

Ronin Grappling Indoors Covid Risk Assessment

Risk	Action(s)
ENTRY AND EXIT OF DEPT	
Flow in and out of gym	<p>Only one entry/exit point other than the fire exit. Limiting schedule to one class a day will ensure people arrive and leave around the same time and having a single flow of people either arriving or leaving.</p> <p>The gym will be marked with 2m tape and members will be asked to social distance on arrival, during class and when leaving. Members will be instructed to stagger coming into the gym if they see others in the car park.</p> <p>Class size will be limited to 10 members per class, plus the instructor, to ensure social distancing is adhered to.</p>
CHANGING AND CHANGING ROOMS	
Changing into training gear and having clothes lying around could cause cross contamination.	<p>Members will be asked to attend the gym in training gear when possible.</p> <p>Members will be provided with a wipeable, drawstring bag on their first class back that they can use to keep their water, wallet, phone, hoodie etc and will be asked to bring this bag to their section of the mats. This is to ensure all of their belongings are in one place and to minimise the risk of cross contamination.</p>
Changing Rooms and Shower	<p>Changing rooms will be marked for social distancing. However, to minimise risk members will be asked to only use of the changing rooms when absolutely necessary (i.e. before going to work).</p> <p>Members will be advised to change out of gym clothes as soon as they get home and wash their training gear as soon as they can.</p> <p>Members will also be asked to only use the gym shower when absolutely necessary to minimise risk of cross contamination.</p>
CURRICULUM	
Activities offered – Jiu Jitsu classes will make social distancing impossible.	Until allowed to do so, only non-contact classes will be offered. This will be a mix of strength and mobility classes , yoga classes and jiu jitsu using grappling dummies that can be fully disinfected after each session.
Mat space	Mats will be marked to ensure enough space between participants.
EQUIPMENT	
Sharing of equipment	The only equipment in use will be grappling dummies, these will be wiped using anti-bacterial and anti-viral cleaning detergent after each use.
AREAS	
Gym space	<p>Clean air flowing in from windows, fire doors etc being open where safe and appropriate to do so</p> <p>Hand washing/sanitizers available at the entry to the gym, to the mat space, and outside the bathrooms.</p>
Corridor and mat area	Remove excess decorations, medals, flags, and equipment to minimise possible points of contamination and streamline cleaning.
INSTRUCTORS	
Minimise risk to instructors	To minimise risk to other instructors, Giles will take all classes until full contact training is allowed to resume.
WELLBEING / SAFETY	
Safety equipment	Appropriate PPE will be provided for cleaning of the gym along with a cleaning checklist and cleaning policy to ensure adherence to best practice.
Hygiene	Hand sanitisers will be provided in multiple areas along with posters showing appropriate hand washing and sanitising techniques.

	All members will be asked to read our Hygiene and Infection Control policy before attending class.
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