

## RISK ASSESSMENT - FACE-TO-FACE CLASSES DURING CORONAVIRUS PANDEMIC

**Training location** King Henry School Sports Centre  
**Date of assessment** 13/03/2021  
**Comments** RA for for face-to-face classes during the coronavirus pandemic. Adapted from the RA for face-to-face classes.

Activity	Who will be harmed?	Likelihood of Risk Occurring	Impact of Risk if it Occurs	Severity of Risk	Mitigation	Severity after Mitigation
Fitness and stretching	Students	Medium	Medium	Medium	1. Suitable warm up including joint rotations and gradual stretching. 2. Instructions will be provided for new exercises. Exercises will be performed under supervision. 3. Alternative exercises will be available to allow students to build up fitness and flexibility. 4. No partner exercises as everyone must remain physically distanced. 5. Floor markings will be used to make sure students stay physically distanced. 6. Fitness routines will be adapted to reduce heavy breathing, coughing, and excessive sweating. This is to reduce likelihood of transmission should a student not be aware they have coronavirus.	Low
Hand strikes, kicking and sparring	Students	High	Medium	High	1. Instructions to be provided for new strikes. Exercises and sparring will be performed under supervision. 2. Floor markings will be used to make sure students stay physically distanced. 3. Safety and respect information to be given to students - encourages control and limiting the use of power. 4. No sparring will take place. This is to maintain physical distancing between everyone. 6. Students to be suitably warmed up to reduce risk of muscular injury. 7. Where drills increase the risk of falling over (eg jump kicks), students will be allowed to use mats. Mats will be allocated to individuals for the duration of a class. They will be sanitised before another student uses them.	Low
Forms practice	Students	Medium	Medium	Medium	1. Instructions to be provided for new movements. 2. Floor markings will be used to make sure students stay physically distanced. 3. Students to be suitably warmed up to reduce muscular injury.	Low

Technique practice	Students	Medium	High	High	<ol style="list-style-type: none"> <li>1. Physical contact will only be allowed between partners who are in bubbles (eg students within same family).</li> <li>2. Instructions to be provided for new techniques.</li> <li>3. Safety and respect information to be given to students - encourages control and limiting use of power.</li> <li>4. Mats will be allocated to individuals for the duration of a class. Only other students from the same bubble may approach and use anothers mats. Mats will be sanitised before another student (from a different bubble) uses them.</li> </ol>	Medium
Break falling and acrobatics	Students	Medium	Medium	Medium	<ol style="list-style-type: none"> <li>1. Mats to be used to reduce damage from falling.</li> <li>2. Instructor will be conscious about the space a student will use and take necessary action to reduce risk of collision.</li> <li>3. Instructions to be provided for new movements.</li> <li>4. Students to be suitably warmed up to reduce muscular injury.</li> <li>5. Mats will be allocated to individuals for the duration of a class. Mats will be sanitised before another student uses them.</li> </ol>	Low
Weapons practice	Students	Medium	High	High	<ol style="list-style-type: none"> <li>1. Instructions to be provided for new movements.</li> <li>2. Floor markers will be used to make sure students stay physically distanced.</li> <li>3. Students to be suitably warmed up to reduce muscular injury.</li> <li>4. Weapons will only be introduced to students once they have demonstrated the necessary coordination and balance required to handle the weapon safely.</li> <li>5. For students under the age of 18, weapons will only be introduced to students with the consent and agreement of their parent or legal guardian.</li> <li>6. Instructor will provide safety information to students about appropriate weapon handling (eg make space, go slow to start with, respect for weapon).</li> </ol>	Medium
Meditation	Students	Low	Low	Low	<ol style="list-style-type: none"> <li>1. Instructions to be provided for new movements.</li> <li>2. Floor markers will be used to make sure students stay physically distanced.</li> </ol>	Low
Board breaking	Students, Spectators	High	High	High	<ol style="list-style-type: none"> <li>1. No board breaking will take place as this cannot be done in a safe and physically distanced manner.</li> </ol>	Low

