



MERCIA TANG SOO DO

COVID -19 Risk Assessment

Mercia Tang Soo Do recognises that all risks cannot be reduced to zero, therefore this risk assessment prioritises the significant risks in line with Government Guidance.

For all activities, Instructors will dynamically assess risks and put in place control measures and record as required. Concerns, changes in risk management practice that are seen by Instructors to be significant should be reported to the Admin Office via mercia_tsd@outlook.com.

As a result of COVID-19, Mercia Tang Soo Do has produced this Risk Assessment to help our Classes comply with the Government Guidelines. It is important to understand that these measures are taken in a bid to minimise the risk of COVID-19 being passed between participants whilst Training.

Mercia Tang Soo Do will do their utmost to provide a safe environment but take no responsibility for members who contract COVID-19, however contracted. The responsibility for a safe training environment is a shared between the Instructor and the members. Members must make their own risk assessment as to where, when or whether they will train. Members have the responsibility to NOT train or attend the Dojang if they have any symptoms that may be in anyway related to COVID-19. Furthermore, if they have had contact with anyone who has, or is suspected of being infected with the COVID-19 virus they must NOT train and should follow government guidelines on isolation, timescales etc.

The responsibility for the safety and wellbeing of those under 18 years of age is with the parent/guardian. Please note that this risk assessment is by no means exhaustive or comprehensive – other risks may emerge. Mercia Tang Soo Do will continue to work within the latest Government guidelines and therefore this risk assessment will be reviewed and updated as necessary.

Significant Risks	People at Risk	Measures to reduce the risk	Review
Member has underlying medical condition which may be more affected by COVID-19	ALL	Send out note to members to advise not to attend if show symptoms Ask at each training session	
Infection transmission via airborne transmission	ALL	Anyone with coughs or colds etc must NOT train or enter the Dojo	
Change over between other classes using the Dojang	ALL	Allocate time between Classes. Work with Venue Management/Sports Centre	

Significant Risks	People at Risk	Measures to reduce the risk	Review
Infection transmission via airborne or physical contact. Whilst changing/showering	ALL	Member should arrive and leave in a freshly laundered Gi and shower at home. Many venues Shower facilities are closed	
Infection transmission via airborne & physical transmission	ALL	Wear face masks & gloves when travelling to/from, entry/exit of the Dojang	
Infection transmission by physical contact	ALL	Hand wash facilities at venue/ encourage members to bring hand sanitiser – pre-entry and exit from the Dojang	
Infection transmission by physical contact with surfaces	ALL	Avoid contact with door handles etc if possible. Wear gloves. Wash hands/hand sanitiser gel	
Parents/ spectators attending with members.	ALL	Wait outside – due to limited space. Follow Government guidelines and guidance from Sports Venue at all times	
Attendance register	ALL	Only one person to record attendance	
Infection Transmission via Cash/Cheques	ALL	Use electronic payments wherever possible	
Infection transmission by physical contact whilst training	ALL	No physical contact. Maintain physical separation in line with Government guidelines. Limit training time when members face each other.	
First Aid - Injury requiring medical treatment, and/or hospital visit.	ALL	Ensure you have a qualified First Aider present. Review First Aid Procedures in line with the COVID-19 restrictions and precautions. Assistance from the Sports Centre. (if available)	

TRAINING GUIDELINES FOR COVID -19

Please see below basic training guidelines. These may be modified as we have more information and/or government guidelines change. Members should make the Club Instructors aware of any underlying medical condition which may be adversely affect by COVID19. These are all subject to guidance put in place by the Sports Centre/ Venue Management.

Training Routine	Guidance
Instructors	Instructors will have no physical contact with any of the training participants or attendees. Follow Government guidelines regarding distance between you and your students.
Spacing / Calculation of Dojang capacity.	Utilise the full floor area of the Dojang to achieve the required separation. Follow Government guidelines. Do not exceed capacity. Work with Sports Centre /Venue Management
Basic Techniques	To be performed such that the recommended separation is maintained.
Hyungs (patterns)	To be performed such that the recommended separation is maintained.
Sparring	No physical contact. Distance between partners should be in line with Government guidelines