



COVID -19 INDOOR TRAINING EXAMPLE RISK ASSESSMENT

What are the hazard areas?	Who may be harmed and why	Existing measures	Additional controls required	Action Required	Who by	Completed Date
Access to building	All Attending Avoiding contact		Minimise social contact. Keep people apart 2m at all times. Stagger entry times if nowhere to queue socially distanced.			
Registration & Record keeping	Participants To Participants Track and trace in case of contraction		Classes must be pre-booked with attendance register. Up to date contact details taken for each person attending.			
Changing room /Toilets	Participants and those using facilities. Social distancing Minimising risk of contamination.		All judoka to come to training in judo suit/ training clothing. In cold weather judoka to be encouraged to attend in clothing which can be worn over Judogi so they can simply remove in Dojo. One person at a time to use toilet.			



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Session Activity	Participants and coach in session avoiding contact.		<p>All sessions non- contact.</p> <p>Mat areas of 3x3 metre per judoka.</p> <p>Ratio 15 students to 1 Coach, total amount attending session 16</p>			
Parents/spectators	<p>Parents /spectators</p> <p>Minimise contact and risk of contraction</p>		<p>All parents to be provided with working practices.</p> <p>If in dojo must be socially distanced 2m for each other and wear masks at all times</p> <p>Parents should inform in advance if they are staying or dropping of child.</p>			
First aid	<p>Participants and first aider.</p> <p>minimise risk of contraction</p>		<p>First aid kit to be fully stocked.</p> <p>Social distancing rules will not apply if first aid is being given. Masks and gloves</p>			



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			must be worn by person administering. First aid incidents must be recorded.			
Safeguarding	All attending		BJC safeguarding policy will be adhered to throughout all club activity.			
Payment	Coach Minimise risk of contact.		Payment for sessions wherever possible to be non -contact			
Notification	Participants/ parent. Adhering to rules.		Ensure all attendees /parents receive a copy of current working practices. Risk assessment must be sent to BJC head office			

Person completing risk assessment:

Date of completion:

Club Name: