



BPSJK RISK ASSESSMENT - ADDITIONAL TOPIC COVID-19

BPSJK recognises that all risks cannot be reduced to zero, therefore this risk assessment prioritises the significant risks in line with Government Guidance. For all activities, Instructors will dynamically assess risks and put in place control measures and record as required.

Concerns, changes in risk management practice that are seen by Instructors to be significant should be reported to the BPSJK Admin Office via blackpantherkids@aol.com

IMPORTANT

This Risk Assessment should be read in conjunction with BPSJK’s Health & Safety Policy, and our BPSJK Risk Assessments (as appropriate) and the latest Government Guidance
<https://bit.ly/Govtguidelines>

As a result of COVID-19, BPSJK has produced this Risk Assessment to help our Club comply with the Government Guidelines. It is important to understand that these measures are taken in a bid to minimise the risk of COVID-19 being passed between participants whilst Training. BPSJK and will do their utmost to provide a safe environment but take no responsibility for members who contract COVID-19, however contracted.

The responsibility for a safe training environment is a shared between the Instructor and the members. Members must make their own risk assessment as to where, when or whether they will train. Members have the responsibility to NOT train or attend the Dojo if they have any symptoms that may be in anyway related to COVID-19. Furthermore, if they have had contact with anyone who has, or is suspected of being infected with the COVID-19 virus they must NOT train and should follow government guidelines on isolation, timescales etc.

The responsibility for the safety and wellbeing of those under 18 years of age is with the parent/guardian.

Please note that this risk assessment is by no means exhaustive or comprehensive – other risks may emerge. BPSJK will continue to work within the latest Government guidelines and therefore this risk assessment will be reviewed and updated as necessary.

Significant risks	People at risk	Measures to reduce risk	Review
Member has an underlying medical condition which may be more affected by COVID-19	ALL	Send out notes to members to advise not to attend if they show symptoms. Ask at each training session	Every lesson
Infection transmission via airborne transmission	ALL	Anyone with coughs or colds etc MUST NOT train or enter the dojo	Every lesson
Change over between other classes using the dojo	ALL	Allocate time between classes, work with venue staff/management.	Every lesson



Black Panther School of Japanese Karate
Cockfosters – Brookmans Park – Southgate – Enfield – Potters Bar



Significant risks	People at risk	Measures to reduce risk	Review
Infection transmission via airborne or physical contact whilst changing/showering	ALL	Members should arrive and leave in a freshly laundered Gi and shower at home. Many venues have the showers out of use	Every lesson
Infection transmission via Airborne or physical contact	ALL	Wear face masks and gloves when travelling to and from entry/exit dojo	Every lesson
Infection transmission by physical contact	ALL	Hand wash facilities at venue/ encourage members to bring their own sanitiser – pre-entry and exit from the dojo	Every lesson
Infection transmission by physical contact with surfaces	ALL	Avoid contact with door handles etc if possible. Wear gloves. Wash hands/hand sanitiser	Every lesson
Parents /spectators attending with members	ALL	Wait outside – due to limited space. Follow Government guidelines and guidance from the venue/sports centre at all times	Every lesson
Attendance register	ALL	Only one person to record register	Every lesson
Infection transmission via cash	ALL	Use electronic transactions where possible	Every lesson
Infection transmission by physical contact whilst training	ALL	No physical contact. Maintain physical separation in line with the Government guidelines. Limit training time when members are facing each other. Reduce or limit the use of Kiai. See training guidelines for Covid-19.	Every lesson
First aid – injury requiring medical treatment, and/or hospital visit.	ALL	Ensure you have a qualified first aider present. Review first aid procedures in line with the COVID-19 restrictions and precautions. Assistance from the venue/sports centre. (If available)	Every lesson



Black Panther School of Japanese Karate
Cockfosters – Brookmans Park – Southgate – Enfield – Potters Bar



Training Guidelines for COVID-19

Please see below basic training guidelines. These may be modified as we have more information and/or government guidelines change. Members should make the Club Instructors aware of any underlying medical condition which may be adversely affect by COVID19. These are all subject to guidance put in place by the Sports Centre/ Venue Management.

Training Routine	Guidance
Instructors	Instructors will have no physical contact with any of the training participants or attendees. Follow Government guidelines with regards to distancing between you and your students.
Space / calculation of dojo capacity	Utilise the full floor space area of the dojo to achieve the required separation ie 1 or 2 metres dependant on Government guidelines at the time. Follow Government guidelines. Do not exceed capacity. Work with the venue/sports centre Management.
Kihon (Basic Techniques)	To be performed as such that the recommended separation is maintained.
Kata (Set Forms)	To be performed as such that the recommended separation is maintained.
Kumite (Sparring)	No physical contact. Distance between partners to be in line with Government guidelines.
Kiai	Limit/eliminate kiai especially if facing towards another member of the club.