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**Alpha TC Return to Training**

**Risk Assessment Form**

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| **Risk Assessment Number: 1** | **Date of Assessment:**24/08/20 | **Additional Information check sheet/risk assessments required.** **Substances Hazardous to Health:** **Manual Handling:** **Display Screen Equipment:** **New and Expectant Mothers:** **Young Persons:****Covid-19:**  | [x] [ ] [ ] [x] [x]  |  |
| **Task / Work Activity / Work Area Assessed:**Return to training | **Assessment carried out by:**Christine Bothwell |
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|  | Worst Case Outcome |  | Likelihood |  | Risk Rating(Outcome x Likelihood) |  |
| 5 | 4 | 3 | 2 | 1 | 5 | 4 | 3 | 2 | 1 | **High** | **Medium** | **Low** |
| Fatality | SevereInjury | Lost timeInjury | MinorInjury | No Injury | Certain | Very likely | Likely | Unlikely | Remote | **13-25** | **5-12** | **1-4** |
|  |
| **Persons affected by the Activity** | **Identified Hazards** | **Control Measures Already in Place**  | **Outcome** | **Likelihood** | **Risk Rating** | **Further action required?**Yes/No |
| Gymnasts | Returning to training after prolonged period awayInjury as a result of:* Reduced physical fitness levels
* Mental and psychological preparation
 | * Online conditioning and live conditioning sessions available throughout non-training period: available to all
* Phased return to training agreed with coaches and progressive sessions in line with individual gymnasts with regular updates
* New training plans discussed with coaches and gymnasts to cover regaining fitness, flexibility and safe progressions
* Coaching team meeting to discuss phased return to training
* Communication with gymnasts and parents to discuss impact of non-training and plans for returning
 | 3 | 4 | 12 | N |
| Coaches | Returning to coaching and activity after prolonged period awayInjury as a result of:* Recovery from illness
* Mental aptitude
* Change in health
 | * Online coaching workshops available throughout lockdown
* Return to work questionnaires for coaches
* Coaches meeting to discuss new operating procedures and progressive phased return to training
* Continued workshops to assist coaching delivery
 | 3 | 2 | 6 | N |
| GymnastsCoaches | Getting or spreading coronavirus | * Staff trained to recognise Covid-19 symptoms and follow the correct procedure if identified
* Anyone showing symptoms are sent home for isolation and follow the Governments ‘Test and Trace’ system
* Covid-19 signage is displayed including social distancing
* Doors remaining open to allow for increased ventilation
* Temperature taken of coaches and gymnasts on arrival and increased temperature results in not being permitted to enter facility
* Re-inductions for gymnasts and coaches to update them on the operational logistics and new increased hygiene measures
* Adherence to Governmental guidance relating to household members and isolation if symptoms are showing
 | 5 | 2 | 10 | Y |
| Coaches | Getting or spreading coronavirus | * Training on new operational policy and procedures to include adherence to social distancing
* Training in relation to cleaning and hygiene
 | 5 | 2 | 10 | Y |
| CoachesGymnastsParents/guardians | Common areas, including entry, exit, toiletsGetting or spreading coronavirus | * Social distancing markers, signs and layout prepared and communicated to parents/guardians/gymnasts prior
* Guidance provided to gymnasts regarding toilet facilities
* Staggered timetable and one-way system employed to support entry and exit from the building – parents/guardians to drop off and collect outside of building
* Storage cupboard cordoned off for use by coaches only
* Toilets to be allocated a letter each for use and system for occupied/vacancy
* Guidance provided to coaches
* Increased hygiene procedures in place
* All equipment cleaned with a suitable cleaning product
* Cleaning rota in place for before, during and after sessions
* Liaison with the school regarding pre and post-training cleaning from outside supplier
 | 5 | 2 | 10 | Y |
| Coaches | Use of new cleaning products and risks | * COSHH Risk Assessment completed where appropriate
* Training for coaches regarding use of chemicals and cleaning
* PPE provided for coaches undertaking cleaning where appropriate
 | 4 | 1 | 4 | Y |
| CoachesGymnastsParent/guardian | A person showing potential symptoms of coronavirus* Cough
* Fever
* Shortness of breath
* Change/loss of taste/smell
* Sore throat
 | * Coaches all trained to identify the symptoms of coronavirus
* Isolation area agreed for suspected cases to wait until they are collected
* If it is a coach with a potential case, they will leave immediately
* All registers and emergency contact details checked and in place
* All parents of other gymnasts present notified and given choice to collect immediately
* Coaches trained in cleaning and PPE provided where appropriate. Surfaces to be wiped down immediately a coach leaves with potential symptoms or a gymnast is put into isolation
* Adherence to government guidelines relating to household members and isolating
* Any confirmed cases to be reported to BG and/or RIDDOR
* Any confirmed cases to be reported to venue
 | 5 | 2 | 10 | YEnsure isolation area is available and marked out |
| CoachesGymnastsParents/Guardians | Emergency incidents and first aidGetting or spreading coronavirus | * First Aiders provided training on recognising symptoms of coronavirus
* Checks completed for First Aiders to be happy to treat incidents
* First Aid equipment checked and stocked regularly
* PPE provided for First Aiders where appropriate
* First Aiders to maintain 2m distance wherever possible
* Post incident all involved to sanitise thoroughly
* Any symptoms shown in future days to instantly raise alert and get tested using government guidance
 | 5 | 1 | 5 | N |
| CoachesGymnastsParents/Guardians | Arriving on-sitePossible cross-contamination | * Arrival times to be staggered to avoid large numbers
* Training times changed to avoid any cross-over of different sessions
* Gymnasts notified to arrive ready to train and with small bag of belongings they will keep with them
* Request for gymnasts to train in leotards, shorts and white socks to prevent arriving in clothing already worn at a different location
* Gymnasts to bring own small towel / yoga mat to prevent close contact with floor mats during conditioning
* Numbers on training sessions reduced
* Parents/guardians to use drop off and collect system and not permitted inside the building
* One-way system utilized wherever possible
* Coaches/gymnasts to enter premises individually
* Coaches/gymnasts to use hand-washing facilities and hand sanitiser at entrance
* Coaches/gymnasts encouraged to use toilets before entering facility
* Sanitising of equipment and high touch surfaces will be done in between separate sessions
 | 5 | 2 | 10 | Y |
| CoachesGymnasts | Droplets or virus being on equipmentHigh touch surfaces:* Handles
* Door push pads
* Toilet facilities
* Water machine / tap
 | * All equipment to be cleaned between session groups
* Mats to be wiped down after every session
* Push-in mats to be wiped down after each use if hand or face contact
* Trampoline webbing will not be cleaned as there is currently no appropriate cleaning agent for the fabric
* Reduction in gymnast landings that require close face contact to the webbing and masks requested to be worn if performing a skill that requires this
* Sign-off sheet to be used to confirm equipment clean before each session
* High touch surfaces to be wiped down before, during and after each session
 | 5 | 2 | 10 | Y |
| CoachesGymnasts | Coughing / sneezing | * Good hygiene practice in place
* Liaise with school regarding covered bins and their disposal
* Tissues available
 | 3 | 3 | 9 | Y |
| CoachesGymnasts | Leaving the site | * All belongings to be carried throughout session and taken at the end
* All persons leaving the site should use hand sanitiser before leaving. Change of clothes suggested for leaving
* Children who are not collected from the drop off at the said time will be moved to the isolation area so as not to cross contaminate with another session
 | 3 | 4 | 12 | Y |

