

Risk Assessment

LEWISHAM SHOTOKAN KARATE CENTRE

Undertaken – August 2020

This is a fluid and everchanging document; it will be reviewed in line with the leagues COVID responses and within our own committees and structures.

Area to consider	Actions	comments	Risk H/M/L
Number of students & Instructors	<ul style="list-style-type: none"> • No more than 15 or 30 for the Sunday venue people (students and instructors) should be together at any one point • Classes will be reduced to allow for social distancing. Classes held Monday to Thursday will have a maximum of 15 students per class, with classes on Sunday a maximum of 30 students per class. • Staggered arrival/exit times to minimise students and instructors' interactions • Specified areas for students to put their small bag/ outer clothing at distance to others • Only students may enter the venue. No parents/guardians or spectators may enter the venue as numbers must be kept to a minimum 	<ul style="list-style-type: none"> • 	H
Travelling to and from training	<ul style="list-style-type: none"> • Students should be encouraged to travel via foot/bike • If travelling by public transport they should be advised to wear a face mask; wash hands on entering and exiting bus/tube • See car sharing option in next box 	<ul style="list-style-type: none"> • 	M

	<ul style="list-style-type: none"> • Only travel by public transport if there is no other option <p>If car sharing, try not to share a vehicle with those outside your household or social bubble. If you need to, try to:</p> <ul style="list-style-type: none"> • share the transport with the same people each time • keep to small groups of people at any one time • open windows for ventilation • travel side by side or behind other people, rather than facing them, where seating arrangements allow • face away from each other • consider seating arrangements to maximise distance between people in the vehicle • clean your car between journeys using standard cleaning products - make sure you clean door handles and other areas that people may touch • ask the driver and passengers to wear a face covering 	<ul style="list-style-type: none"> • 	<p>M</p>
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<p>Training sessions for Seniors/Junior</p>	<ul style="list-style-type: none"> • Students to self-check before arrival for signs of COVID and if showing any of the signs should not attend training • Children will be met at the reception area by an instructor or a senior club member • Instructors will record all students' names and contact details in the register. • Payments will be via BACS and each student will have to pre-book and pay in advance so that we can control the numbers and no CASH exchange. • Students will not be allowed to train without a booking and pre-payment to avoid crowding. • Students/Instructors to arrive ready to train • Students should keep socially distant during breaks in training if any • Students to bring their own labelled water bottle • Students to bring labelled hand sanitiser • Students to wash hands before and after sessions • All students will sanitise their hands before and after training. (Club and the venue will also provide -gel • Sessions should be pre planned to maintain social distancing where possible • There will be NO CONTACT training (Kumite). Sparring will be simulated at the required 2 metres distance 	<p>COVID signs include:</p> <ul style="list-style-type: none"> • Fever • Loss of taste and smell • Persistent cough • Shortness of breath <p>If anyone shows any of the above they must follow NHS and PHE guidance on self-isolation</p>	<p>H</p>
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	<ul style="list-style-type: none"> • All students will always be kept at least 1 metre apart, and we strive to keep 2 metres apart as much as possible. Younger children must be capable of adhering to this regulation. - • Students will be required to wear a mask upon arrival and leaving the dojo. However, it will optional during training • No equipment will be used or shared. 		
	<ul style="list-style-type: none"> • Stagger training times throughout the session to limit the number of students training at one time • Parents to keep socially distant from those not in their 'bubble' and will not be allowed to watch their children whilst training. Parents/guardians should drop off and pick up only. 		H
	<ul style="list-style-type: none"> • Clear entry and exit points for students • Table set up with sanitiser • After each session students should be encouraged to take home their GI and wash it 		H

	<ul style="list-style-type: none"> • Students will arrive already dressed in your Gi, as you will not be allowed to change at the dojo. You can take off any outer clothing (tracksuits etc) once inside, but these must be put into a carrier bag along with your shoes, so ensure you carry one with you. Do not bring large rucksacks or any other large bag with you. • Students should be encouraged to leave within a given time to limit social gathering 		
Toilets	<ul style="list-style-type: none"> • Limit the number of adults allowed into the toilets at any one time • There will be no access to changing rooms or showers. Toilet facilities will be available • Toilets to be sanitised after training 		L