be held in strictest confidence.	
Spectators bring additional risks to Members	Parents of under 8s need to stay and therefore we might not do classes for under 8s initially. This will be reviewed after 4 weeks. Spectators / Parents should socially distance; they should wear facemasks as they are not exercising. Parents waiting in the training room will count in the overall room limit.	
Family Members	Can train together in household groups – Initially this might cause confusion and appear unfair as family groups can do additional exercises, e.g. kicking targets. Initially this will be avoided for the first 4 weeks and then reviewed.	
Floors are infected	Floor swept and spot cleaned before classes and between classes. The room will be cleaned between booking by the Beaufort staff. Detergent or disinfectant solutions containing 1000ppm Chlorine should be used and spot cleaned during sessions where sweat or other bodily fluids are apparent that could contain the virus. Initially we will not use mats and we will train on the floor in bare feet. TKD shoes or running shoes can be worn if the participant prefers.	
Pads/Equipment are infected	Initially no equipment will be used apart from cones on the floor to separate the individual training areas on the floor. This part of the RA will be reviewed after 4 weeks or when the British taekwondo guidance is relaxed to allow kick targets to be used.	
PPE	Instructors & Members can use their own Masks whilst training if they prefer (this is optional)	
Members leaving increases contact risks	Each Member cleans their hands with Sanitiser and or uses the centre toilets to wash their hands on leaving. 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	Floors spot cleaned with sanitizing floor wipes at start and end of session.	
Waste disposal	Bin is provided by the community centre by the front door for disposal of floor wipes and similar cleaning materials. Secure disposal at end of session.	
Instructor Test & Trace	Club already has a list of all members details (secure online) – A list is made of all attendees and kept for 2 weeks in line with track and trace and our GDPR policy.	
Post session Review	Monitor, review and discuss session H&S operation with Members to improve Coaches will discuss and Review the RA every 4 weeks min – or when regulations change, whichever is sooner. Feedback from members will be sought – difficulties will be noted after each session to aid review of the risk assessments	
Taekwondo Specific Activity Identified Risks (Control Measures	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 currently too complicated to do line work and maintain SD but this will be reviewed after a few sessions)	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, bob, bags etc.)	Not currently permitted within 2 metres except from people from same household	

Due to the limited exercises that can be easily practiced whilst maintaining a 2m social distance, TKD sessions will mainly consist of :-

1. Warm up
2. Cardio and Conditioning
3. Stretching
4. Hand and foot techniques on spot.
5. Poomsae

This will be reviewed as the British Taekwondo guidance is relaxed after agreement with Department for Digital, Culture, Media & Sport (DCMS)

Poster that we might display before the venue (if agreed) and on social media.

