



Risk Assessment Guidance (including COVID-19 considerations)

Risk Category	Description	Control Measure
Indoor Premises	<ul style="list-style-type: none">• Access to the Building• Registration/Signing in/Tracking all people in attendance• Spread of Infection• Changing Rooms/Toilets• Spread of Infection	<ul style="list-style-type: none">• Procedures in place to minimise social contact available on club website www.essex-aikido.org• Signage in place to explain processes. BSV access egress procedure in place• Member Covid 19 indemnity form in place, all attendees must Pre-register/Sign in, to enable tracking of the virus if anyone attending tests positive.• Shower or as a minimum ensure clean and have washed hands. Ensure gi has been washed after the last session and is clean to wear.• All those in attendance must thoroughly wash hands/use sanitizer, as per government guidelines on arrival. Sanitizer stations in place BSV• Ensure all members, parents and spectators are aware of the social distancing protocol/guidance, using Toilets and Changing rooms in advance of the session.• The wearing of face coverings is encouraged but at this stage not compulsory, please refer to current Government Guidance.• Participants should not to use changing rooms but to come to Aikido prepared, wearing their kit and with their own personal equipment (water bottles etc.). Following the session, they will be

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	<ul style="list-style-type: none"> • Training Area 	<p>encouraged to leave the venue immediately with no social interaction and shower at home. Where it is necessary for participants to use the changing room, access will be restricted to numbers that will allow social distancing.</p> <ul style="list-style-type: none"> • Ensure signage is in place to enforce these measures. • Ensure appropriate ventilation in the room. • Maintain social distancing both on and off the mat/training area. • Wait for the coach to invite student onto the tatami, • Rash guard and leggings may be worn under gi to limit sweat transmission. • Smaller class sizes limited to BAA guidelines on use of mat space available (social distancing). • On the instruction of the coach move to the personal 3-metre square area, • Water and personal belongings next to student within personal area, • Have no contact with anyone on the mat (unless from the same household) • Stand in the middle of my personal area, • On instruction of the coach, bow, knowing this means the class has officially started. • Shorter sessions – (to allow for cleaning between sessions and more sessions to be run to accommodate more members). • No physical contact (unless with a person from inside your family – household bubble).

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	<ul style="list-style-type: none"> <li data-bbox="658 735 786 767">• Egress <li data-bbox="658 959 936 991">• Spread of Infection 	<ul style="list-style-type: none"> <li data-bbox="1355 252 1989 392">• Slow phased return, appropriate volume and intensity relative to individual. Individual drills – solo kata, uchi-komi – fitness & weapons etc. <li data-bbox="1355 400 1962 496">• Session will be solo kata movements/exercises with various kinds of Uchi Komi and weapons work. <li data-bbox="1355 504 1989 568">• Ask the coach first if need to leave the tatami for any reason. <li data-bbox="1355 576 1951 639">• Sit down in the centre of my 3 metre space to attract the attention of the coach if unwell <li data-bbox="1355 647 1989 759">• On the instruction of the coach bow knowing the class has now officially finished. When the session has finished : <li data-bbox="1355 767 1789 799">• Not go into the changing rooms, <li data-bbox="1355 807 1980 871">• Not gather, meet up with my friends or socialise either inside or outside the Dojo or building, <li data-bbox="1355 879 2007 943">• Go out of the building straight away without delay and into my parents/guardian's car, <li data-bbox="1355 951 1906 1015">• Do not mix with anyone on my way home, if not in a car, <li data-bbox="1355 1023 2002 1086">• Stick to the Government Guidelines if going home by bus or train. <li data-bbox="1355 1094 1939 1198">• Everyone shall shower and wash gi on return home. Shower when return home

