



# SOARING EAGLE KARATE COVID-19 RISK ASSESSMENT

General, Activity Specific & Building Risk Assessment

This Risk Assessment will identify the risks associated with Covid-19 transmission within the facility, general risks, and activity specific, and will list the control measures the club has put in place to protect its members and instructors from the hazard of Covid-19.

The control measures from this risk assessment form the basis of the implementation plan that has also been shared with this document with participants and supporters.

This assessment will be reviewed regularly to ensure the control measures are effective in use,

Any changes in UK Government advice that might change this risk and or/control measure assessment will be noted.

Risk Assessment Completed: Amber Brennan  
Reviewed by: Oliver Thornton – Chair Person  
Updated by: Oliver Thornton – Chair Person

Date of Completion: 26/07/2020  
Date of review: 27/06/2020  
Date of update: 08/04/2021

## Soaring Eagle Karate General Covid-19 Risk Assessment

Hazard	Who might be harmed?	Is the risk adequately controlled?	What further action is necessary to control the risk?	Who is responsible for those actions?
Members unaware of virus controls	Members & guardians	Communications with new procedures sent out before classes restart via email Maintain 2m distance in all directions from other people by using floor markings.	Any updates to guidance (association/government) will be sent via email to all members as updates are given	Head coach
Venue too full for adequate social distancing	Members	Booking system used to attend classes or invitation only training	None	Head Coach
Staff unaware of new virus controls	Staff/Coaches	Training given for coaches on new procedures to control the virus	None	Head Coach
Risk of infection from travel to/from classes	Members, guardians, coached	Suggest use of private cars, walking, cycling. Minimise use of public transport and lift sharing.	None	Head Coach & Members
Personal equipment causes additional contact areas for infection	Members & Coaches	Equipment to be cleaned after use using appropriate cleaning products. Members requested to only bring essential personal items.	None	Head Coach & Members
Members need water	Members	All water bottles must be labelled and kept with any essential personal items on designated surfaces. Sessions are designed to minimise the need to drink until leaving but is available to obtain if needed (Shorter sessions that should not over-exert members)		
Cash payments spread contamination	Members/Guardians & Coaches	Only contactless payments, or online payments are permitted. No cash payments will be accepted.	None	Coaches



Members may arrive with contaminated hands	Members	Hand sanitising stations have been installed and clearly signposted. All members and guardians are directed to use stations on entry and exit to the venue and training area	None	Members & Coaches
Doors to training areas and changing rooms spread contaminations	Members & Coaches	All doors leading to the training area will be open. Changing rooms are available for use, but use should be minimised. Members directed to arrive ready to train.	None	Head Coach
Use of toilets increases risk of infection	Members & Coaches	Use of facilities limited to one at a time use. Wipes are provided within the facilities so that members can wipe down all touched surfaces and clean hands with sanitiser on returning. Bin provided outside to ensure outer door handle is sanitised. Between classes, facilities will also be cleaned if used in session.	None	Members & coaching staff
Social distancing measures not clear	Members	During training for U18s social distancing is not required, adults will be reminded to maintain 2m distance.	None	Head Coach
Spectators	Members & Guardians	No spectators will be permitted in classes. All guardians will be required to drop any members in their care at the door where a coach will receive them and direct them to their designated training area.	None	Coaches
Members in contact with lots of people from the club.	Members	Training sessions are now capped at 15 people not including coaches. Where members are from the same household, it is requested they attend the same training session unless it is an adult only class.	None	Coaches & members
Floors and training mats infected	Members	Mats will be cleaned before and after classes using specialist floor cleaning devices.	None	Coaches & Members
Touching surfaces	Members & coaches	Hand sanitiser is available at designated stations. Specific areas will be given for members to leave personal effects to minimise cross-contamination.	None	Coaches & Members



