

Blue Dragon Dojo: COVID-19 Risk Assessment

What are the hazards?	Who might be harmed	Controls Required	Additional Controls	Action by who?	Action by when?	Done
Spread of Covid-19	<ul style="list-style-type: none"> Visitors to your premises Instructors Students Vulnerable groups – mainly those with existing underlying health conditions Others who come into contact with students and instructors of Blue Dragon 	<ul style="list-style-type: none"> All people entering the business to be temperature checked with a contactless thermometer. Temperature to be taken at least twice to ensure accuracy. Those without a temperature will be permitted into the facility. Students to maintain social distancing prior to class i.e. to not gather outside before opening, but to que 2m apart. Students to have hand sanitiser applied before they can enter the building. If a student objects to sanitiser, then they must immediately wash their hands at the sink located at the rear of the premises. Red cleaning box to be kept by the door for use by the class instructor. Students will be asked to avoid paying in cash if possible and to pay instead by bank transfer or card 	<p>Students to be emailed Blue Dragon COVID-19 guidance. All students must read and sign this to confirm they have acknowledged and understood the safety measures in place before they will be permitted to participate in classes.</p> <p>Posters, leaflets and other materials are available for display. https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19</p> <p>Students to be reminded through posters in the sink area to wash their hands for 20 seconds with water and soap and the importance of proper drying with disposable towels.</p> <p>Students to be reminded to catch coughs and sneezes in tissues – Follow Catch it, Bin it, Kill it and to avoid touching face, eyes, nose or mouth with unclean hands. Tissues will be made available within the premises.</p> <p>To help reduce the spread of coronavirus (COVID-19) reminding everyone of the public health advice - https://www.publichealth.hscni.net/news/covid-19-coronavirus</p> <p>Phased return to a full lesson schedule. Reopening in July will begin with a limited class schedule to ensure time for cleaning after each</p>	CR /RR	27/07/20	19/07/20

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		<p>(contactless preferred). Card reader to be disinfected after each use.</p> <ul style="list-style-type: none"> • Hand washing facilities with soap and water in place. • See hand washing guidance. • https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/ • Drying of hands with disposable paper towels, towels will be removed from the premises. • https://www.nursingtimes.net/news/research-and-innovation/paper-towels-much-more-effective-at-removing-viruses-than-hand-dryers-17-04-2020/ • Students to be put into groups ('squads') and managed to help reduce contact with others. • Frequently cleaning and disinfecting objects and surfaces that are touched regularly particularly in areas of high use such as door handles, light switches, reception area using 	<p>session and to help reduce the potential risk of COVID-19 transmission.</p> <p>No spectators allowed during classes, students only.</p> <p>In the unlikely instance that an instructor or student wishes to wear disposable gloves to train in, they will be reminded that wearing of gloves is not a substitute for good hand washing.</p> <p>Any change of policy/guidance will be communicated to students and instructors swiftly, to reassure and support people in a fast changing situation as well as taking the most recent guidance into account to reduce the spread of COVID-19.</p>			
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		<p>appropriate cleaning products and methods.</p> <ul style="list-style-type: none">• Students encouraged to bring their own equipment to reduce items in the gym being shared by multiple parties. If an item is loaned out during a class (e.g. a pair of gloves), then that item to be disinfected with sanitiser immediately after the session.• Matted area of the premises has been divided into 8 boxes with a strip down the middle. Boxes are 2m by 1.5m, 1 student per box during training. The middle strip to be used by the class instructor.• Use booking system for students to ensure numbers are capped at 8 (max capacity).• Front and back doors to the gym to be kept open during lessons to promote airflow through the training area.• Class instructor to maintain social distance from students during lessons. Mask to be				
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		<p>worn by instructor where appropriate (i.e. when not exercising). Masks not recommended for students at this time due to potential safety risk caused by wearing a face covering and undertaking rigorous exercise.</p> <ul style="list-style-type: none">• <i>Public Health guidance on the use of PPE (personal protective equipment) to protect against COVID-19 relates to health care settings. In all other settings individuals are asked to observe social distancing measures and practice good hand hygiene behaviours.</i>• Bathroom and sink in the facility to be disinfected after every use.• If anyone becomes unwell with a new continuous cough or a high temperature, they will be sent home and advised to follow the stay at home guidance.• If advised that an instructor or student recently on the premises has developed Covid-19, the management team of Blue Dragon will				
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		<p>contact the Public Health Authority to discuss the case, identify people who have been in contact with them and will take advice on any actions or precautions that should be taken.</p> <p>https://www.publichealth.hscni.net/</p> <ul style="list-style-type: none">• Instructors to be mindful of the effect of COVID-19/social distancing measures on mental health. Instructors to offer whatever support they can to help, where necessary and appropriate <p>Reference - https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/</p>				
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