



A SAFE RETURN TO JUDO

RISK ASSESSMENT TEMPLATES





Description	Hazard	Control Measures	In Place	Initials	Initials
Indoor/Premises	<ul style="list-style-type: none"> Access to the Building Registration/Signing in/Tracking all people in attendance Spread of Infection Judo Mats Changing Rooms/Toilets 	<ul style="list-style-type: none"> 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 are 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. 			
Outdoor Training	<ul style="list-style-type: none"> Surfaces & Equipment (Doors/Tables/Chairs/ Coaching Props) Inclement or adverse weather conditions Social Distancing Playing surface 	<ul style="list-style-type: none"> Ensure all Doors/Handles/Tables/Chairs & any equipment used are thoroughly cleaned before and after every session. A decision will be made by organiser if weather conditions are prohibitive to the safety 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 			
Mats	<ul style="list-style-type: none"> Mat Mats can separate. Care will be needed to make sure any gaps are closed 	<ul style="list-style-type: none"> 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 separate 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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<p>First Aid</p> <p>General Injuries</p>	<ul style="list-style-type: none"> Fully stocked and available First aid kit Non-threatening injuries Accidents requiring further treatment 	<ul style="list-style-type: none"> 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 			
<p>Controlled Session / Adapted Activity</p>	<ul style="list-style-type: none"> Injuries to Athletes Spread of Infection 	<ul style="list-style-type: none"> 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. 			
<p>Safeguarding</p>		<ul style="list-style-type: none"> 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. 			

Head Coach/Club Official Signature:	
Date:	

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