

SBTKD Covid-19 Taekwondo Risk Assessment



BT CLUB NAME:	South Bank Taekwondo
BT CLUB No:	910.006
CLUB AFFILIATION EXPIRY DATE:	30.06.2021

CLUB VENUE:	Ark All Saints Academy – 140 Wyndham Road, Camberwell, London SE5 0UB
CLUB DAYS:	Mondays and Wednesdays
CLUB TIMES:	19:00 – 20:00

RISK ASSESSMENT COMPLETED BY (Name):	Richard Lymer
DATE OF COMPLETION:	15.09.2020

- 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 form the basis of our Implementation Plan, which will be shared and readily available for our members.
- 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		
15.12.2020		
15.03.2021		
15.06.2021		

SBTKD Covid-19 Taekwondo Risk Assessment

This document identifies the risks posed by Covid-19 and identifies the control measures South Bank Taekwondo are putting in place to protect its coaches, members and supporters from the Covid-19 hazard whilst attending Taekwondo at Ark All Saints Academy.

PLAN EDITION DATE:	15.09.2020
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Identified Risks	Control Measures	Check
Members unaware of new virus controls	<ul style="list-style-type: none"> • Pre-class communication of implementation plan. • All members and new starters will be emailed a copy of our Risk Assessment and Implementation Plan prior to returning or starting classes. These will also be available on our website at: www.sbtkd.com 	
Too many people attending the session for adequate social distancing requirements	<ul style="list-style-type: none"> • Booking system or invitation only session system will be put in place. This will ensure maximum numbers at any one session whilst maintaining social distancing at ALL times. 	
Members risk infection travelling to/from the class	<ul style="list-style-type: none"> • Suggest walking, cycle, motorbike, private car rather than using public transport. • People should only travel in household groups and maintain social distancing with everyone else. 	
Member's bags and pads cause additional areas for transfer of virus	<ul style="list-style-type: none"> • Minimise bags, reduce the necessity for pads. • Whenever possible ensure anything brought to the club is wiped down thoroughly before coming to training and kept away from everyone else whilst in the venue. 	
Members need Water	<ul style="list-style-type: none"> • Members bring their own labelled water bottles. • The use of venue drinking fountains is not permitted. 	
Cash payments spread contamination	<ul style="list-style-type: none"> • Membership, fees and insurance: use our online payment system (PayPal) or bank transfer method of payment or ensure cash payments are in a sealed envelope. 	
Pro-active testing	<ul style="list-style-type: none"> • Temperature screening shall ensure that all members with a temperature of 	

	<p>37.4°C or more are restricted from entry into the class. Temperature screening will be conducted at the entrance to the class by the designated screener by use of a non-contact forehead thermometer. If the member's reading result is within the normal range of body temperature (equal to or less than 37.3°C) then it is considered safe to allow access to the venue.</p> <ul style="list-style-type: none"> • If a member's temperature is equal to or in excess of 38°C, the designated screener must follow the procedure to manage a person with symptoms and the person will not be allowed to enter the venue. The designated scanner, upon recording a reading of 38°C degrees or higher, shall advise the member so recorded that they must seek immediate testing for the COVID-19 virus. • The screener must inform the Club Chief Instructor of any member with a temperature 37.4°C or more immediately. 	
Members arrive (with contaminated hands)	<ul style="list-style-type: none"> • Social distancing rules apply with 2m between members/parents and household groups. • All participants to be advised to wash hands at home prior to leaving and cleaned with sanitiser on entry to the dojang. • A designated sanitising station will be provided at the entrance to the dojang. • All students/parents/visitors must Provided sanitiser gel to be over 60% alcohol. 	
Members are confused by new layouts	<ul style="list-style-type: none"> • Signage will be displayed to assist members. • Warning tape will be adhered to the dojang floor to indicate each member's dedicated training area. • Members must use/remain/return to their dedicated training area. 	
Doors to the venue spread contamination	<ul style="list-style-type: none"> • Doors (except fire doors) will remain open to avoid touching handles. This also adds ventilation to the room. • Windows will also be open wherever practicable. 	
Changing rooms increase infection risk	<ul style="list-style-type: none"> • Members arrive ready dressed to train. • Changing is not permitted at the venue. 	
Use of toilets increases risk of infection	<ul style="list-style-type: none"> • Limit number of users at one time (1 per room, i.e. 1 female/1male). • Sanitising wipes will be provided and ensure members clean all surfaces touched and clean hands with sanitiser at the designated sanitising station on returning to the dojang. 	

Venue size affects social distancing	<ul style="list-style-type: none"> • Class times remain the same. • Maximum of 20 students (5 rows of 4 students or 4 rows of 5 students). • Member training areas will be marked on the dojang floor with tape to aid and conform to social distancing rules. • Spectators/parents/siblings are not permitted into the dojang, but must drop off and wait outside or return to collect. • Sanitising will be mandatory when/if re-entering the dojang. 	
Social distancing measures	<ul style="list-style-type: none"> • Maintain 2m when arriving, using and leaving the venue. • If arriving early and you have to queue for entry maintain 2m between other members/parents. • 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	<ul style="list-style-type: none"> • Members at a higher risk of infection should seek professional medical advice/clearance/guidance prior to returning to training. • Provide doctor's letter or other as required. • Inform club instructor of the nature of your health condition (this will not be disclosed) prior to returning to training. • Member will be instructed to wear PPE (mask/gloves) or will be refused entry to the venue. 	
Spectators bring additional risks to members	<ul style="list-style-type: none"> • Spectators are not permitted into the dojang. 	
Family members	<ul style="list-style-type: none"> • Family members are permitted to train together but must maintain and adhere to all social distancing guidelines. 	
Mats/floors are infected	<ul style="list-style-type: none"> • Detergent or disinfectant solutions containing 1000ppm chlorine should be used before class and spot cleaned during sessions where sweat or other bodily fluids are apparent that could contain the virus. 	
Spillages on floor	<ul style="list-style-type: none"> • Spillages are to be cleaned immediately. 	
Pads/equipment are infected	<ul style="list-style-type: none"> • Club equipment (kicking paddles) will be thoroughly disinfected and cleaned before and after class by the club Chief Instructor to minimise the risk of transmission and must not be shared between different household groups during sessions. • Household groups using their own equipment must sanitise their equipment prior to and after use. 	

	<ul style="list-style-type: none"> • Detergent or disinfectant solutions containing 1000ppm chlorine should be used. 	
Touching surfaces occurs	<ul style="list-style-type: none"> • Hand sanitiser will be made available with scheduled cleaning breaks as and when necessary. 	
PPE is requested	<ul style="list-style-type: none"> • Instructors and members can use their own masks and/or gloves if they so wish. • Masks and gloves will be made available upon request. 	
Members leaving increases contact risks	<ul style="list-style-type: none"> • Social distancing rules apply with 2m between members/parents and household groups. • Each member to clean their hands with sanitiser on leaving and take all their possessions with them. • Members leave immediately. 	
Member pickups are late	<ul style="list-style-type: none"> • Member to wait in a quiet area with 2m social distancing if possible or 1m+ minimum with mitigation (mask). 	
Safeguarding risk for under 18's if pick up late	<ul style="list-style-type: none"> • Under 18's to be supervised by the club Safeguarding Officer until collected. 	
Leaving behind contamination	<ul style="list-style-type: none"> • Mats/floors are cleaned, pads/equipment is wiped clean as per cleaning regime. 	
Waste disposal	<ul style="list-style-type: none"> • Separate bins provided for potentially infected material. • Secure disposal at end of session. 	
Instructor Test and Trace	<ul style="list-style-type: none"> • Keep a list of names and telephone numbers in case of instructor or member infection. 	
Post session review	<ul style="list-style-type: none"> • Monitor, review and discuss session health and safety operation and procedures with members/parents/instructors to improve class sessions. • Any changes or improvements will be in line with government guidelines/Sport England/British Taekwondo. • All members will be informed of any changes prior to training. 	

Taekwondo Specific Activity Identified Risks	Control Measures	Check
Warm Up/Cool Down	<ul style="list-style-type: none"> • At least 2 metres between each member (unless from same household) from the front, sides and behind (10ft x 10ft space per person average). • Stretching and working singularly NOT in pairs or groups. • Use side by side or back to back whenever practicable rather than face to face. 	
Basic techniques (on the 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 Techniques/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	