PPE requested	Members & coaches	Masks: Instructors & members may wear their own masks if they wish, provided they are taken with them when they leave to dispose of. Masks are not mandatory, wearing for equipment holding will follow EKF guidance Gloves: Evidence has suggested gloves can increase contamination and so it is requested members and staff use the hand sanitiser provided. Use of gloves for equipment use will follow EKF guidance	None	Coaches & Members
Members entry and exit increases contact risk	Members	On exit all members must use hand sanitiser provided. Members will follow the outlined entry and exit procedures as communicated in advance of training. Only essential possessions brought to training and left on designated surfaces that are cleaned before and after use and must be taken with them when leaving the venue. Members leave immediately where pickup is not required, or queues using the social distance markings on the floor.	None	Member & guardians
Member pick-ups are late	Members, guardians, coaches	Guardians must inform instructors in advance if they are to be unforeseeably late. The members this affects will be put to the back of the socially distanced queue and wait till pick up arrives. All members under 18 must be collected due to safe-guarding risks.	None	Head coach, guardians
Waste disposal	Coaches & members	All bins will be emptied at the end of each teaching day. All bins will have lids to contain any potential contaminants and hand sanitiser must be used after using a bin.	None	Head coach, members.
Track & trace	Members, guardians, coaches	Attendees contact details will be passed to Track & Trace if necessary in accordance with Coronavirus policies outlined by the government	None	Head coach, members/guardians
Falling ill mid-session	Members, coaches, guardians	Session will be stopped immediately. Exit procedure will be immediately followed and all guardians must remain easily contactable during training sessions in case of this circumstance. Members will wait in their social distanced queue until guardian collects them from own social distanced queue. A deep clean of the venue will commence on exit of all members.		
Falling ill before a session	Members, coaches, guardians	Members are requested to stay at home for any symptom pertaining to Covid-19 and inform Soaring Eagle Karate if they have been at training recently		



Falling ill after a session	Members, coaches, guardians	Members must not come to training and inform Soaring Eagle Karate of any symptoms pertaining to Covid-19 if they have been in training recently		
Post session reviews	Coaches	Review all guidance and procedures post session to make sure H&S operation can be adhered too and make any alterations as necessary to improve virus protection measures.		



## Soaring Eagle Karate Activity Specific Covid-19 Risk Assessment

Specific Activity	Who might be harmed?	Is the risk adequately controlled?	What further action is necessary to control the risk?	Who is responsible for those actions?
Warm up / Cool down activities	Members	U18s training to return to normal as per Step 2 of the government pathway – in line with Phase 2 guidance of the Combat Sport Framework Adults training will be limited to open mat sessions, with individual training with NO COACHING and NO PARTNER/GROUP WORK	None	Members & Coaches
Kumite techniques	Members	U18s to return to kumite training with contact. Adults can only practice techniques individually		Members & Coaches
Kata (Forms)	Members	Kata will be performed in individuals designated training area. If performed with another person this will only be in timing and distance will still be maintained by individual training areas.	None	Members & Coaches
Sparring	Members	Kumite is a partner activity and is not currently permitted.	None	Members & Coaches
1 Step Sparring (Practical techniques)	Members	U18s training to return to normal as per Step 2 of the government pathway – in line with Phase 2 guidance of the Combat Sport Framework Adults training will be limited to open mat sessions, with individual training with NO COACHING and NO PARTNER/GROUP WORK	None	Members & Coaches
Pad striking (Paddles, focus mitts, shields etc.)	Members	U18s training to return to normal as per Step 2 of the government pathway – in line with Phase 2 guidance of the Combat Sport Framework	None	Members & Coaches



		Adults training will be limited to open mat sessions, with individual training with NO COACHING and NO PARTNER/GROUP WORK		
Use of hanging/Free standing punch Bags	Members	Membership for adults allows for one person to use each piece of equipment individually while maintain social distance. Impact can be practiced without the need for another person to hold equipment. Equipment to be cleaned by individual after use	None	Members & Coaches
Training clothing	Members	Members should arrive ready to train wearing their own clean gi (long sleeves and trousers). Where this is not available loose sports clothing can be used but must be full length trousers and t-shirts to minimise skin contact.	None	Members & Coaches
Social Distancing, training & teaching guidelines		<p>Class times have been restructured to allow members to train while maintaining distance from other members. Members who train from the same household must train in the same session to minimise contact. All classes will be 60 minutes long with 15 minutes between for exiting and entrance procedure and cleaning between sessions.</p> <p>Coaches will be unable to provide haptic feedback to correct techniques. Only verbal corrections can be given.</p> <p>Session are to be pre-booked only to minimise number of people training. Tuesday &amp; Wednesday sessions are U18s only until Step 3 of government pathway. Mondays remain adult only. Students initially should only attend one all ages session a week until further notice and members are familiar with guidelines/procedures. Adult sessions are not included</p>	Non	Members & Coaches



		due to more concise entry and exit procedures and fewer adult members.		
General guidance	Members	<p>All activities will be carried out in line with government guidance issued on the 08/04/2021  <a href="https://www.gov.uk/guidance/coronavirus-covid-19-grassroots-sports-guidance-for-safe-provision-including-team-sport-contact-combat-sport-and-organised-sport-events#all-sports-and-physical-activity-guidance-and-key-considerations">https://www.gov.uk/guidance/coronavirus-covid-19-grassroots-sports-guidance-for-safe-provision-including-team-sport-contact-combat-sport-and-organised-sport-events#all-sports-and-physical-activity-guidance-and-key-considerations</a></p> <p>All sport specific activities will also be carried out in line with the issued guidance of the English Karate Federation (EKF) guidance</p>	None	Members & Coaches





