



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 before and after sessions and during breaks.  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			



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			toilet.			
Session Activity	Participants and coach in session.  Space and ventilation		U18 'S indoor contact sessions in training bubbles  Ratio 15 students to 1 Coach, total amount attending session 16.  Coach avoiding contact if taking multiple training bubbles.  Limit capacity 100 sqft rule.  Additional ventilation required during sessions. i.e Open windows, doors or fire exits.			
Parents/spectators	Parents /spectators  Minimise contact and risk of contraction		All parents to be provided with working practices.  No Parents or spectators can attend sessions.  Parents should be informed in advance they need to drop off and collect children.			



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First aid	Participants and first aider.  minimise risk of contraction		First aid kit to be fully stocked.  Social distancing rules will not apply if first aid is being given. Masks and gloves must be worn by person administering. First aid incidents must be recorded.			
Clean Equipment	Minimise contraction		All equipment must be cleaned after session or use.			
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: