

A Safe Return To Judo - Risk Assessment Templates

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| **Description** | **Hazard** | **Control Measures** | **in Place** | **Initials** | **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 junior participant (U12). 4m x 4m per senior (12+) participant. Clearly mark out individual mat areas or make sepa- rate areas of a larger mat area with tape or different coloured mats.
* Mats comply to standards\*
* 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** | **Initials** |
| **First Aid****General Injuries** | * Fully stocked and available First aid kit
* Non-threatening injuries
* Accidents requiring further treatment
 | * Required to treat minor injuries, abrasions
* Cleaned and replenished after every use.
* Coaches are first aid trained
* A designated First Aider will always be on site.
* First Aid incidents will be 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** |  | * BJA Safeguarding policy will be adhered to throughout all club activities.
* All Coaches and Volunteers hold a clear and current DBS and valid coaching qualification.
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| **Head Coach/Club Official Signature:** |  |
| **Date:** |  |

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