



<b>RISK ASSESSMENT</b>	<b>Name of Club:</b>		<b>Name of Premises:</b>		
	Ptah Khi School of Wudang Tai Chi Chuan Martial arts and Holistic health		Streatham Park Bowling Club		
<b>Assessment Type</b>	<b>Assessment Title</b>	<b>Name of Assessor</b>	<b>Date of Assessment</b>	<b>Version Number</b>	<b>Recommended Review Date</b>
COVID-19 Secure	Tai Chi Classes	Justin Paul Sahu Tao Shen	01/10/2020	1	Phase 2B
<b>Persons considered in this assessment</b>			<b>How Might Persons Be Affected</b>		
Public Students Instructors			<ul style="list-style-type: none"> <li>➤ Transmission through person to person contact</li> <li>➤ Transmission through person to hard surface contact</li> </ul>		
<p>This risk assessment does not replace any existing assessments relating to the activity or area. This assessment identifies the additional measures, established solely and specifically relating to COVID-19, and should be read in conjunction with other normal activity and area assessments where necessary. This guidance is intended to safeguard against the spreading of the COVID 19 virus whilst allowing for full martial arts training. It will be updated as and when new information is received.</p>					
<b>Reference</b>	<b>Measures In Place To Reduce The Risk</b>				
1	➤ While queuing outside or waiting to enter class, all students must observe and maintain social distance.				
2	➤ When entering please move in a Safe and orderly entry and exit to the training area while observing social distancing protocols of 2 metres.				
	➤ Members should arrive changed and ready and there should be no changing in toilets.				
3	<ul style="list-style-type: none"> <li>➤ There will be a mandatory health check on arrival. A simple health check questionnaire should be completed asking if the member has experienced any illness since the previous session. Should a member report having any symptoms of COVID 19, then they must not be allowed to train and must report immediately to the NHS for a formal test. Instructor will make a clear note of such an occurrence.</li> <li>➤ Every person is temperature checked on arrival</li> <li>➤ Anyone with a raised temperature must not be allowed to train. Anyone showing any signs of the coronavirus must not train and contact the track and trace service.</li> <li>➤ Record of contact details of all those that attend sessions must be kept assisting the Government's track and trace programmes. Clubs/Schools are legally obliged to ensure they have this information. Members must be advised of this record, and that they do not have a choice to 'opt-out' of this obligatory requirement</li> </ul>				
4	➤ Soap and water hand washing is the preferred option but in any event cleansing gel will be available to be used as additional cleansing before and after practice. It is the responsibility of both the instructors and the members to ensure that antibacterial gel is readily available. Paper towels should be provided.				
5	<ul style="list-style-type: none"> <li>➤ On entry, students will be directed to a designated marked position and wait for the session to begin.</li> <li>➤ The allocated space is either 3m x 3m or 2m x 2m depending on activity and space.</li> </ul>				



6	<ul style="list-style-type: none"> <li>➤ Only equipment that is not shared amongst participants is permitted to be used in a class.</li> <li>➤ Equipment provided by Ptah Khi School such as groves, focus pads, pouching bags, mats will be stored in each participant allocated area. This avoids pinch points and customers gathering in one place to collect equipment.</li> </ul>
7	<ul style="list-style-type: none"> <li>➤ Payments for sessions should be contactless where possible.</li> </ul>
8	<ul style="list-style-type: none"> <li>➤ Classes are supervised by instructors who have undergone COVID Secure training.</li> </ul>

<b>Ref</b>	<b><u>Measures In Place To Reduce The Risk During Training and Tai Chi Practice</u></b>
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1	<ul style="list-style-type: none"> <li>➤ Only <b><u>NON-CONTACT</u></b> training is allowed at this time.</li> </ul>
2	<ul style="list-style-type: none"> <li>➤ Drilling in moving lines (like marching) or Forms are only allowed if members are in a single rank and have clear 'lanes' to move up and down. There must be no entry into another person's marked space at any time.</li> </ul>
3	<ul style="list-style-type: none"> <li>➤ All forms of face coverings may restrict breathing efficiency and should not be used during exercise except on specific advice from a Doctor. If they are to be used, then the following is recommended:</li> <li>➤ Wash hands thoroughly with soap and water for 20 seconds or use hand sanitiser before putting a face covering on, and after removing it</li> <li>➤ Avoid touching the face or face covering</li> <li>➤ Change face covering if it becomes damp or if it has been touched</li> <li>➤ Continue to wash hands regularly</li> <li>➤ Change and wash the face-covering daily</li> <li>➤ If the material is washable, wash in line with the manufacturer's instructions. If it is not washable, dispose of it carefully in the usual waste</li> <li>➤ Sharing of any equipment is prohibited.</li> </ul>
4	<ul style="list-style-type: none"> <li>➤ Instructors must refrain from guiding or touching any members limb during practice.</li> </ul>
5	<ul style="list-style-type: none"> <li>➤ If toilets are used, they must be cleaned immediately following use. The hands must be washed thoroughly, and paper towels disposed of properly</li> </ul>



<u>Ref</u>	<b><u>Measures In Place To Reduce The Risk Post Session</u></b>
1	➤ Students must leave class in an orderly and organised fashion. They must leave as they arrived and change at home.
2	➤ All Students are advised to immediately shower on returning home.
3	➤ All Students MUST clean their training clothes.
4	➤ Any congregating of people must be away from the facility and outside, whilst maintaining social distancing protocols. The social aspects of a PtaH Khi school should not be under-estimated as it contributes to the overall well-being of members, but these activities must be conducted in line with government guidance.
5	➤ There must be no hugging or embracing between Students at any point, but especially after a class when members are likely to have been perspiring.
6	➤ If multiple classes are held over the day/evening, the instructor will allow for adequate time between classes for clearing and cleaning of the dojo. This is to ensure and minimise the risk of contamination and maintaining social distancing. There must be no over-crowding at any time around entrances and exits.
7	➤ There must be no shared use of drinking bottles at any time.

#### IN SUMMARY

- Temperatures must be taken and anybody found to have a high temperature should not be allowed to train. Anyone who displays COVID symptoms should leave and arrange for testing.
- When waiting to enter or leaving the class, social distancing of 2 metres should be maintained.
- When training each individual must have a minimum of 9.3 square metres (100 square feet) subject to adequate ventilation.
- Classes must not include any contact training whatsoever including those from the same 'bubble'.
- Following training, all areas which have been used should be cleaned.
- Touching any part of the face should be discouraged while regular handwashing and/or hand sensitisation should be strongly encouraged.