

# Sei-Bu-Kan Kokusai Kyokai Covid-19 safety risk assessment for training at Bassett Green School



19/04/21

This risk assessment is based on the Federation of English Karate Associations (FEKO) Return to Play policy, which has been approved by Sport England.

This policy identifies adults as being at phase 1 of the re-opening strategy for karate in England, and children as being at phase 2

	Activity/element	Hazards identified	Controls applied	Residual risk acceptable?	Additional controls required?	Residual risk acceptable?
1	General sanitisation and hygiene for students and surfaces.	Risk of cross-contamination from surfaces which are touched by students.	<ol style="list-style-type: none"> <li>1. All students should use the hand gel as they enter the building and as they leave</li> <li>2. All students are advised to shower on their return home.</li> <li>3. Students will be asked to use the toilet before leaving home to minimise use of the building's facilities.</li> <li>4. Students will be asked to change into their gi (karate suit) before leaving home to minimise the use of the building's facilities. This is mandatory for children and advised for adults.</li> <li>5. Students will be advised that they must clean their gis between sessions.</li> <li>6. Students will train in shoes until we are advised that we can move to phase 3, when all covid restrictions can be removed.</li> <li>7. No shared equipment to be used.</li> </ol>	Yes	No	N/A

			8. The caretaker of the building will clean floors and surfaces as per the building's Covid-19 protocols.			
2	Student and instructor health.	Students and instructors coming to training who have symptoms or are in homes where anyone has symptoms or is quarantining may infect others.	All instructors, adult students and parents/guardians of child students will be asked to sign a declaration in which will undertake not to attend or send a child to attend training if they or their child is displaying known symptoms of Covid-19 or comes from a home where someone is symptomatic or is quarantining.  (Appendix A)	Risk that students will attend despite the declaration	Sanitisation and distancing protocols will ensure potential cross-infection is minimalised	Yes
3	Entering building.	<ol style="list-style-type: none"> <li>Adults and children gathering in close contact outside building, risking cross-contamination.</li> <li>Uncontrolled access to building risking close contact and potential for cross-contamination.</li> </ol>	<ol style="list-style-type: none"> <li>Everyone will be asked to maintain a 2 metre distance between family groups when waiting outside the building.</li> <li>Students should arrive for their class no more than 10 minutes before it starts.</li> <li>Adults dropping children should leave as soon as the instructor has seen the child into the building.</li> <li>Entrance to the building will be via a designated door.</li> <li>Instructors to have key fob to control access to building. Students will be welcomed into the building by instructors who will wear masks and will move straight into the dojo.</li> <li>Students aged 12 and over and adults be asked to wear a mask until they enter the dojo.</li> </ol>	Yes	No	N/A
4	Entering the dojo (training hall).	Risk of students breaching distancing rules and	Students to be shown into the dojo and given a space to wait for the session to begin. Social	Yes	No	N/A

		risking cross-contamination.	distancing will be maintained at all times.			
5	Training session (solo practice).	Risk of students breaching distancing rules and risking cross-contamination.	<ol style="list-style-type: none"> <li>1. Adults (phase 1) will be required to maintain a 2m distance between each other.</li> <li>2. Children (phase 2) will be encouraged to maintain social distance but are allowed to move closer when techniques require.</li> <li>3. No kiai (shout) is allowed.</li> <li>4. If anyone needs to use the toilet whilst training they should do this one at a time.</li> <li>5. Drink breaks will be taken in the dojo during which time distancing will be maintained.</li> </ol>	Yes	No	N/A
6	Training session (partner practice).	Risk of cross contamination due to close contact	<p>Allowed in training bubbles for adults (Phase 1)</p> <p>Children are allowed to participate in light contact work (Phase 2). This includes:</p> <ul style="list-style-type: none"> <li>• Pad work</li> <li>• Partner work</li> <li>• Sparring</li> <li>• Moving through another person's space</li> </ul>	N/A		
7	Ending the session.	Risk of cross-contamination to students because they have come into to contact with surfaces used by other students.	Students will be reminded to shower when they return home and to launder their gi before the next session.	Yes	No	N/A
8	Leaving the building.	Risk of cross-contamination due to people gathering inside and outside of the	<ol style="list-style-type: none"> <li>1. Parents collecting children will be asked to arrive at the exact finish time.</li> <li>2. Parents will be asked to maintain social distancing outside the building.</li> </ol>	Yes	No	N/A

