

## Risk Assessment for Group Classes

<b>Young Person</b>	Group Classes	<b>Date of Birth</b>	
<b>Key Person(s)</b>	Daniel Barfoot/Sarah Barfoot	<b>Date</b>	24/03/23
<b>School/Organisation</b>	Up-Grade Martial Arts		

Outline of Risk							
<p><b>REVIEWED: 24/03/23</b></p> <p>Operating in gym.            Overcrowding of classes for social distancing and ventilation issues.            Learning area and storage cupboard equipment such as light-weight moveables and resistance resources.            Risk of trips or falls on the way up to (stairs) or around the gym.            Risk of strained muscles or impact damage from loose resources and equipment.            Scissors and other sharp stationary.            Hazardous cleaning substances.            Tippable furniture and easily launchable objects.            Up-Grade safety equipment, correct application.            Electronic equipment and resources.            Students with movement and muscular issues.            Stairwell to downstairs room.</p> <p>Issues of emergency First Aid.</p>							
<b>Level of Risk</b> 1 = Low	<b>6 = High</b>	1	2	3	4	5	6
<b>Reason for Level of Risk</b>							
Action Taken to Reduce Risk							
<p>Ensure the area is clear of equipment and trips before practicing.            Classes limited to 8 students with doors and windows open at all times. Air conditioning and fans maintain appropriate air circulation.            Ensure any use of resistance resources are supervised by teacher/coach, with the correct weight being applied to the individual.            Repetitions will be limited to ensure low impact on muscles. Up-Grade safety equipment (gloves, leg-pads, pads, kick shields and head guards) are checked over before every session.            Correct application of safety equipment is demonstrated by coach/teacher.</p> <p>Any stray or loose wires must be tucked safely away and any exposed sockets covered up.            Affixed electronic equipment such as wall-hung televisions must be checked to assure firm instalment.            Downstairs room is closed, locked and secured at all times.</p>							

Assigned First Aid officers present at all times.

<b>Level of Risk after Action Taken</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
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**Outline of Risks and precautionary measures taken: Covid 19 Restrictions**

Social distance of 1 metre plus will be adhered to at all times.

Hands will be washed frequently during classes – specifically before and after leaving the gym

Guidelines on any locations in the gym/centre will be followed as closely as is possible – if the regulations prove significantly difficult for young people follow, and alternative will be selected

Hand sanitizer stations for frequent use

No items or tutoring resources will be shared between student and tutor or student and student

Any items, equipment or computer used will be sanitised after use

Young people will be asked to be changed and ready to train prior to visiting the gym.

Head instructor will wear face mask and shield.

No shared equipment.

Sectioned areas of mat for each individual child.

Staggered arrival and leaving times for all students of the class.

<b>Level of Risk</b> 1 = Low	<b>6 = High</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Reason for Level of Risk</b>	Covid 19 Restrictions						
<b>Level of Risk after Action Taken</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	

<b>Review Date</b>	01/11//2020
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	<b>Print Name</b>	<b>Sign Name</b>	<b>Date</b>
<b>Responsible tutor/coach</b>	Daniel Barfoot		
<b>Responsible tutor/coach</b>	Sarah Barfoot		

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