

# COVID-19 Risk Assessment



JSK recognises that all risks cannot be reduced to zero, therefore this risk assessment prioritises the significant risks in line with Government Guidance. For all activities, Instructors will assess risks and put in place control measures and record as required.

As a result of COVID-19, JSK has produced this Risk Assessment to help our Clubs comply with the Government Guidelines. It is important to understand that these measures are taken in a bid to minimise the risk of COVID-19 being passed between participants whilst training. JSK will do their utmost to provide a safe environment but take no responsibility for members who contract COVID-19, however contracted.

The responsibility for a safe training environment is a shared between the Instructor and the members.

Members must make their own risk assessment as to where, when or whether they will train. Members have the responsibility to NOT train or attend the Dojo if they have any symptoms that may be in anyway related to COVID-19. Furthermore, if they have had contact with anyone who has, or is suspected of being infected with the COVID-19 virus they must NOT train and should follow government guidelines on isolation, timescales etc.

The responsibility for the safety and wellbeing of those under 18 years of age is with the parent/guardian.

Please note that this risk assessment is by no means exhaustive or comprehensive – other risks may emerge. JSK will continue to work within the latest Government guidelines and therefore this risk assessment will be reviewed and updated as necessary.

Concerns, changes in risk management practice that are seen by Instructors to be significant should be reported to the JSK Admin Officer via email to [michelle@jinseikai.co.uk](mailto:michelle@jinseikai.co.uk)

<b>Group:</b> JIN SEI KAI	<b>Association Covid-19 Risk Assessment</b>	
<b>People at Risk:</b> INSTRUCTORS AND STUDENTS	<b>Additional Information:</b> See individual appendix risk assessments for each dojo.	
<b>Contact Person:</b> MICHELLE PERRY ADMINISTRATOR	<b>Job Title:</b> ASSOCIATION	<b>Date:</b> 02.10.2020 <b>Version</b> 1.2

## Risk Evaluation

Hazard	Risk	Initial Rating (L/M/H)	Control Measures	Final Rating (L/M/H)	Additional Action Required (action by whom and completion date)
<b>What's the hazard?</b>	<b>What is the risk of harm? Or Who is at risk or harm?</b>	<b>Is this risk Low, Medium or High?</b>	<b>What measures will you put in place to reduce the risk identified?</b>	<b>How has the rating changed as a result?</b>	<b>What else can you do to minimise risk?</b>
Infection transmission via airborne transmission Passing infection on to other people	All are at risk	H	DO NOT ATTEND if you or any one in your household shows the basic symptoms of coronavirus. <ul style="list-style-type: none"> <li>Has a high temperature or a new persistent cough; loss of taste, loss of smell</li> </ul> Or if you have been in recent contact with anyone who has been advised to self-isolate  Or contacted by NHS test and trace to do so.	L	Anyone showing basic symptoms should self-isolate and follow Government guidelines.  Instructors should remind everybody at the beginning of each class.

Hazard	Risk	Initial Rating (L/M/H)	Control Measures	Final Rating (L/M/H)	Additional Action Required (action by whom and completion date)
Infection transmission via airborne transmission Passing infection on to other people	All are at risk	H	If you develop a high temperature or a persistent cough whilst at training YOU MUST inform your instructor immediately & <u>stop training</u> . Return home immediately (preferable not by public transport); Follow Government guidelines by self-isolating and book a Covid-19 test.  Advise your instructor of the result.	M	Club Instructor to take each persons' temperature before they enter the dojo.  Keep a register of everyone training at each session to assist with NHS test and trace.
Infection transmission via airborne transmission Catching the infection from other people	All are at risk	H	People at high risk (clinically extremely vulnerable) from coronavirus should NOT ATTEND training unless they have permission from their doctor and the club instructor to do so.	L	Offer remote training via technology
Infection transmission via airborne transmission Catching the infection from other people	All are at risk	H	People at medium risk i.e. Those over 70 years of age, those with diabetes or have a condition that means they have a higher risk of getting infections should advise the instructor BEFORE attending training. The instructor can assess each situation individually to check that adequate provision can be made to reduce their risk	M	Extra precautions should be made by the instructor for any vulnerable person where appropriate. If not able to do so they should be offered remote or individual training

Hazard	Risk	Initial Rating (L/M/H)	Control Measures	Final Rating (L/M/H)	Additional Action Required (action by whom and completion date)
Infection transmission via airborne transmission Travel to dojo	All are at risk	H	Avoid public transport where possible; Walk or cycle if possible; Drive to training on your own where possible or with people you co-habit with; If you must car-share, share with the same people and all wear face coverings; Windows should be kept open during transit to ensure adequate ventilation; Students are to wash/sanitise their hands before entering vehicles and every time they get out.	M / L	
Infection transmission via airborne or physical contact. Whilst changing	All are at risk	H	Members should arrive and leave in a freshly laundered Gi and not use the changing facilities. Members should remove their Gi or training clothes upon returning home. Gi's should be washed after each training session	L	Instructor to remind students to change when they get home
Infection transmission via airborne or physical contact. Arrival at the training venue	All are at risk	H	Each training venue will have different rules about entry and exit of the dojo. Ensure that you have read and understand the appendix relating to the dojo you are attending. Always adhere to the 2-metre rule; Parents are responsible in ensuring their children maintain the appropriate distance from others; Follow any signage in place by the training venue; Wear face coverings while moving through training venues to the dojo;	L	Instructors to remind students at the end of each lesson of the exit routes

Hazard	Risk	Initial Rating (L/M/H)	Control Measures	Final Rating (L/M/H)	Additional Action Required (action by whom and completion date)
Infection transmission via airborne or physical contact. The dojo	All are at risk	H	<p>Instructors are responsible to ensure that before and between lessons that the necessary cleaning of the dojo has been carried out;</p> <p>Door handles have been sanitized and doors are wedged open while students are arriving and exiting;</p> <p>Leave doors open if possible, while training especially to the outside if the training venue allows;</p> <p>Spacing/distancing markers are in place so students know where to stand and maintain social distancing;</p> <p>Have hand sanitizer available for those who have forgotten their own near to the door for use upon entry;</p> <p>Have your thermometer and register book ready before students arrive to ensure a smooth and efficient entry into the dojo</p>	L	<p>Instructors must allow additional time for these procedures to be done before each class;</p> <p>Some training venues will do the cleaning and instructors must check if this is the case</p> <p>Doors being open minimises the number of people who have to touch them.</p> <p>Additional ventilation reduces the risk of transmission</p> <p>DO NOT exceed the capacity of the dojo. Limit the number of students able to train according to the space available.</p> <p>Ensure all students sanitise their hands before entry. Instructor will remind students while training to try not to keep touching their own face.</p> <p>Students entering in an efficient manner will minimise bottle necks and the risk of social distancing rules being broken.</p>

<p>Infection transmission via airborne or physical contact. Entering the dojo</p>	<p>All are at risk</p>	<p>H</p>	<p>The instructor will take your temperature using a non-contact thermometer;</p> <p>A register will be taken of all who have attended each session;</p> <p>Members will be asked to change from their outside footwear into indoor training shoes;</p> <p>Personal belongings should be kept to a minimum and should all be kept together in a designated area a sensible distance from other peoples' belongings. For children this should be in a named bag.</p> <p>Hand sanitiser should be applied before training begins</p> <p>Instructor should clearly inform students where to stand ready for training</p>		<p>If it is outside the allowed range you will be advised to go home and follow government guidelines on testing and self-isolating. This register will be used to assist NHS test and trace if someone subsequently gets a positive test.</p> <p>The wearing of shoes minimises direct contact with the floor.</p> <p>This minimises the risk of contamination from one persons' items to another and people getting too close when accessing them. If items are then left the instructor know who to contact. If possible, ask everybody to bring their own labelled sanitiser.</p> <p>Each student should have a clearly defined designated space to train in.</p>
<p>Infection transmission via airborne or physical contact. Touching the floor</p>	<p>All are at risk</p>	<p>H</p>	<p>Touching the floor should be avoided if possible, if touched accidentally hand sanitiser should be applied as soon as possible and definitely before touching your face</p> <p>Indoor training shoes should be worn by all members;</p> <p>Warming up exercise should be modified to those which can be performed from a standing position;</p> <p>Sit ups and press ups should not be performed;</p>	<p>L</p>	<p>Instructors to remind students at the beginning of the training session. Have a hand sanitiser available if students have forgotten their own.</p> <p>Instructors should ensure that they have adjusted their warm up routine accordingly.</p>

Infection transmission via airborne or physical contact. Training – Warming Up	All are at risk	H	The recommended social distancing must be observed at all times; Must be performed standing and not sitting on the floor; No two-man stretching allowed; Nothing too vigorous which could mean students perspire more; No Kiai's	L	Instructors must ensure that students know where to stand within the dojo and these areas are clearly defined Adapt warming up to standing only Remind students not to kiai
Infection transmission via airborne or physical contact. Training – Kihon Basic techniques	All are at risk	H	Training should be performed in lines where possible or in such a way that the recommended separation is maintained.  No Kiai's	L	The instructor must remain vigilant to ensure social distancing remains in place
Infection transmission via airborne or physical contact. Training – Kata Set forms	All are at risk	H	Training should be performed in lines where possible or in such a way that the recommended separation is maintained.  No Kiai's	L	The instructor must remain vigilant to ensure social distancing remains in place; Occasionally more space is required so some students may need to stand at the side while others perform a kata; Ensure that social distancing is also adhered to by those watching;
Infection transmission via airborne or physical contact. Training – Kumite Sparring	All are at risk	H	Training should be performed in lines where possible or in such a way that the recommended separation is maintained;  Sometimes face to face training is necessary but then an increased spacing of 3 metres between the students facing must be enforced;  Members of the same household may train at a reduced distance as long as this does not interfere with the spacing of other around them. No Kiai's	L	The instructor must remain vigilant to ensure social distancing remains in place;  If training face to face limit the time that students are doing so to less than 15 minutes;  The Instructor will decide if this is appropriate.

Infection transmission via airborne or physical contact. Parents/Spectators	All are at risk	H	Due to the lack of space in the dojo parents and spectators will not be allowed to watch.	L	Parents must leave the dojo once their child has been registered into the class. They must adhere to all distancing rules as well as additional rules of the training venue whilst they are waiting. This may mean they have to wait in their car
Infection transmission via airborne or physical contact. Exiting the dojo	All are at risk	H	Members must avoid close contact at the end of a training session while they change from the indoor training shoes into outside footwear;  The instructor should sanitise the door handle and then wedge it open for students to exit through  Use hand sanitiser before you exit the dojo;  Parents must wait at the designated area to collect their child. While waiting they must follow all distancing rules;  Parents who are late picking up their child must wait for the instructor to open the dojo door for them to enter and collect their child;  Follow government and the training venue guidelines for exiting to go home, maintain 2-metre distancing, wear a face covering and follow the signage provided;	L	This should be done without touching the floor if at all possible.  It is tempting to chat to someone at the end of a lesson, but please do so at a safe distance and leave as promptly as possible to enable the cleaning of the dojo for the next class.  Children not collected at the end of the lesson must be able to wait in a safe space inside the dojo until their parent arrive. Ensure they have all their belonging with them to save additional movement around the dojo once the next class has started,  See the necessary appendix for the additional rules for each dojo.