		building.	<p>3. Instructors will see children out of the building one at a time.</p> <p>4. Exit to the building will be via a designated door which is different to the entrance door.</p>			
9	Awareness of procedures	Students and parents/guardians not being aware of safety protocols.	<p>Information about the Covid-19 safe processes will be sent to every student or their parent/guardian.</p> <p>(Appendix B)</p>	N/A		

**APPENDIX A**

# Sei-Bu-Kan Kokusai Kyokai health declaration (Covid-19 safety)



It is really important that you do not attend, or send a child to attend, karate if there is the possibility that you or they are infected with Covid-19. We are training in a school building and our actions affect the whole school community as well as our club members. Therefore we request that you read the declaration below carefully and sign it to demonstrate your commitment to keeping the community safe.

This must be signed before any student returns to training and must be brought to their first session back. No one will be allowed to train without having submitted a declaration. Child students must have this signed by a parent or guardian.

If you are not sure whether you or your child should attend training please contact Sensei Chris Marshall on 07833717887

Thank you.

I confirm that I will not attend/allow my child to attend training at Bassett Green School if I/them or anyone in the household:

- is quarantining due to the possibility of having Covid-19;
- has a temperature of 37.8 degrees or above;
- has a new persistent dry cough;
- has a loss of the senses of taste or smell;
- has shortness of breath or breathing difficulties that are not related to a known non Covid-19 condition;
- has unexplained symptoms which might indicate viral infection. These include sore throat, muscle pain or weakness and fatigue;
- has been to any country for which the government requires self-isolation on return in the last 14 days or has been to any part of the UK which has travel restrictions.

Signed.....

Student name.....

Date.....

## APPENDIX B

# Sei-Bu-Kan Kokusai Kyokai processes for Covid-19 safety: parent/student information



We are delighted to be starting back training on April 29<sup>th</sup> 2021. However, things will be a little different for a while and we need to follow some basic rules to keep us all safe.

There are slightly different rules for adults and children. In accordance with Sport England guidelines Adults are currently allowed to train at phase 1 and children at phase 2. We are hoping to be able move everyone to phase 3 (normal training) in time for the September term.

### Health Declaration

The first thing to say is that every student needs to have submitted a health declaration. Please let us know if you have not received one of these or are having any difficulty with it. This must be brought to the first training session attended and no one can train without having done this.

### Process for attending training

- Please arrive no more than 10 minutes before the start of the session and wait outside of the building by the door which you normally use. This is now the entrance door only. Maintain a distance of 2 metres between family groups whilst you are waiting.
- The instructors will come to the door and welcome students in. If you are a parent/guardian you are not allowed to enter the building. Please return at the exact finishing time of the session. You can collect children from the door at the other end of the hall.
- Students will be asked to use hand gel on entry to the building.
- Adults and children aged 12 and over must bring a mask and wear until they enter to enter the training hall.
- We request that students use the toilet before coming to training. It is possible to use the facilities at the school but we would like to keep this to a minimum.
- All students should bring a drink with them as they will not be able to access drinking water at the school.
- Students will need to wear a pair of soft training shoes until we are allowed to move to phase 3.
- Students must launder their gis in between training sessions.

### Additional information

- We have limited class numbers to ensure distancing in the training hall and will plan training activities which keep everyone at a safe distance.
- Instructors may wear masks on some occasions but students will not wear them for training.

**We look forward to seeing you back at training.**