## Soaring Eagle Karate Building Covid-19 Risk Assessment

Hazard	Who might be harmed?	Is the risk adequately controlled?	What further action is necessary to control the risk?	Who is responsible for those actions?
Lack of Covid-19 hygiene provisions	Members, guardians, coaches	<ul style="list-style-type: none"> <li>• Hand sanitising stations have been installed and clearly signposted.</li> <li>• Procedures outlined on usage of hand sanitising – before and after entry to building and training area, after use of toilet facilities, after touching personal effects.</li> <li>• Sanitising wipes are provided for use in toilet facilities to wipe all touched surfaces. Hands must then be sanitised.</li> <li>• Surfaces will be cleaned by Soaring Eagle Karate coaches before and after training.</li> <li>• Any surfaces used to store personal effects will be cleaned before and after use and only designated to one member at a time.</li> <li>• All floor will be cleaned by the specialist floor cleaning equipment before, and after each session.</li> <li>• Cleaning staff will attend to cleaning the dojo after each group have used the venue.</li> </ul>	None	Coaches Members Cleaning Staff Guardians
Social distancing	Members, Guardians & Coaches	<ul style="list-style-type: none"> <li>• Procedures for entry and exit to the building have been outlined by each specific organisation using the building and communicated to members</li> <li>• Procedures outlined to reach the facilities from training area to visit the toilet facilities</li> <li>• Maintaining a distance of at least 2m at all times when not training. Where this is not possible 1m+ can be used but for nonactive movements and entry and exit procedures (minimal contact time)</li> </ul>	None	Coaches, Members, Guardians



		<ul style="list-style-type: none"> <li>The unit will encompass no more than <b>20</b> people at one time <b>maximum</b> based on appropriate square footage of the unit if social distancing can be maintained (Government guidance 1 person per 100 sqft. Total square footage of unit 2308 sqft. Total 23 can be within the building but 20 chosen as an appropriate safety measure)</li> <li>Reception area is not closed for waiting and can now only be used for drop off and pick up of members.</li> </ul>		
Surface Usage	Members, guardians, coaches	<ul style="list-style-type: none"> <li>Members must only bring essential items with them to training. These will be kept on designated surfaces that will be separated for individuals. These surfaces will be cleaned before and after use.</li> <li>Sitting will be minimised (where it is not possible due to mobility to remove footwear when entering the matted training area), and only using designated surfaces that can be sanitised after use.</li> <li>All other surfaces will be sanitised before and after sessions in case of droplet transmission.</li> <li>Any signs or notices will be laminated for ease of cleaning. Any communications will be sent electronically.</li> </ul>	None	Members & Coaches
Floor Usage	Members, Coaches	<ul style="list-style-type: none"> <li>Both the training area and indoor floor will be cleaned using specialist floor cleaning equipment before and after all sessions.</li> <li>All members must exit the building before this can be done to minimise droplet contaminations</li> </ul>	None	Coaches
Toilet/Changing Facilities	Members & Coaches	<ul style="list-style-type: none"> <li>Use the hand sanitiser provided on exiting the training area</li> <li>Enter the bathroom to use the facilities.</li> <li>Once finished wash hands using the correct handwashing method (poster for reference displayed in facilities)</li> <li>Then use sanitising wipes provided to wipe down all touched surfaces including both inner and outer door handles.</li> <li>Dispose of the wipe in the outer bin provided.</li> </ul>		



		<ul style="list-style-type: none"> <li>• Enter the training area at the edge nearest to the facilities and use the hand sanitising station</li> <li>• Changing facilities are open, but use should be minimised to minimise close contact. Members will be asked to arrive in training clothing.</li> </ul>		
Window & Doors	Members & Coaches	<ul style="list-style-type: none"> <li>• All windows and door will remain open for ventilation within the building while in use (not including office area, toilets, changing facilities, kitchen and storeroom. All these are off limits to members apart from toilet facilities in which privacy is necessary)</li> <li>• If members require additional clothing due to temperature this is permitted as long as these stay with the member at all times.</li> <li>• Coaches are the only people to touch these doors and windows (excluding toilets) and before and after use will use hand sanitiser and wipe the surfaces touched with sanitising wipes.</li> </ul>		

