

# **A Safe Return To Judo Club Risk Assessment Template**



Description	Hazard	Control Measures	In Place	Initials	Initials
<b>Indoor/Premises</b>	<ul style="list-style-type: none"> <li>Access to the Building</li> <li>Registration/Signing in/Tracking all people in attendance</li> <li>Spread of Infection</li> <li>Judo Mats</li> <li>Changing Rooms/Toilets</li> </ul>	<ul style="list-style-type: none"> <li>Set procedures in place to minimise social contact.</li> <li>Signage in place to explain processes.</li> <li>Players/parents sent guidance/procedures sheet prior to session.</li> <li>Ensure every person who enters the building has registered/Signed in, to enable tracking of the virus if anyone attending tests positive.</li> <li>All those in attendance must thoroughly wash hands/use sanitizer, as per government guidelines on arrival.</li> <li>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.</li> <li>Ensure mats are thoroughly cleaned prior to starting the session with Government recommended products, allowing for enough time for them to completely dry.</li> <li>An inspection is carried out to ensure the mats are completely dry and there are no gaps or signs of damage.</li> <li>Ensure mats are again cleaned prior to packing them away</li> <li>Mats to be picked up by designated staff/volunteers who are aware of manual handling and kinetic lifting techniques and wearing recommended PPE.</li> <li>Ensure all members, parents and spectators are aware of the social distancing protocol/guidance, using Toilets and Changing rooms in advance of the session.</li> <li>Encourage participants to arrive already changed and avoid changing rooms if possible.</li> <li>Ensure signage is in place to enforce these measures.</li> </ul>			
<b>Outdoor Training</b>	<ul style="list-style-type: none"> <li>Surfaces &amp; Equipment (Doors/Tables/Chairs/ Coaching Props)</li> <li>Inclement or adverse weather conditions</li> <li>Social Distancing</li> <li>Playing surface</li> </ul>	<ul style="list-style-type: none"> <li>Ensure all Doors/Handles/Tables/Chairs &amp; any equipment used are thoroughly cleaned before and after every session.</li> <li>A decision will be made by organiser if weather conditions are prohibitive to the safety of the participants or the structure of the equipment.</li> <li>Ensure all participants can adhere to the government guidelines for social distancing throughout all of the session.</li> <li>Ensure the activity is appropriate for the playing surface, adapted to ensure safety throughout, no throwing unless using a dummy/prop.</li> <li>Non-contact throughout unless from same household.</li> <li>Inspect area and clear of any potential hazards</li> </ul>			
<b>Mats</b>	<ul style="list-style-type: none"> <li>Mat</li> <li>Mats can separate. Care will be needed to make sure any gaps are closed</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> <li>Mats comply to standards*</li> <li>There may be a need occasionally to temporarily halt activity and push any displaced mats back into position</li> </ul>			

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<p><b>First Aid</b></p> <p><b>General Injuries</b></p>	<ul style="list-style-type: none"> <li>Fully stocked and available First aid kit</li> <li>Non-threatening injuries</li> <li>Accidents requiring further treatment</li> </ul>	<ul style="list-style-type: none"> <li>Required to treat minor injuries, abrasions</li> <li>Cleaned and replenished after every use.</li> <li>Coaches are first aid trained</li> <li>A designated First Aider will always be on site.</li> <li>First Aid incidents will be recorded</li> </ul>			
<p><b>Controlled Session / Adapted Activity</b></p>	<ul style="list-style-type: none"> <li>Injuries to Athletes</li> <li>Spread of Infection</li> </ul>	<ul style="list-style-type: none"> <li>A warmup and cool down will be conducted for the session. Keeping within the individual/sectioned off mat areas.</li> <li>All participants are covered for taster sessions as part of club's Public liability insurance</li> <li>Non-contact / Use of Throwing Dummies/Props, unless from same household.</li> <li>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.</li> <li>Online Coaching - Qualified Coach – With a parent present and aware of session outcomes.</li> <li>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.</li> </ul>			
<p><b>Safeguarding</b></p>		<ul style="list-style-type: none"> <li>BJA Safeguarding policy will be adhered to throughout all club activities.</li> <li>All Coaches and Volunteers hold a clear and current DBS and valid coaching qualification.</li> </ul>			

<b>Head Coach/Club Official Signature:</b>	
<b>Date:</b>	

# BRITISH JUDO



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