

TAGB TAE KWON-DO

Burnham-on-sea / Cheddar / Portishead

Tae Kwon-Do Covid-19 Activity Risk Assessment

Version: Phase 1

This document identifies the risks posed by Covid-19 to our club activities and identifies the Control Measures this TAGB Club is putting in place to protect its Instructors, Members and Supporters from the Covid-19 hazard whilst attending our Tae Kwon-Do Activity.

EDITION DATE: 15th April 2021

RISK ASSESSMENT COMPLETED BY (Name):	
DATE OF COMPLETION:	

- **This Activity Risk Assessment will identify the risks associated with Covid-19 transmission within our club activity, and will list the Control Measures that this Club is putting in place to protect its Members and Instructors from the Covid-19 hazard.**
- **The control measures from this risk assessment should then form the basis of the Implementation plan that clubs should complete and share with their participants and supporters.**
- **This Assessment will be reviewed regularly to ensure the Control Measures are effective in use.**
- **We will also take note of any changes in UK Government advice that might change this risk and/or control measures required.**

Review Dates & Signature		

TAE KWON-DO ACTIVITY RISK ASSESSMENT

Identified Risk	Control Measure	Check
Members unaware of new Virus controls	Pre-class communication of implementation plan to all members.	
Too many people attending the session for adequate social distancing requirements	Online booking system put in place.	
Members risk infection travelling to/from the class	Suggest walking, bike, private car rather than public transport. People should only travel in household groups and maintain social distancing with everyone else.	
Members bags and pads cause additional areas for transfer of virus	Minimise bags, reduce necessity for pads. Whenever possible – anything brought to the club it is wiped down thoroughly before coming to training and kept away from everyone else whilst in the venue.	
Members need water	Members bring their own labelled water bottle.	
Cash payments spread contamination	Use online payments or ensure cash payments are in sealed envelopes.	
Members arrive with contaminated hands	All participants to be advised to wash hands at home prior to leaving and cleaned with sanitiser on entry to training area.	
Members are confused by new layouts	Provide signage to assist members and/or add warning tape to floors.	
Doors to training room spread contamination	Doors remain open to avoid touching – also adding ventilation to the room.	
Changing rooms increase infection risk	Members come dressed ready to train.	
Use of toilets increases risk of infection	Limit number of users at one time, provide wipes and ensure members clean all surfaces touched and clean hands with sanitiser on returning.	
Venue size affects social distancing	Review class capacity and/or training times.	
Social distancing measures	Maintain current rules on social distancing for adults.	
Members with higher risk and/ or with underlying health conditions	There will be online training sessions on Thursday and Friday evenings.	
Family members	Can train together in household groups.	
Mats/floors are infected	Cleaning of mats/floor before classes, detergent or disinfectant solutions containing 1000ppm Chlorine should be used and spot cleaned during sessions where sweat or other bodily fluids are apparent that could contain the virus.	

TAE KWON-DO ACTIVITY RISK ASSESSMENT

Identified Risk	Control Measure	Check
Spillages on floor	Spillages are to be cleaned.	
Equipment is infected (floor markers, cones etc.)	Equipment should be thoroughly disinfected & cleaned before and after sessions to minimise the risk of transmission and must not be shared between different household groups or adults during sessions. Detergent or disinfectant solutions containing 1000ppm chlorine should be used.	
Touching surfaces occurs	Have available hand sanitiser and/or schedule cleaning breaks when necessary.	
PPE is requested	Instructors and members can use their own masks and/or gloves.	
Members leaving increases contact risk	Each member cleans their hands with sanitiser on leaving and takes all their possessions with them. Members should leave immediately.	
Member pick ups are late	Members wait in a quiet area with 2m social distancing.	
Safeguarding risk for under 18's if pick up is late	Under 18's to be supervised by instructors until collected.	
Leaving behind contamination	Mats/floors are cleaned, equipment is wiped clean as per cleaning regime.	
Waste disposal	Separate bins are provided for potentially infected material for secure disposal at the end of the session.	
Instructor Test & Trace	Keep a list of names and telephone numbers in case of instructor or member infection.	
Post session review	Monitor, review and discuss session H&S operation with members to improve.	
Increased risk of transmission when using equipment for adults members or those with underlying health conditions	<p>Members with a higher risk and/or underlying health conditions should not participate in activity using any equipment if it entails working closer than 2 metres with others from different households</p> <p>Members with a higher risk and/or underlying health conditions should always maintain 2 metre social distancing from all other people from different households.</p>	
Members' equipment can increase risk of fomite transmission	Keep a list of names and telephone numbers in case of instructor or member infection.	
Reduced social distancing when using hand held target	Adult Instructor equipment holders to wear face masks and gloves when working with equipment. Holders to keep the target at full arms-length away from their face. Group sizes restricted to 15 children and individual 1:1 training for adults from different households.	

TAE KWON-DO ACTIVITY RISK ASSESSMENT

Identified Risk	Control Measure	Check
Increased risk of aerosol transmission between participants when shouting (kihap) during use of hand-held targets such as pads	Shouting prohibited in sessions.	
Increased risk of fomite (surface) transmission when using hand-held targets such as pads	Equipment should be thoroughly disinfected & cleaned before and after use with each working group of children or individual adults to minimise the risk of transmission. Detergent or disinfectant solutions containing 1000ppm Chlorine should be used.	
Reduced social distancing when using break boards	Single instructor holder permitted only. Face mask and gloves to be worn by the holder at all times. Group sizes restricted to 15 children or individually socially distanced adults.	
Increased risk of fomite (surface) transmission when using break boards	Boards should be thoroughly disinfected & cleaned before and after use with each working group of children or individual adult to minimise the risk of transmission. Detergent or disinfectant solutions containing 1000ppm chlorine should be used.	
Increased risk associated with wearing of Tae Kwon-Do sparring equipment	Minimise shared equipment between children and regular cleaning. No sharing of wearable protective equipment between adults. Contact sparring not currently permitted under Phase 1	

TAE KWON-DO ACTIVITY SPECIFIC RISK ASSESSMENT

Tae Kwon-Do Specific Activities	Suggested Risk Control Measure	Check
Warm Up/Cool Down	At least 2 metres between each member (unless from same household) A 3m x 3m block area is recommended for each participant to allow for movement and to mitigate against the risk of droplets of sweat passing between participants. Stretching and working singularly NOT in pairs / groups unless from same household. Use side by side or back to back in all cases when you can (rather than face to face)	
Basic Techniques (on spot or up and down)	Maintain distancing as above except for people from same household	
Patterns	Maintain distancing as above except for people from same household	
Free Sparring	Performed as shadow sparring maintaining distance as above	
Set Sparring	Maintain distancing as above except for people from same household	
1-4-1 Sparring	Performed as shadow sparring, maintaining distance as above	
Self Defence	Not currently permitted in Phase 0	
Breaking	Not currently permitted in Phase 0	
Pad Kicking (e.g. Pads / Paddles, Kick Shields, etc.)	Not currently permitted in Phase 0	