



East London School Of Tae Kwon-Do



Covid-19 Risk Assessment

Venue: East Ham leisure Centre and Gladesmore Sports Centre
Instructor: Pat Houlihan

Date of assessment: 7th August 2020
Reviewed 12th May 2021

RISK	MITIGATION/CONTROL
A member, instructor or parent has, or suspects, they have any of the symptoms of Covid-19 prior to the session.	They must NOT come to the venue. They must self-isolate and get tested in line with the latest government instructions.
Parents and members not observing social distancing when arriving at the venue.	Pre-communication of requirements for distancing as well as a pre-planned arrival/exit strategy in line with venues policy. Additional signage to be added by East London School of Tae Kwon Do if required. We will liaise with venue regarding separate entry and exit points of any one-way system and will communicate this to members and parents.
Breaches to social distancing on entering and leaving the venue.	Instructor or designated volunteers to control entry and exit from the venue to ensure orderly and controlled movement of people.
An infected member, instructor or parent arriving at venue for class.	Parents and all members to receive clear communication prior to training that they should not attend if presenting any Covid-19 symptoms. Members attending class will be temperature-checked. Anyone displaying any of the symptoms will be not be admitted to the venue. They will be told to self-isolate and get tested in line with the latest government instructions.
Parents/spectators attending with members.	Other than parents of children in the 5 to 7 year olds class (one parent per child), parents will not be able to enter the training hall due to the need to ensure adequate social distancing. Whilst dropping their child off/collecting their child from the venue, the parent must wear a face mask if entering the reception area or any other part of the building.
Members arrive with contaminated hands.	Members to be advised to wash hands at home prior to leaving. They will then clean their hands with sanitiser upon entry to the training hall. East London School of Tae Kwon Do will provide additional hand sanitiser but members are also advised to bring their own.
Infection from hard surfaces and/or flooring.	Venue must be thoroughly cleaned each evening, using suitable chemicals and paying particular attention to door handles, switches etc. The floor is cleaned by the Site Manager prior to the first session. East London School of Tae Kwon Do will also ensure that any hard surfaces that our members come into contact with will be sanitised afterwards. The floor will be spot-cleaned by East London School of Tae Kwon Do between sessions (each member will have his/her allocated space on the floor - there will be no hand-to-floor contact). Hand sanitiser will be available throughout each training session - members are also advised to bring their own.
Infection transfer to the training hall floor.	We will wedge the internal doors to the corridor the doors to the hall open so no one has to touch anything. Members will remove their footwear upon entering the training hall (they will be shown where to do this safely). They will be asked to remain stationary when off the training floor and will be shown to their training space under the guidance of the instructor or other designated volunteer.



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<p>Kitbags and personal possessions cross-contaminating others' possessions.</p> <p>Members need water.</p> <p>Lack of ventilation.</p> <p>Use of toilets increases risk of infection.</p> <p>Spillages on floor.</p> <p>First aid.</p> <p>Pads/equipment are contaminated.</p> <p>Venue size affects social distancing</p> <p>Face-to-face drills, sparring, contact drills.</p> <p>Members leaving the venue.</p> <p>Members leaving the venue from an earlier class as members arrive for the next class causes social distancing problems.</p> <p>Social distancing in the car park.</p> <p>Members are late for class.</p>	<p>Minimise kitbags. Sparring equipment is NOT required. Members must arrive already changed for class. They may NOT change at the venue.</p> <p>Members bring their own LABELLED water bottle. They will be place this their personal training space for the duration for the class.</p> <p>The doors to the training hall will be left open, as will the fire exit (weather permitting) and the windows.</p> <p>All members to be encouraged to use the toilet at home prior to leaving. Limit number of users at one time. Ensure members clean all surfaces with wipes provided and clean hands with sanitiser on return. A DBS-checked volunteer should monitor this if the younger children need to use the toilet. With the children in the 5 to 7 year old class then the parent in attendance with that particular child will supervise this.</p> <p>Any spillages will be cleaned up immediately by the instructor or designated volunteer, wearing disposable gloves and face mask, using appropriate sanitiser and disposable paper towels.</p> <p>A first aid kit, as always, will be available. If first aid has to be administered then the first aider will be wearing a face mask and disposable gloves - provided by East London School of Tae Kwon Do.</p> <p>Members will be using any pads within their pods. Pads cleaned after every use (see groupings below)</p> <p>Class capacity and training times have been reviewed to ensure that we can maintain a minimum of 2m distance between members in all directions when training (possibly extended to 2.5m) and 2m at all other times.</p> <p>There will be no face-to-face partner drills, no sparring and no contact. See above for minimum distance between members when training.</p> <p>Members take all their personal possessions with them. They do not change out of their dobok at the venue. Members leave the venue and the car park promptly, especially at the change-over between classes.</p> <p>We have changed the class duration to allow for a minimum of 15 minute buffer between classes (up to 30 minutes in some cases). We will liaise with venue regarding separate entry and exit points, and any one-way system in place and will communicate this to all members, instructors and parents.</p> <p>If arriving by car, then it is the members' or parents' responsibility to observe social distancing measures if parking in the street</p> <p>Members will not be able to take part in the class once registration and temperature-checking is complete. Parents must not 'drop and run' if arriving late - they must wait until their child has been checked-in..</p>
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<p>A member's pick-up is late.</p> <p>Leaving behind contamination.</p> <p>Potentially infected members or instructors.</p>	<p>Parents will be advised not to be late to pick up their child from the venue. If their pick-up is late, members will wait with 2m social-distancing where possible or 1m+. Under-18s will be supervised by a DBS-checked instructor or volunteer to mitigate the safeguarding risk.</p> <p>Any surfaces touched by hands will be sanitised afterwards by the instructor or designated volunteer. Any potentially infected material will be bagged and disposed of safely by the instructor or designated volunteer.</p> <p>A register of everyone who attends each session will be taken. Contact details will be used for track & trace if necessary (in compliance with privacy laws).</p>
<p>TRAINING SESSION/CLASS</p> <p>RISK</p> <p>Warm-up/cool-down</p>	<p>MITIGATION/CONTROL</p> <p>At least 2m between each member (<i>unless from same household</i>)* front, sides and behind. Stretching and working singularly NOT in pairs/groups. Nothing face-to-face. Allow for movement and mitigate against the risk of droplets passing between participants. No press-ups, burpees or sit-ups, or any such exercises that may involve the members touching the floor with their hands.</p> <p><i>*we plan to maintain 2m distance regardless of whether members are in the same household.</i></p>
<p>Basic techniques</p>	<p>Distancing as above. All techniques appropriate to the space and class size.</p>
<p>Patterns (tuls)</p>	<p>Distancing as above. All patterns as appropriate to the space and class size.</p>
<p>Line work</p>	<p>Distancing as above. All techniques appropriate to the space and class size.</p>
<p>Free-sparring</p>	<p>Not currently permitted.</p>
<p>1-step, 2-step, 3-step & semi-free sparring</p>	<p>Practise as solo drills only, using defensive and attacking techniques. Cannot be practised as a partner drills <i>unless from the same household</i> (see above *)</p>
<p>Self-defence</p>	<p>Solo drills as above (step and semi-free sparring).</p>
<p>Breaking</p>	<p>Not currently permitted.</p>
<p>Pad-work</p>	<p>Only paired within Pod and pads to be wiped with anti-bacterial wipes afterwards</p>
<p>Wearing of face-masks whilst exercising</p>	<p>NOT during anaerobic exercise.</p>
<p>Loud shouting (kihaps)</p>	<p>NOT during anaerobic exercise.</p>



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<p>Grouping and class size</p> <p>RISK</p> <p>Cross infection due to exposure to high numbers of potential carriers for more than 15 minutes</p>	<p>Not allowed so as to reduce the risk of airborne droplets.</p> <p>MITIGATION/CONTROL</p> <p>The classes will be made up of groups (Pods) of no more than 6 students. The classes will not exceed 30 in line with Government regulations. Activities will only be carried out with students within their Pod.</p>
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Notes

Definitions:
 Parent also refers to *guardian, carer, designated responsible adult.*
 Member also *student.*

This risk assessment will be reviewed after each training day, in the case of East London School of Tae Kwon Do, that is Mondays, Tuesday, Thursday and Fridays. It will be amended should new risks arise or if government guidelines change. Any changes will be communicated to the Venue Manager as well as all instructors and designated volunteers at East London School of Tae Kwon Do. Any changes will also be incorporated in the Covid-safe Implementation Plan which will be sent to all members and parents.



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