



# Humber Martial Arts COVID-19 Risk Assessment

<b>ACTIVITY:</b>	Martial Arts Class	<b>ASSESSED BY:</b>	D J Munro
<b>LOCATION:</b>	All H.M.A Locations	<b>ASSESSMENT DATE:</b>	04-Oct-2022
<b>PARTICIPANTS:</b>	Various class members	<b>ASSESSMENT DUE:</b>	04-Oct-2023

*L = Likelihood of accident , S = Severity of Injury. Scoring explanations on last page*

HAZARD DESCRIPTION & EFFECT	PERSONS AT RISK	L (1-5)	S (1-5)	RISK RATING (1-25)	REDUCE THE RISK BY	L (1-5)	S (1-5)	RESIDUAL RISK 1-25
Virus brought to class by student attendance	Exposure to all students, their families, friends & visitors resulting in further transmission (both inside & outside of class) with resultant symptoms	3	4	12	Clear communication that all persons who attend classes or come into contact with other people follow current Government guidelines of social distancing, hygiene and or self-isolation if they develop a high temperature, loss of taste/smell or a new persistent cough.	1	4	4
Virus brought to class, visitors, or deliveries	Exposure to all students, their families, friends & visitors resulting in further transmission (both inside & outside of class) with resultant symptoms	3	4	12	Only essential visits to classes will be allowed into the venue. All visitors will be requested to ensure hands are sanitized.  Strict hygiene, safety and social distancing controls being adhered to.  Pandemic masks to be worn at venue – to allow access when social distancing cannot be adhered.	1	4	4



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Virus transmission through poor personal hygiene practices.	Exposure to all students, their families, friends & visitors resulting in further transmission (both inside & outside of class) with resultant symptoms	3	4	12	<p>Hand washing facilities / Provision of hand sanitisers available.</p> <p>Posters / signage in place emphasising good hygiene, safety and social distancing</p> <p>Increased cleaning activities across the class venue.</p>	1	4	4
Virus transmission through contact with people during class time	Exposure to all students, their families, friends & visitors resulting in further transmission (both inside & outside of class) with resultant symptoms	3	4	12	<p>Reduced numbers of students per class.</p> <p>Social distancing measures implemented.</p> <p>Pandemic masks to be worn where social distancing cannot be maintained.</p> <p>Handwashing facilities (soap and water) / hand sanitizer are provided.</p> <p>Regular handwashing &amp; general good hygiene practices advised &amp; encouraged</p> <p>Consider associates who require 'shielding' (i.e. who are vulnerable or clinically extremely vulnerable.</p>	1	4	4



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Virus transmission whilst in close proximity to others due to 'communal' areas.	Exposure to all students, their families, friends & visitors resulting in further transmission (both inside & outside of class) with resultant symptoms	3	4	12	Communal room layouts arranged in such a way that persons are meeting the social distancing guidance. Any activity which is essential will follow the general measures of reducing numbers to as few as possible and all persons maintaining social distancing. Consider propping open non-fire doors to improve air circulation.	1	4	4
Virus transmission through contact with PPE	Exposure to all students, their families, friends & visitors resulting in further transmission (both inside & outside of class) with resultant symptoms	3	4	12	P.P.E requirements stipulated within ESCP found on website. Regular handwashing & general good hygiene practices advised & encouraged	1	4	4
Virus transmission through contact when using the café/bar area.	Exposure to all students, their families, friends & visitors resulting in further transmission (both inside & outside of class) with resultant symptoms	3	4	12	Café/bar area not in use at current time. Not owned or run by Humber Martial Arts Owners to provide risk assessment and provisions.	1	4	4



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Virus transmission through contact when dealing with a first aid treatment cases.	Exposure to all students, their families, friends & visitors resulting in further transmission (both inside & outside of class) with resultant symptoms	3	4	12	<p>Where it is essential to give treatment, which will mean social distancing cannot be maintained, pandemic masks will be worn. Disposable gloves and eye protection should also be worn.</p> <p>If the casualty shows any COVID 19 symptoms, they should be placed in isolation and safely removed from the venue.</p> <p>In case of cardiac arrest, the current advice from Public Health England is: Where possible, it is recommended not to perform rescue breaths or mouth-to-mouth ventilation; &amp; perform chest compressions only.</p>	1	4	4
Increased risk of virus transmission during 'return to normalised training sessions' for those who have been shielding etc	Exposure to all students, their families, friends & visitors resulting in further transmission (both inside & outside of class) with resultant symptoms	3	4	12	<p>All existing/ current practices / control measures will be applicable to those who return.</p> <p>For those who have been shielding or are considered to be at risk themselves should discuss any concerns with class instructor before returning.</p>	1	4	4



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The outcome of this assessment shows that there is a LOW RISK associated to activities. Precautions will be put in place to ensure public and student safety where reasonably practicable. All persons attending any of the venues rented by Humber Martial Arts do so at their own risk.

SIGNED:	D Munro
DATE:	04-Oct-2022



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		<b>L = Likelihood of Infection</b>				
		Extremely Unlikely	Unlikely	Possible	Very Likely	Almost Certain
<b>S = Injury/Severity</b>		1	2	3	4	5
Insignificant	1	1	2	3	4	5
Minor	2	2	4	6	8	10
Moderate	3	3	6	9	12	15
Major	4	4	8	12	16	20
Catastrophic / Death	5	5	10	15	20	25

<b>1 - 4</b>	<b>LOW – ACCEPTABLE RISK, BUT MONITOR REGULARLY</b>
<b>5 – 10</b>	<b>MEDIUM – REDUCE AS FAR AS REASONABLY PRACTICABLE</b>
<b>11 - 25</b>	<b>HIGH – RISK MUST BE REDUCED BEFORE TASK CAN PROCEED</b>