

# COVID-19 risk assessment

## Genryukan Aikido



**Assessment carried out by:** Christophe Courtin

**Date:** 16/09/2020

Until further notice:

- All members and visitors to training session at Genryukan Aikido must wear reasonable face covering and maintain social distancing (at least 1 metre) before, throughout and after the session. No mask, no entry, no exception.
- If wearing a face covering is causing issues, members are obviously allowed breaks to go outside for fresh air. If a mask breaks, or can't be worn anymore for whatever reason, the person concerned must remain 2 metres away from everybody else.
- Everybody must wash their hands upon entrance and whenever it is required.
- No contact technique will be practiced, unless you are part of the same social bubble.
- The use of your own weapon is highly recommended. Some weapons might be distributed at the beginning of the session with cleaning procedure in place when distributing and returning the weapons. Do not swap them during training.
- Bring your own drinks.
- FYI, 1 metre is the width of a mat, 2 metres is the length of a mat.

What are the hazards?	Who might be harmed and how?	Controls
Getting or spreading coronavirus by not washing hands or not washing them adequately	Club members and visitors	<ul style="list-style-type: none"> <li>- All members must use the hand sanitiser gel provided (or their own) as they enter the hall.</li> <li>- If they can't, they should go straight to the toilets and use the water and soap available.</li> </ul>
Getting or spreading coronavirus in common use high traffic areas such as corridors, toilet facilities, entry/exit points to facilities, changing rooms and other communal areas	Club members and visitors	<ul style="list-style-type: none"> <li>- Upon entrance, members should move in straight into the main hall and not congregate in the entrance.</li> <li>- The kitchen should only be accessed by a first aider if the 1<sup>st</sup> aid kit is required. People should bring their own drinks to avoid using communal glassware.</li> <li>- In the changing room, people must maintain social distancing and get changed rapidly.</li> <li>- If the room is full, newly arrived members should wait in the main hall.</li> <li>- a maximum of 2 people in the equipment room to stack/unstack and clean the mats. Other members can bring the mats to the door maintaining social distancing in the main hall.</li> </ul>

Contracting or spreading the virus by not social distancing	Club members and visitors	<ul style="list-style-type: none"> <li>- All members are required to remain in the main hall as much as possible, and keep social distancing on and off the mats.</li> <li>- The wearing of reasonable face-covering is compulsory for everybody. The club cannot provide anyone with face covering.</li> </ul>
Poor workplace ventilation leading to risks of coronavirus spreading	Club members and visitors	<ul style="list-style-type: none"> <li>- Fresh air is the preferred way of ventilating your workplace so opening windows and doors (that are not fire doors) can help</li> <li>- If need the wall fans can be switched on during the session.</li> </ul>
Increased risk of infection and complications for vulnerable workers	Club members and visitors	<ul style="list-style-type: none"> <li>- Members in the following categories should NOT attend training: <ul style="list-style-type: none"> <li>&gt; Clinically extremely vulnerable</li> <li>&gt; People self-isolating</li> <li>&gt; People with symptoms of coronavirus</li> </ul> </li> </ul>
Getting or spreading coronavirus through travelling to training together	Club members and visitors	<p>If members are not in a bubble:</p> <ul style="list-style-type: none"> <li>- social distancing of 1 metre+ should be maintained whenever possible.</li> <li>- The wearing of reasonable face-covering is compulsory.</li> </ul>
Getting or spreading coronavirus by not cleaning surfaces and equipment.	Club members and visitors	<ul style="list-style-type: none"> <li>- Mats should be wiped with cleaning products as they're unstacked before the session, and before being stacked back at the end.</li> <li>- Whenever possible, 1 person stack/unstack and another wipe the mats clean before passing it on to other members in the main hall.</li> <li>- Hands should be washed before and after handling the mats.</li> </ul>

Read and understood:

Date: