



**TOTAL
SHOTOKAN KARATE**

Dojo Risk Assessment

Dojo	London & Hertfordshire
Assessment Carried out by	Adam Cockfield
Date	Apr-21
Version	3

Hazard	Who could be harmed?	Likelihood	Risk Level	Category	Mitigations	Further Actions Necessary
Covid-19 Infection & Transmission (Government Level 4 & 5)	Students, Instructors, Parents/Gardians	Medium	High	General	No training to be conducted face to face	None
					All training to be conducted by weekly Zoom Sessions	None
Covid-19 Infection & Transmission (Government Level 3)	Students, Instructors, Parents/Gardians	Medium	Medium	General	Outdoor Training allowed	None
					Total Shotokan Karate Instructors to undertake Covid-19 training via https://cimspa-reactivate.uk/	None
					Covid-19 protocol document and risk assessment shared with all students and instructors	None
					Zoom sessions to continue should individuals or families not feel comfortable with outdoor group training	None
					Individuals should not train if they, or anybody in their household, feel unwell or exhibit any symptoms of Covid-19 (a new, dry cough or fever)	None
					Should any individuals, anyone in their household group or anyone that they have had contact with is diagnosed as having Covid-19, they should inform the Club Sensei and avoid training in person for 14 days. Zoom training can continue.	None
					Payment for sessions to be done via bank transfer only and not in cash, to speed up the entry process and to avoid social distancing	None
				Social Distancing	Training records will be kept to assist in any track and trace requirements	None
					Maximum group size of 5 per session	None
					2m social distancing to be maintained at all times	None
				Equipment	Majority of training to be solo training	None
					Partnerwork only allowed with individuals of the same household or "bubble"	None
					Individuals to thoroughly wash their hands and/or use antibacterial gel wash before and after sessions	None
					Each Individual has their own set of gloves & focus pads which only that individual is permitted to wear	Training packs purchased via Blitz Sports
Covid-19 Infection & Transmission (Government Level 2 or Level 3 when confirmed indoor training is permissible) Under 18's from 12th April & Over 18's from 17th May (date TBC)	Students, Instructors, Parents/Gardians	Medium	Medium	General	Equipment (both personal and club owned) should be cleaned before and after each session with antibacterial spray	None
					Karate Gi or training clothes to be removed and washed once returned home from training	None
					Indoor training allowed for U-18's from 12th April and Over 18's from 17th May (date TBC)	None
					Total Shotokan Karate Instructors to undertake Covid-19 training via https://cimspa-reactivate.uk/	None
					Covid-19 protocol document and risk assessment shared with all students and instructors	None
					Outdoor training and Zoom sessions to continue, should individuals or families not feel comfortable with indoor training	None
					Individuals should not train if they, or anybody in their household, feel unwell or exhibit any symptoms of Covid-19 (a new, dry cough or fever)	None
					Should any individuals, anyone in their household group or anyone that they have had contact with is diagnosed as having Covid-19, they should inform the Club Sensei and avoid training in person for 14 days. Zoom training can continue.	None
				Pre Training Protocol	Payment for sessions to be done via bank transfer only and not in cash, to speed up the entry process and to avoid social distancing	None
					Training records will be kept to assist in any track and trace requirements	None
				Social Distancing	All individuals will be required to sign a Total Shotokan Training Protocol to confirm that they understand and agree to adhere to the approach	Look for online option to avoid additional paperwork
					Prior to leaving to come to training, all individuals must wash their hands for a minimum of 20 seconds in accordance with NHS guidelines	None
					All individuals present will be required to take a forehead temperature check. Individual will not be permitted to enter the dojo with a temperature of more than 37.8 degrees	Purchase forehead thermometer
					Before entering (or re-entering) the dojo, individuals must use the sanitising station to clean hands and bare feet with antibacterial alcohol gel	Purchase 60% alcohol hand gel
Where possible individuals should arrive at the dojo, clothed ready to train and should avoid using the changing rooms.	None					
Equipment	Lesson times to be altered to ensure that cross over between classes is minimised with a 15 min gap between one session ending and a new session starting	None				
	Maximum group size of 15 per session indoors or 30 outdoors	None				
	2m social distancing to be maintained at all times and marked on the dojo floor with cones/belts/markers	None				
Covid-19 Infection & Transmission (Government Level 1 or Level 2 when confirmed indoor contact training is permissible) 21st June (Date TBC)	Students, Instructors, Parents/Gardians	Low	Low	General	Majority of training to be solo training, although U-18's can take part in partnerwork	None
					Partnerwork allowed. Recommendation for padholder to wear mask	None
					Each Individual has their own set of gloves & focus pads which only that individual is permitted to wear	Training packs purchased via Blitz Sports
					Karate Gi or training clothes to be removed and washed once returned home from training	None
					Equipment (both personal and club owned) should be cleaned before and after each session with antibacterial spray	None
					Indoor training allowed for all and a removal of social distancing requirements	None
					Total Shotokan Karate Instructors to undertake Covid-19 training via https://cimspa-reactivate.uk/	None
				Covid-19 protocol document and risk assessment shared with all students and instructors	None	
				Pre Training Protocol	Zoom sessions to continue should individuals or families not feel comfortable with outdoor group training	None
					Individuals should not train if they, or anybody in their household, feel unwell or exhibit any symptoms of Covid-19 (a new, dry cough or fever)	None
				Social Distancing	Should any individuals, anyone in their household group or anyone that they have had contact with is diagnosed as having Covid-19, they should inform the Club Sensei and avoid training in person for 14 days. Zoom training can continue.	None
					Payment for sessions to be done via bank transfer only and not in cash, to speed up the entry process and to avoid social distancing	None
					Training records will be kept to assist in any track and trace requirements	None
				Equipment	All individuals will be required to sign a Total Shotokan Training Protocol to confirm that they understand and agree to adhere to the approach	Look for online option to avoid additional paperwork
Before entering (or re-entering) the dojo, individuals must use the sanitising station to clean hands and bare feet with antibacterial alcohol gel	Purchase 60% alcohol hand gel					
Where possible individuals should arrive at the dojo, clothed ready to train and should avoid using the changing rooms.	None					
Not required	None					