

Traditional Karate & Fitness Risk Assessment

Assessment Date:	May 2021	Review Date(s):	As required
		Created by	Barbara Pegge
		Reviewed by	Matthew Yardy
Premises/ Activity Assessed:	Traditional Karate & Fitness Inside Training Sessions in accordance with Government Covid 19 Guidelines		

Hazard(s)	Who might be Harmed	Existing Control Measures	Risk Level (High, Medium, Low)	Additional Control Measures Required	Action (By Whom and When)	Residual Risk Level
Transmission of infection airborne and physical contact	Students, instructors, staff members of the public	<p>Class size in accordance to current government guidance</p> <p>Mandatory prior booking is required using online booking app.</p> <p>No kiai during training.</p> <p>No shouting from students or instructor.</p> <p>No training aids will be provided or shared</p> <p>All Directors have completed COVID 19 specific training</p>	Low	<p>Any students not pre booked will be turned away from the session.</p> <p>Membership administration to be completed on-line</p> <p>Gi or training clothes to be washed between training sessions</p> <p>Any student exhibiting symptoms or living in a household with someone with symptoms will be excluded from training.</p>	Instructor	Low

<p>Arrival/Departure</p> <p>Transmission of infection airborne and physical contact</p>	<p>Students, instructors, staff members of the public</p>	<p>Avoid contact with door/gate handles, Instructor will provide hand sanitizer or wipes.</p> <p>Parents must remain close by but not part of the group training- no spectators.</p> <p>After the class, students to leave the training area promptly.</p> <p>Follow the one-way system indicated</p> <p>Keep doors and windows open to allow good ventilation.</p> <p>Government guidelines on social distancing to be followed.</p>	<p>Low</p>	<p>All students have temperature checked on arrival</p> <p>Parents must not drop off children and leave them with the Instructor.</p> <p>Attendee records to be kept for 21 days to comply with Track and Trace requirements.</p> <p>Students to complete their own training record cards</p>	<p>Instructor</p>	<p>Low</p>
<p>Injury from slips & trips</p>	<p>Students, instructors, staff members of the public</p>	<p>Venues are inspected prior to bookings being made, to ensure suitability, and adequately lit. It the responsibility of the venue to ensure all floors are fit for use.</p> <p>Visual inspection by instructor prior to training of training area prior to session to ensure are is clean and without debris</p> <p>Personal belongings to be kept away from the training area no kit bags to be brought to training.</p>	<p>Low</p> <p>Medium</p> <p>Medium</p>	<p>Avoid training in poor light</p> <p>Suitable location to be used following visual inspection.</p> <p>Instructors to ensure there are no kit bags, personal belongings, training aids or equipment are brought to training</p>	<p>Director</p> <p>Instructor before session</p> <p>Instructor before session</p>	<p>Low</p> <p>Low</p> <p>Low</p>

Cuts and puncture wounds whilst participating from sharp objects	Students, and instructors	Visual inspection of training area prior to session to ensure surfaces are clear of sharp objects especially broken glass.	Medium	No glass bottles allowed in training area.	All instructors and staff	Low
			Medium	Students must remove all items of jewelry before training.		Low
Space between people & other groups within Government guidelines	Students, instructors, staff members of the public	<p>Ensure you have adequate space for Instructor to demonstrate exercises, and participants to train in accordance with government guidelines.</p> <p>Ensure you are aware, keep up to date and follow local authority rules and Government Guidance</p>	Medium	Good control and discipline of class	instructors	Low
Adverse reaction to over exertion such as fainting, seizure and breathlessness	Students	<p>Experienced instructors providing clear direction to students, all instructors qualified to at least 1st Dan. Supervision from instructors, Students to follow instruction</p> <p>All sessions to start with a whole body warm up and finish with cool down activities.</p>	Medium	<p>All students to complete medical questionnaire prior to starting training to declare existing medical conditions</p> <p>All instructors first aid trained</p>		Low

<p>Muscular skeletal injury, concussion</p>	<p>Students and instructors</p>	<p>Experienced instructors providing clear direction to students, all instructors qualified to at least 1st Dan. Close supervision and observation from instructors throughout the session.</p> <p>Students to follow instruction</p> <p>All sessions to start with a whole body warm up and finish with cool down activities.</p> <p>All students to complete medical questionnaire prior to starting training to declare existing medical conditions</p> <p>Maintain social distancing during training</p>	<p>Medium</p>	<p>Approved JKS training syllabus builds upon student's experience.</p> <p>All new starters to receive initial training in small groups.</p> <p>Students who don't follow instruction given verbal warning, if they continue to not follow instruction to be removed from the class</p> <p>Instructors to be aware of existing medical conditions and adapt training accordingly.</p> <p>All instructors first aid trained</p>	<p>All instructors</p>	<p>Low</p>
<p>Blood borne viruses</p>	<p>Students, instructors, staff, members of the public</p>	<p>Staff to use non-porous disposable gloves when administering first aid and clearing up</p>	<p>Medium</p>	<p>Soiled cleaning cloths and first aid materials to be suitably disposed of.</p> <p>All instructors first aid trained.</p> <p>No student to continue participating if there is a continued risk of blood loss.</p>	<p>All staff and instructors</p>	<p>Low</p>

Negative Impact on Mental Health and wellbeing	Students	<p>All students to complete medical questionnaire prior to starting training to declare existing mental health issues and learning difficulties, which could affect participation</p> <p>Directors to provide training to all instructors in line with safeguarding policy and child protection</p>	Medium	<p>Lead instructor to ensure instructors are aware of existing mental health issues and learning difficulties and adapt training and supervision levels accordingly.</p> <p>Private training and gradings available to reduce anxiety</p> <p>Training sessions structured to be inclusive and accommodate a range of needs and abilities</p>	All instructors	Medium
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To be completed by the person receiving this risk assessment	I confirm I have been provided with a copy of this risk assessment and understand the content.	
	Signed:	
	Print Name:	
	Date:	