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**WELSH JUDO RISK ASSESSMENT (COVID -19) TEMPLATE**

**Risk Assessment Template**

Advice and guidance from Welsh Government and the Welsh Judo Association has required all judo clubs in Wales to conduct a risk assessment for COVID-19.

Welsh Judo Association has prepared

The risk assessment must be carried out by a nominated Covid Compliance Officer in order to identify the hazards and quantify the risks of these hazards exposing people to the virus.

Hazards and risks cannot be eliminated and therefore must be controlled. The control measures must be either physical or procedural and must be communicated to those who will work with, or otherwise come into contact with the hazards.

In undertaking risk assessments, the following approach should be adopted:

* Gather information and advice from the Welsh Judo Association
* Gather information from Welsh Government and Public Health Wales
* Consider control measures appropriate to the current Welsh Government and Public Health advice
* Evaluate residual risk to person(s)

The risk assessments below give only the primary risks.

* The primary risk is the risk associated with the identified hazard assuming that the risk associated, remains completely uncontrolled.

All club management committees shall ensure that the risk control measures are fully implemented to achieve these levels.

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| **Date of Assessment:** |  | **Assessed By:** |  |
| **Training Venue:** |  | **Date of Risk Assessment Review:** |  |

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| Description | Hazard | Control Measures | Confirmed(Tick) | Initials |
| Indoor/Premises | * Access to the Building
* Registration/Signing in/Tracking all people in attendance
* Spread of Infection
* Judo Mats
* Changing Rooms/Toilets
 | * Set procedures in place to minimise social contact.
* Signage in place to explain processes.
* Players/parents sent guidance/procedures sheet prior to session.
* Ensure every person who enters the building has registered/Signed in, to enable tracking of the virus if anyone attending tests positive.
* All those in attendance must thoroughly wash hands/use sanitizer, as per government guidelines on arrival.
* Mats to be laid by designated centre staff/volunteers who are aware of safe manual handling and kinetic lifting techniques and wearing recommended PPE, disposed of in a provided pedal bin.
* Ensure mats are thoroughly cleaned prior to starting the session with Government recommended products, allowing for enough time for them to completely dry.
* An inspection is carried out to ensure the mats are completely dry and there an no gaps or signs of damage.
* Ensure mats are again cleaned prior to packing them away
* Mats to be picked up by designated staff/volunteers who are aware of manual handling and kinetic lifting techniques and wearing recommended PPE.
* Ensure all members, parents and spectators are aware of the social distancing protocol/guidance, using Toilets and Changing rooms in advance of the session.
* Encourage participants to arrive already changed and avoid changing rooms if possible.
* Ensure signage is in place to enforce these measures.
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| Outdoor Training | * Surfaces & Equipment (Doors/Tables/Chairs/ Coaching Props)
* Inclement or adverse weather conditions
* Social Distancing
* Playing surface
 | * Ensure all Doors/Handles/Tables/Chairs & any equipment used are thorough cleaned before and after every session.
* A decision will be made by organiser if weather conditions are prohibitive to the safe-ty of the participants or the structure of the equipment.
* Ensure all participants can adhere to the government guidelines for social distancing throughout all of the session.
* Ensure the activity is appropriate for the playing surface, adapted to ensure safety throughout, no throwing unless using a dummy/prop.
* Non-contact throughout unless from same household.
* Inspect area and clear of any potential hazards
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| Mats | * Mat
* Mats can separate. Care will be needed to make sure any gaps are closed
 | * 1m x 1m/2m x 1m mats will be used, coverage; 3m x 3m per participant. Clearly mark out individual mat areas or make separate areas of a larger mat area with tape or different coloured mats.
* Maximum of 30 (in line with Welsh Government legislation and mat spacing requirements)
* There may be a need occasionally to temporarily halt activity and push any displaced mats back into position
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| Description | Hazard | Control Measures | in Place | Initials |
| First AidGeneral Injuries | * Fully stocked and available First aid kit
* Non-threatening injuries
* Accidents requiring further treatment
 | * Ensure enough kit available to treat minor injuries, abrasions
* Enusre First Aid Kit is cleaned and replenished after every use.
* Make PPE provisions available for First Aiders.
* Ensure all coaches are first aid trained
* Assign a designated First Aider on site at ever session.
* Ensure First Aid incidents are recorded
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| Controlled Session / Adapted Activity | * Injuries to Athletes
* Spread of Infection
 | * A warmup and cool down will be conducted for the session. Keeping within the individual/sectioned off mat areas.
* All participants are covered for taster sessions as part of club’s Public liability insurance
* Non-contact / Use of Throwing Dummies/Props, unless from same household.
* Judo training will only take place under the direct supervision of a qualified BJA or UKCC level 2 Coaches, who are also trained in first aid, have undergone safeguarding young people and vulnerable adults training and have a clear DBS check.
* Online Coaching - Qualified Coach – With a parent present and aware of session outcomes.
* The demonstration of technique and Judo activity will only be carried out by qualified

and insured judoka and in line with the mat area size and conditions. |  |  |
| Safeguarding |  | * Ensure that the BJA Safeguarding policy will be adhered to throughout all club activities.
* Ensure all Coaches and Volunteers hold a clear and current DBS and valid coaching qualification.
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