

Cirencester Judo Club – Policy



RISK ASSESSMENT – JULY 2021 - CJC

STEPHEN A EVANS



ACTIVITY AND VENUE GENERAL and COVID-19 RISK ASSESSMENT – July 2021

RISKS				
Number <i>Unique ID</i>	Hazard <i>Identify which parts of the activity are hazardous?</i>	People at Risk <i>Club members, participants, spectators etc.</i>	Risk Factor <i>Does the hazard constitute a high, medium or low risk to those involved?</i>	Control Measure <i>What will need to be put in place to ensure that this hazard and risk does not result in accident and injury?</i>
RC19-1	Contracting Covid-19 There is a risk of contracting or spreading Covid-19 whilst attending a Judo session after the club restart	<i>Club members, participants, spectators</i>	Medium	<ul style="list-style-type: none"> • The Cotswold Leisure Centre has signage in place and a website explaining the processes and measures in place to help control and manage potential spread of Coronavirus [How are we Keeping you Safe in our Centres? Everyone Active]. • Players and Parents will be sent Club safety procedures and guidance sheet prior to attendance. • The level of contact between Judo players will be in-line with the BJA Guidance and in accordance with the applicable 'Stage' of reopening : • The level of contact between Judo players will be in-line with the Government Guidelines and in accordance with the applicable 'Stage' of reopening : Providers of grassroots sport and sport facilities -



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				<p>Working safely during coronavirus (COVID-19) - Guidance - GOV.UK (www.gov.uk)</p> <ul style="list-style-type: none"> • ALL players and spectators are required to use Hand Sanitiser on entry to the venue • ALL players and spectators are required to maintain a distance of at least 1m apart from any other non-co-habiting person whilst at the venue • All mats used at each session are thoroughly treated with disinfectant (anti-bacterial and anti-viral cleaner) at the conclusion of each session.



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<p>RC19-2</p>	<p>Track and Trace – Covid 19 There is a risk of not being able to identify and inform those who were attendance at the club at the same time as an individual who subsequently tests positive for Coronavirus infection</p>	<p><i>Club members, participants, spectators</i></p>	<p>Medium</p>	<ul style="list-style-type: none"> • The Club will employ Track and Trace in accordance with Government and BJA Guidelines : https://www.gov.uk/guidance/maintaining-records-of-staff-customers-and-visitors-to-support-nhs-test-and-trace • There is a nominated Track and Trace Covid-19 Response Officer (Stephen Evans) who is responsible for informing the Club Coaching Team and ALL Club members active at the venue if any evidence of infection is found to affect ANYONE who has attended the venue within 5 days of notification. • A Club specific NHS QR Code is available and posted at venue. ALL players and spectators are required to scan and register via the NHS Covid Track and Trace App OR to register attendance on entry to the venue : Create a coronavirus NHS QR code for your venue - GOV.UK (www.gov.uk) • ANYONE who has attended the venue is instructed, upon the development of any Covid-19 related symptoms, to inform the nominated Track and Trace Covid-19 Response Officer (Stephen Evans)
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				IMMEDIATELY, and not to return to the club within 14 days of notification.
RC19-3	Administering First Aid – Covid 19	<i>Coaches, Club members, participants, spectators</i>	Medium	<ul style="list-style-type: none"> The administering of First Aid will wherever possible be amended to follow the HSE Guidelines here: First aid during the coronavirus (COVID-19) pandemic - HSE news Should CPR need to be administered the following guidance will be adhered to: Resuscitation Council UK Statement on COVID-19 in relation to CPR and resuscitation in first aid and community settings Resuscitation Council UK



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R1	Injury from a throw (Randori-waza)	All participants	Medium	<ul style="list-style-type: none"> • All judo practiced on martial art mats (tatami) to soften falls. • Throws are only taught after participants have learned proper break fall technique. • Participants are constantly observed by BJA qualified Judo coach
R2	Injury from a ground technique (Newaza)	All participants	Medium	<ul style="list-style-type: none"> • All judo practiced on martial art mats to lesson any impact/friction. • Practitioners will be taught the importance of applying submission techniques (arm locks and strangles) in a controlled manner. • Practitioners will be taught the importance of ‘tapping out’ to control the impact of a submission technique when applied on them. • Participants are constantly observed by BJA qualified Judo coach



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R3	Faulty equipment	All participants	Low	<ul style="list-style-type: none"> Judo only uses martial art mats/crash mats. If mats are damaged they will not be used and will be reported to the sports staff. Only industry standard martial arts mats will be used
R4	Over exertion/dehydration/exhaustion	All participants	Low	<ul style="list-style-type: none"> Participants are encouraged to take regular breaks to rehydrate themselves.
R5	Pulled muscles/strains	All participants	Medium	<ul style="list-style-type: none"> At the start of every session all participants must partake in the group warm up.



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R6	Cuts and abrasions	All participants	Medium	<ul style="list-style-type: none"> All judo practiced on martial art mats to lessen any impact/friction. Cuts should be immediately cleaned and dressed before being allowed to continue.
R7	Contraction of infectious diseases from contact with blood	All participants	Low	<ul style="list-style-type: none"> Cuts should be immediately cleaned and dressed before play/contact is allowed to continue. All traces of blood should be immediately removed from the mat, and the mat disinfected with an anti-bacterial and anti-viral surface cleaner.
R8	Putting out / putting away judo mats	All participants	Low	<ul style="list-style-type: none"> When martial art mats have to be moved, the process will be supervised by a qualified BJA judo coach who can instruct on proper lifting technique All participants are o14yrs



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ACTIONS

Number	Associated Risk	Action Measure What action will need to be taken to ensure that this hazard and risk does not result in accident and injury?	Must Have Good To Have	Limitation What might prevent this Action taking place?
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This risk assessment applies both to the activity and the relevant venue where it is performed.
The relevant venue is: Dojo Venue : Cotswold Leisure, Cirencester, GL7 1US

Person completing form: Stephen A Evans

Date: 12/07/2021

Signed Head Coach: Stephen A Evans