# Krav Maga Round Table

# Covid-19 Risk assessment template

## Club name:       Assessment carried out by:

## Date of next review:       Date assessment was carried out:

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| Activity/Key Points | What are the hazards? | Who might be harmed and how? | What action do you need to take to control the risks? | Who needs to carry out the action? | Done(name and date) |
| **Arriving and leaving the premises** | **Illness through Covid-19 and Spread of Covid-19 through Droplet transmission****Fomite transmission/ Population** | **Instructors, Students, Spectators** | * To help reduce the spread of COVID-19, instructors will at the beginning of each lesson remind students of the club Covid-19 policy and procedures with regards to social distancing, hand sanitising and minimising the spread of COVID-19 as well as ask students and spectators to confirm that they are not currently displaying any COVID-19 symptoms, specifically
1. a high temperature (38 degrees or above)
2. a new, continuous cough
3. a loss or change to their sense of smell or taste

Checks will be carried out by instructors to ensure that the necessary procedures are being followed.* Gatherings at the beginning and the end of the lesson are to be avoided.
* The 2 metre social distancing rules are to be followed when entering and leaving the venue. Students are to leave the premises promptly at the end of the lesson.
* Spectators must wear facemasks inside the building

at all times (unless exempt for medical reasons).* Instructors will wait at the entrance to the venue to ensure that social distancing guidelines are followed at the beginning of the lesson and ensure students leave the venue promptly at the end of the lesson.
* Instructors and students are reminded to sanitise their hands for 20 seconds with hand sanitiser at the start and the end of each lesson, as well as before and after breaks, when leaving/ entering the training area and after equipment use.
* They will also be reminded to catch coughs and sneezes in tissues or their elbows instead of their hands.
* Instructors must take everyone’s temperature upon entering.
* Anyone displaying Covid-19 symptoms must be asked to leave and follow government guidance with regards to Covid-19 symptoms
 | **Instructors** |       |
| **Changing facilities** | **Illness through Covid-19 and Spread of Covid-19 through Droplet transmission****Fomite transmission/ Population** | **Instructors, Students, Spectators**     | * All students will be required to arrive in full training gear
* Changing facilities should not be used
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| **Toilets** | **Illness through Covid-19 and Spread of Covid-19 through Droplet transmission****Fomite transmission/ Population** | **Instructors, Students, Spectators**    | * Where toilets are available, a strict one in- one out rule applies
* Participants should be made aware in advance whether toilet facilities will be available
* Parents/ guardians may accompany their children and carers may accompany disabled people where necessary
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| **During training** | **Illness through Covid-19 and Spread of Covid-19 through Droplet transmission****Fomite transmission/ Population** | **Instructors, Students**     | * A minimum of 100 square feet per person will be used when working out a facility’s maximum occupancy.
* Where partner work is not conducted, students will be asked to maintain 2 metres social distance from others (unless they are from the same household) and will be directed to their covid-save training box, which will be clearly marked at the beginning of the lesson.
* There will be no physical contact between persons during lessons in Phase 0 and all students are reminded to stay in their marked areas and observe social distancing at all times.
* Where social distancing guidelines do not need to be followed in relation to a particular activity (Phase 1,2,3), all mitigation actions possible are put in place to reduce the risk of transmission. In this case, students will be asked to partner up at the beginning of the lesson and larger, marked areas will be pointed out for partners.
* During partner sessions, students will be asked to stay in the marked area with their partner, keeping at least 2 metres distance with the exception of when the activity takes place.
* During the activity and where social distancing is not fully possible due to the nature of the activity and wherever partners are closer than two metres of each other, masks must be worn, unless undertaking the activity has a negative impact on the person performing the activity.
* Where possible face to face drills will be adapted to be side to side or back to back. Where this cannot be done, heads will be turned sideways.
* Where two members of the same household are present, they will be training together.
* Students are to remain with the same partner for the entire session.
* In any case in Phase 1 and 2 training bubbles must be formed. These can be up to 6 people. Training bubbles cannot be mixed and students can only ever train with people from their training bubble.
* Students may only form one training bubble
* The sharing of equipment should be avoided where possible. Where this is not possible, equipment shall be thoroughly sanitised before transferring it to the next person and hands should be sanitised thoroughly.
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| **Cleaning** | **Illness through Covid-19 and Spread of Covid-19 through Droplet transmission****Fomite transmission/ Population** | **Instructors, Students, Spectators**    | * All facilities and equipment must be cleaned before the lesson commences
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| **Sanitising** | **Illness through Covid-19 and Spread of Covid-19 through Droplet transmission****Fomite transmission/ Population** | **Instructors, Students, Spectators** | * The instructor must provide hand sanitiser (at least 60% alcohol) for instructors, students and spectators.
* Stringent hand and equipment sanitising should take place before the start, during and at the end of the lesson.
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| **First Aid** | **Illness through Covid-19 and Spread of Covid-19 through Droplet transmission****Fomite transmission/ Population** | **Instructors, Students, Spectators**      | * In the event that anyone falls ill, the instructor will take on First Aid responsibility, a face mask and gloves will be available to minimise physical contact where possible in this situation.
* If they are able to self treat the instructor will instruct them on the correct way to treat themselves, but treating the casualty properly should be the first aiders first concern so contact may be unavoidable in more serious circumstances.
* Instructors must have a valid First Aid qualification and a First Aid kit to hand at all times.
* They will assist at a safe distance from the casualty as much as they can and minimise the time they share in a breathing zone.
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| **Ventilation** | **Illness through Covid-19 and Spread of Covid-19 through Droplet transmission****Fomite transmission/ Population** | **Instructors, Students, Spectators4** | * Ventilation to be maximised where possible and permitted by way of opening doors and windows.
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| **Symptoms of Covid-19** | **Illness through Covid-19 and Spread of Covid-19 through Droplet transmission****Fomite transmission/ Population** | **Instructors, Students, Spectators** | * Instructors will be made aware of the club covid-19 risk assessments and policy and procedures.
* Students will be made aware of the club covid-19 policy and procedures prior to coming to lessons.
* No one should take part in lessons if they or anyone they have been in contact with during the last 14 days is displaying covid-19 symptoms. They should inform the instructor and follow the government guidelines relating to the actions to be taken when displaying Covid-19 symptoms and will be advised to get tested.
* If anyone displays symptoms, becomes unwell with a new continuous cough or a high temperature during a lesson, they will be sent home and advised to get tested and follow the government guidelines .
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| **NHS track and trace and keeping a record** | **Illness through Covid-19 and Spread of Covid-19 through Droplet transmission****Fomite transmission/ Population** | **Instructors, Students, Spectators** | * Instructors will keep a register with names and contact numbers of anyone who takes part in lessons and will keep this register for 21 days to support NHS Test and Trace and will provide it promptly where requested.
* An NHS track and trace poster with QR code will be available and students will be asked to scan and register attendance on arrival.
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| **Spectators** | **Illness through Covid-19 and Spread of Covid-19 through Droplet transmission****Fomite transmission/ Population** | **Instructors, Students, Spectators** | * Spectators will not be allowed in Phases 0,1 and 2 with the exception of parents /guardians of children students and carers of disabled people.
* They must wear masks (unless exempt) and stick to social distancing guidelines and stay within the spectator area at all times.
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