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Outdoor Training	<ul style="list-style-type: none"> Surfaces & Equipment (Doors/Tables/Chairs/ Coaching Props) Inclement or adverse weather conditions Social Distancing Playing surface 	<ul style="list-style-type: none"> Ensure all Doors/Handles/Tables/Chairs & any equipment used are thorough cleaned before and after every session. A decision will be made by organiser if weather conditions are prohibitive to the safety of the participants or the structure of the equipment. Ensure all participants can adhere to the government guidelines for social distancing throughout all of the session. Ensure the activity is appropriate for the playing surface, adapted to ensure safety throughout, no throwing unless using a dummy/prop. Non-contact throughout unless from same household. Inspect area and clear of any potential hazards. If changing rooms are closed and cannot be used come to the dojo ready changed, students should refrain from travelling on public transport in their Gi. Bring additional dojo tabi socks and a facemask. Maintain social distancing both on and off the mat area.
Mats & Equipment	<ul style="list-style-type: none"> Lifting and laying of Mats/Tatami 	<ul style="list-style-type: none"> Students are advised that they only lift within their own capabilities, If trolley is provided ensure that this is used. Two person lift if required. If mats require stacking ensure that two person lift is used

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	<ul style="list-style-type: none"> • Spread of infection 	<ul style="list-style-type: none"> • Ensure mats are thoroughly cleaned prior to starting and at the end of each session with Government recommended products, allowing for enough time for them to completely dry. • An inspection is carried out to ensure the mats are completely dry and there are no gaps or signs of damage. • Ensure all Doors/Handles/Tables/Chairs & any equipment used are thoroughly cleaned before and after every session.
Coaches & Students	<ul style="list-style-type: none"> • Numbers and abilities of students • Spread of infection 	<ul style="list-style-type: none"> • Create specific class times and ensure groups are consistent with bubbles established. • Classes should be pre booked with Covid Indemnity form / with correct contact details for all students/coaches attending to adhere to the test and trace protocols and mat size for social distancing. Available www.essex-aikido.org • Online payment for sessions to reduce cash handling. • Medical advice is clear: contacts of a person who has tested positive for coronavirus (COVID-19) must self-isolate at home because they are at risk of developing symptoms themselves in the next 14 days and could spread the virus to others before the symptoms begin. If you are a contact of someone who has tested positive for coronavirus (COVID-19), and then you will be notified by the NHS Test and Trace service via text message, email or phone. If you are notified, please follow the guidance in this document closely.

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		<ul style="list-style-type: none"> • All students must bring their own water and not share with others. • All students and coaches must wear footwear when not on matted area. • All students and coaches must adhere to current good practice with regards hand washing in toilets and using sanitizer before entering mat and leaving the dojo. • Temperatures should be taken at the entrance and if any family/group member has a temperature of over 38 degrees the group will be asked to isolate for two weeks before returning. • Coaches are to remain at a one-metre plus with additional precautions (2 metres if possible) distance and have no physical contact with any member of a group.
First Aid & Student Welfare	<ul style="list-style-type: none"> • Fully stocked and accessible First Aid Kit • Accidents requiring further treatment • Spread of infection 	<ul style="list-style-type: none"> • Required to treat minor injuries, abrasions. • Cleaned and replenished after every use. • Coaches are first aid trained or training venues have qualified First Aiders on site. • First Aid incidents are recorded. • BAA Child Protection Policy (17) will be adhered to throughout all club activities. • All Coaches and Volunteers hold a current DBS and valid coaching qualification and up to date insurance. • Make it clear that anyone feeling unwell, especially with symptoms as listed in government guidelines including a high temperature or cough must not

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		attend under any circumstances.
Activity & Risk	<ul style="list-style-type: none"> Injuries to students - Required Break falls, Possibility of Overload Spread of Infection 	<ul style="list-style-type: none"> Appropriate warmup and cool down will be conducted for the session. Keeping within the individual/sectioned off mat areas. All new participants are covered for taster sessions as part of club's Public liability insurance Non-contact / Use of Throwing Dummies/Props, unless from same household. Aikido training (on-line or physically present) will only take place under the direct supervision of a qualified and insured instructor with an up to date DBS check. For on-line training involving juniors / vulnerable adults, consent required

20/02/2022

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