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| **Further Control Measures** | **Further Control Measures Follow up** |
| **Allocated to** (name) | **Target date** | **Date completed** |
| Covid-19 signs to be displayed, including social distancing markers and hygiene information | Robert | Ongoing | In place |
| Coaches training register up to date and reviewed | Christine | 13/09/20 |  |
| Return to training pack sent to parents/guardians and gymnasts specifying new operating procedures and regulations | Christine | 06/09/20 | 06/09/20 |
| Signposting for one-way system, toilet facilities and drop off / collect points | Cessie | Ongoing | In place |
| Coaches/gymnasts emergency contact details checked and accessible at all times – communications system implemented for suspected cases | Christine | 13/09/20 |  |
| Isolation area marked out and made known to all | Robert | Ongoing |  |
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| **Risk Assessment Reviews** |
| Suggested Review Date (either after significant changes, actions completed, or annually): |  |
| Risk Assessment Reviewed by (name):  |  | Risk Assessment Reviewed by (name): |  |
| Date:  |  | Date:  |  |
| Comments:  |  | Comments:  |  |
| Next Suggested Review Date:  |  | Next Suggested Review Date: |  |
| Risk Assessment Reviewed by (name):  |  | Risk Assessment Reviewed by (name): |  |
| Date:  |  | Date:  |  |
| Comments:  |  | Comments:  |  |
| Next Suggested Review Date:  |  | Next Suggested Review Date: |  |