Safeguarding	Students, Spectators, Instructors	Medium	High	High	<ol style="list-style-type: none"> <li>1. All instructors are trained and experienced in teaching Kuk Sool Won.</li> <li>2. There will always be a suitably qualified and insured instructor (according to World Kuk Sool Won Association and Kuk Sool Won UK Schools standards) present to supervise class.</li> <li>3. Instructors will have undertaken safeguarding and first aid training, and where appropriate obtained necessary qualifications or accreditations.</li> <li>4. Regular breaks will be offered to students during classes.</li> <li>5. Policies and procedures will be published on the school website and shared with students and parents/guardians so that everyone is aware of what they need to do to safeguard the well being of everyone involved (students, instructors, spectators, parents/guardians, etc).</li> <li>6. Spectators (inc parents/guardians where appropriate) will be asked to keep back from the training area to reduce risk to them.</li> <li>7. Training area will be kept free from obstacles, slippery surfaces and other hazards.</li> <li>8. Where first aid is required to be given, gloves and a mask will be worn.</li> </ol>	Medium
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<p>Children and/or staff will transmit or become infected with COVID-19</p>	<p>Students, Spectators, Instructors, Anyone else</p>	<p>High</p>	<p>High</p>	<p>High</p>	<ol style="list-style-type: none"> <li>1. Limited numbers of students and spectators are permitted on the site. Individuals with underlying health conditions/deemed vulnerable are encouraged to stay absent.</li> <li>2. Individuals who are due to be in class should stay at home if they are experiencing signs of illness outlined on the NHS website <a href="https://www.nhs.uk/conditions/coronavirus-covid19/">https://www.nhs.uk/conditions/coronavirus-covid19/</a> . It is the responsibility of individuals (for adult students/instructors) or parents/guardians (of youth/junior students) to ensure that they/their children do not attend class while experiencing symptoms.</li> <li>3. Individuals must be isolated and sent home if they are in experiencing the signs and symptoms of Covid 19 as given in NHS website or instructors/volunteers have noticed these signs and symptoms <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/">https://www.nhs.uk/conditions/coronavirus-covid-19/</a></li> <li>4. Emails sent to all members to outline their /their child's responsibilities.</li> <li>5. When members come onto site, they will be required to wash their hands frequently. They will be asked to do this, on arrival, and before they go home.</li> <li>6. Used tissues to be placed by the child in a lined and covered bin on site or taken home to be disposed of.</li> <li>7. Members encouraged to cough and sneeze into their elbow and away from the direction of other people.</li> <li>8. Visitors to the club will be asked to wash their hands and maintain social distancing.</li> <li>9. If an adult had been in contact with any other adults or children and is now displaying symptoms others must follow the guidelines on the NHS website.</li> <li>10. Staff and children should observe the social distancing guidance: <ul style="list-style-type: none"> <li>- No person to person contact outside of family groups</li> <li>- Remain 2 metres apart while training – markers will be distributed to locate individual training areas.</li> <li>- No sharing of equipment without wiping down</li> <li>- No sharing of drinks or food</li> <li>- Members are no allowed in the training area before their session.</li> <li>- Visitors are encouraged to wait away from the path while the previous session leaves.</li> </ul> </li> <li>11. All general equipment will be sanitised after each session.</li> <li>12. In the event of first aid being necessary, first aider will wear a mask and gloves.</li> </ol>	<p>Medium</p>
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Member becomes ill or displays symptoms of Covid19	Students, Instuctor, Spectator, Anyone else	High	High	High	<ol style="list-style-type: none"> <li>1. Member will inform instructor at the first sign of any symptoms and will not enter the school site.</li> <li>2. Instructor will ask the member to get tested as soon as possible and await results.</li> <li>3. If tested positive the member will self-isolate for 7 days and the rest of the session bubble will self-isolate for 14 days.</li> <li>4. Instructor will inform the rest of the session that there has been a case of confirmed Covid19 and clarify what they should do.</li> </ol>	Medium
Members will transmit infection to the home environment from the club.	Students, Instuctor, Spectator, Family members, Anyone else	High	High	High	<ol style="list-style-type: none"> <li>1. Members will wash their hands before leaving the site at the end of the session.</li> <li>2. Members should bring their own water bottle which needs to be cleaned before each session. Only the owner of the bottle should handle the bottle.</li> <li>3. Used tissues to be placed by the child in a lined and covered bin on site or taken home to be disposed of.</li> </ol>	Medium
Infection may be transmitted via the physical club environment	Students, Instuctor, Spectator, Other users of the school, Anyone else	High	High	High	<ol style="list-style-type: none"> <li>1. Windows/doors will be opened to provide ventilation. Students are encouraged to wear extra layers when training during cold weather.</li> <li>2. Avoid bringing in any additional items from home into the club environment unless these are absolutely necessary.</li> <li>3. Members to have their own equipment and this is not to be shared.</li> <li>4. Sessions will be limited in size.</li> <li>5. Members should use only the designated toilets.</li> <li>6. Changing facilities will not be available.</li> <li>7. Members and visitors are encouraged to observe social distancing, see above.</li> </ol>	Medium