****

**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:** | | | | |  | | |  | | | | | |
| **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 | Severe  Injury | Lost time  Injury | | Minor  Injury | 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 away  Injury 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 away  Injury 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 | |
| Gymnasts  Coaches | | | 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 | |
| Coaches  Gymnasts  Parents/guardians | | | Common areas, including entry, exit, toilets  Getting 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 | |
| Coaches  Gymnasts  Parent/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 | Y  Ensure isolation area is available and marked out | |
| Coaches  Gymnasts  Parents/Guardians | | | Emergency incidents and first aid  Getting 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 | |
| Coaches  Gymnasts  Parents/Guardians | | | Arriving on-site  Possible 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 | |
| Coaches  Gymnasts | | | Droplets or virus being on equipment  High 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 | |
| Coaches  Gymnasts | | | Coughing / sneezing | | | | * Good hygiene practice in place * Liaise with school regarding covered bins and their disposal * Tissues available | | | | | | | | 3 | | | 3 | | 9 | Y | |
| Coaches  Gymnasts | | | 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 |  |
|  | | | |  | |  |  |
| **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: | | |  | | |