



The British Council for Chinese Martial Arts

Generic Risk Assessment for COVID-19

Participating Safe in Chinese Martial Arts

Date:

Instructors Name

Completed By:

Signature

Venue

Guidance for use: *Please note it is the responsibility of all Instructors to complete a risk assessment for all venues to which they operate. The generic risk assessment will identify some of the possible risks on the likelihood of contracting or transmission of the COVID-19 virus in the context of training, and the control measures that are needed to be put in place to mitigate the risks. **This is not exhaustive and does not mitigate the necessity for a thorough risk assessment based on local circumstances.** The latest government guidelines stress that the objective of control measures is: To minimise contact with surfaces, within facilities or while participating in sport and physical activities. Primary control of minimising transmission through contact is thoroughly handwashing and sufficient frequent washing and avoiding sharing objects. Always maintain 2m social distance where possible. Minimum 1m+ distance. Limit face to face contact time*



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Identified Risks	People Exposed	Evaluation of Risks L=Low, M=Medium, H=High			Control Measure	Checked By
		Frequency	Severity	Overall		
Awareness: of new virus controls	Coaching, Staff, Participants, Competitors, Officials, Volunteers, Public	M	H	H	Pre-class communication with members, parents/guardians, and spectators of newly imposed control measures. Specifying the need to maintain social distancing for both adults and children in accordance with latest government guidelines.	
Travel: Risk of infection travelling to and from training competition venue	All	M	H	H	Avoid public transport if possible. Walking or use own car or bicycles. Travel in household groups only.	
Arrival: Risk of infection congregating outside venue	All	H	H	H	Sanitiser with min percentage alcohol 60% to be available at entry points of venue. Limit congregation time prior to start of activity, always maintaining social distance.	



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Participants: limit the number of persons to maintain social distancing.	All	M	H	H	Use an online booking system or by invitation only. Determine the maximum persons including participants, staff, coaches. Officials and volunteers ensuring current social distancing measures in place. Exclude any members of the public from any training/Competition areas Special arrangement need to be put in place for carers .	
Personal bags and Possessions. Possibility of transfer of infection	All	H	H	H	Limit the number of bags if possible. Bags should be wiped down with sanitiser wipes and kept separately from other's people's possessions.	
Entry & Exits; To and from venue.	All	H	H	H	Doors and handles spread contamination. Door should remain open to avoid unnecessary touching or de-sanitised on a regular basis if it is not possible to leave them	



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					open. Separate exit and entrances to be used.	
Changing rooms: Increased risk of infection and transfer and droplet transmission	All	H	H	H	Participants to arrive at the venue ready dressed for their activity. Changing rooms should be closed, exceptions may be made where safety and safeguarding measures require their use, e.g., Supporting disability athletes, a child needs a change of clothing etc	
Toilets: Increased risk of infection transfer and droplet transmission.	All	H	H	H	Limit the number of users at one time. Ensure good ventilation if possible, to minimise droplet transmission. Provide sanitiser wipes, ensure all surfaces are wiped clean. Hand washing is essential	
Training: Social distancing measures	All	H	H	H	All activities. Always maintain 2m social distancing where possible, minimum 1m+ distance. Limit face to face contact where social distancing cannot be maintained. Less than 15 minutes	



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Training Equipment: Increased risk of transfer infection	Participants Coaches Officials	H	H	H	All equipment should be thoroughly disinfected and cleaned before and after use. Sharing of equipment will not be allowed except members of the same household. Detergents and disinfectants must be able to kill the virus. Check labelling carefully.	
Spillages: Sweat droplets onto the floor, increased risk of infection transfer	All	H	H	H	All spillages should be cleaned as above	
Exiting Venue: at end of session	All	H	H	H	All to clean hands with sanitiser on leaving and take all personal belongs and waste with them	



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Test and Trace: Government Guidelines	Coach	L	L	L	Maintain a list of attendees' names and contact details for 21 days to facilitate contact tracing in the event of transmission of the virus.	
Hydration:	All	H	H	H	It is the responsibility for everyone to provide water in suitable bottles for their own consumption during training. No sharing of water bottles unless they are from the same household.	
Payments: Cash payments possible increased risk of infection transfer.	All	H	H	H	Online payment method to be used.	
Emergencies: First Aid, increased risk of infection transfer and	Medical Crew Coach Participants	H	H	H	Normal First Aid protocols as usual. After contact with an injured participant, clean your hands thoroughly with soap and water or alcohol hand sanitiser at the earliest	



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droplet transmission					opportunity. This advice is applicable to all situations, regardless of whether there was close contact, or the minimum social distancing was maintained. Avoid touching your mouth, eyes, and nose.	
Safeguarding: Increased risk of infection transfer and droplet transmission	Coach Carer	H	H	H	After contact with a participant needing special care, clean your hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact, or the minimum social distancing was maintained. Avoid touching your mouth, eyes, and nose	

Note: Current evidence suggests that COVID-19 (the novel coronavirus) may survive on surfaces for hours or days – research is still ongoing. Studies have found that similar coronaviruses like SARS and NERS can persist on hard surfaces like metal, glass, or plastic for days. They can be killed within one minute if cleaned and disinfected. You should first clean hard surfaces with warm, soapy water and then disinfect them.

Read more: <https://www.which.co.uk/news/2020/03/coronavirus-how-to-clean-your-home-effectively/-which>