

CHKA COVID Risk Assessment



<b>Location</b>	
<b>Head Coach</b>	
<b>Assessor</b>	
<b>Date of Assessment</b>	
<b>Review Date</b>	24 <sup>th</sup> September 2020

<b>What are the Hazards?</b>	<b>Who may be harmed</b>	<b>What are you already doing?</b>	<b>What further action is necessary?</b>	<b>Actions by whom?</b>	<b>Completed /Date</b>
<b>Number of people</b>	Participants	Booking in advanced in force limit dependant on venue size and social distancing rules	Suspend booking when capacity limits are reached		
<b>Physical Contact</b>	Participants and Coaches	No physical contact with anyone outside your household	No partner work to be under taken and designated lanes/ area's to be used		
<b>Venue</b>	Participants and Coaches	Clean and sanitising training area before and after the session			
<b>Toilet</b>	Participants and Coaches	One in, one out system in toilets	If hall management agree, sanitise toilets before and after class		
<b>Use of Changing Rooms</b>	Participants	No changing rooms in use. Please arrive ready to train.			
<b>Equipment</b>	Participants and coaches	No pads or equipment to be used. If mats are being used, they will be sanitised before hand			
<b>Entering and Exiting</b>	Participants	Where possible, a one way in and one way out system to be used. Students to remain outside until instructed to come into the venue			

		and will exit one by one. Sanitising and temperature checks on entry and sanitising on exit			
<b>Track and Trace</b>	Coaches and Participants	Parents must give permission for students to train along with contact details to allow them to be contacted if needed			
<b>Kiais and heavy breathing</b>	Participants	No Kiais (shouting/expelling air) will be allowed whilst training	Training intensity levels will be reduce to lower heavy breathing and excess sweating		
<b>Sanitising</b>	Participants and Coaches	Everyone will sanitise on entry and exit from the venue	Bringing your own sanitiser is permitted		
<b>Check Temperature</b>	Participants and Coaches	Temperature checks will take place upon entry using a non-contact temperature gun	If a high temperature shows, you won't be permitted into the session and will be advised to follow current government guidelines		
<b>Symptoms</b>	Participants and Coaches	Poster on display outlining government guidelines on symptoms  Symptoms: <ul style="list-style-type: none"> <li>• High Temperature</li> <li>• New, Continuous Cough</li> <li>• Loss of or change in sense of taste or smell</li> </ul>	NHS Covid testing is advised via 119 or the NHS test and trace website		
<b>Belongings /Water Bottle</b>	Participants	There will be a designated space in each participant's lane/area to leave belongings. Water bottles must be clearly labelled			