





# **RETURN TO GYMNASTICS RISK ASSESSMENT**

## **COVID-19**

<b>Risk Assessment Number: 1</b>	<b>Date of Assessment:</b>	<b>Area Assessed:</b>		<b>Assessment carried out by:</b>
	<b>01/09/2020</b>	Noadswood School Gymnasium Waterside Gymnastics Club		Della Downes

### **Safety Induction**

A safety induction will be delivered to all coaches, participants and, where necessary, parents/carers on arrival to the activity. All coaches will have taken part in a live sharing of the risk assessment. All parents to be provided with a copy of the risk assessment and the opportunity to discuss it with the appropriate coach or welfare officer. All participants will be briefed prior to the activity to ensure they understand the activity and expectations to keep everyone safe. Normal consideration should be applied to the attire and jewellery policy within this induction.

Any participant choosing not to maintain 2 metres will be removed from training groups and not allowed to re-join until the parents have spoken to the Lead Covid-19 person and they are convinced that the participants behaviour will be in line with behaviour expectations. Any participant intentionally coughing on another participant or threatening to will also be removed from training.

The Club will make it clear to parents that social distancing can be difficult at times during training due to the age of the children. However, we will put in place strategies to minimise any form of contact. Parents must make the decision for themselves about sending their children to train.

**At present, in accordance with British Gymnastics, all activities will be no contact unless required to keep the individual safe.**

### **First Aid**

During the activity, First Aid will be provided if necessary. It is the responsibility of lead coach to complete an accident form for any incidents which may occur during the activity.

All first aid kits (amongst other items) to include: -

Plasters, anti-bacterial wipes, slings, nitrile gloves, face masks and resuscitation one-way valve face shields. These are essential to help minimise the risk of Covid-19 transmission.

Any provisions must be replaced, once used, BEFORE the next session.

### **Safe Guarding**

Waterside's return to training risk assessment has been written in conjunction with Waterside's safeguarding policy. Waterside Gym Club recognise that training activities and management have had to be adjusted at this present time and so all measures have been produced to ensure the safety of all throughout.

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
Staff, Gymnasts	Re-opening following shut down of indoor sport facilities. <ul style="list-style-type: none"> <li>Death</li> <li>Serious ill health</li> <li>Infection / transmission of the virus</li> </ul>	1. A thorough deep clean of the premises must be undertaken before reoccupation.  2. The deep clean on the premises will focus on high frequency touch points including banisters, handles, taps and surfaces. Vacuum and mop floors, cleaning surfaces in kitchens and bathrooms. <a href="https://www.gov.uk/government/publications/Covid-19-decontamination-in-non-healthcare-settings/Covid-19-decontamination-in-non-healthcare-settings">a. https://www.gov.uk/government/publications/Covid-19-decontamination-in-non-healthcare-settings/Covid-19-decontamination-in-non-healthcare-settings</a>  3. Separate cleaning schedule available for equipment. 4. Ensuring hand washing/sanitising stations are available for use. 5. Prior to the resumption of training, all gymnasts and staff who are engaged in the training environment will be formally appraised of the risks and all mitigating steps being taken. 6. Named person who is responsible for Covid-19, familiar with the emerging evidence	5	2	10 Medium	Yes  To be discussed with school  All staff, gymnasts, and facility staff to be appraised of risk and risk mitigation

		<p>related to post-Covid-19 pathology, who is expected to:</p> <p>6a. Lead on ensuring any suspected or confirmed Covid-19 cases are managed in line with the sport's Covid-19 case management protocols and current government guidance.</p> <p>6b Have an oversight of the return to training of any gymnasts with suspected or confirmed cases of Covid-19.</p> <p>6c. Support all coaches with any medical aspects of the risk assessment and mitigation process.</p>				<p>– Lead Covid-19</p> <p>Barbara Mogg, Rachel O'Neill, Della Downes</p>
Staff, Gymnasts	<p>Overcrowding in the facility</p> <ul style="list-style-type: none"> <li>▪ Death</li> <li>▪ Serious ill health</li> <li>▪ Infection / transmission of the virus</li> </ul>	<p>7. Calculate the facilities total footprint as directed by British Gymnastics.</p> <p>8. Divide the answer by 9.29 to find the interim facility maximum capacity. This method has been derived from guidance released by the government for Digital, media, Culture &amp; Sport (DCMS) to help organisations calculate a safe capacity limit for indoor sporting facilities. Reducing capacity this way whilst sustaining ventilation flows, will increase the typical current 10l/s/p flow rate of ventilation to at least 20l/s/p as fewer people are being served by the ventilation system. The club may determine how much socially distanced space is provided per gymnast for their activity as long as it does not go below current government guidelines for social distancing e.g. you may decide to operate on 2m by 2m area for each gymnast or potentially expand this to 3m by 3m per gymnast. Gymnasts will continue to social</p>	5	2	10	<p><b>Yes As below</b></p> <p><b>Maximum number in the gym at any one time has been reduced to 55. This includes gymnasts, coaches and personnel as a result of facility capacity guidance. Each piece/station will have a maximum of</b></p>

		<p>distance while queuing and visual markers will be provided.</p> <p>9. Nature of activity to be taken into consideration when considering social distancing requirements (i.e. static activity v's requiring a range of movement)</p> <p>10. Consider pinch and clustering points within the facility and limit numbers accordingly to limit this and transmission possibility.</p> <p>11. Class sizes and timetable to be reduced and amended to reflect capacity findings and social distancing regulations.</p>				<p><b>10. Caution on numbers depending on layout of preps and pieces and gymnasts' age. Mixed disciplines will no longer train together in the gym.</b></p>
Staff, Gymnasts	<p>Gymnasts arriving and leaving site.</p> <ul style="list-style-type: none"> <li>▪ Death</li> <li>▪ Serious ill health</li> <li>▪ Infection / transmission of the virus</li> </ul>	<p>12. Training sessions to be staggered to avoid cross over. A 10 minute break time between sessions will be allocated to allow sufficient time for all participants to leave and for appropriate cleaning of equipment and facility between classes.</p> <p>13. <b>One-way system will be utilized where possible and clear signage displayed to show staff and gymnastics the entry and exit routes.</b></p> <p>14. Gymnasts and parents to queue outside the facility under the covered courtyard in marked 2m areas. When indicated, gymnasts only to approach main gym door.</p> <p>15. Gymnast to enter premises alone to reduce clustering in doorways and corridors. No parents or observers will be allowed into the premises. Consideration will be given to parents/carers of children with specific needs. To be individually assessed.</p> <p>16. Gymnasts to arrive in training kit.</p>	5	2	10	<p><b>Markers to be placed to indicate 2m waiting distances</b></p>

		<p>17. Gymnasts must arrive on time for their session to avoid possible transmission throughout groups. <b>It is essential no one arrives overly early or late to avoid cross contamination.</b> Similarly, pick up must also be on time and parents are requested to leave promptly. If gymnasts arrive late, they may be expected to wait with their parent, until a safe and suitable time to enter the gym.</p> <p>18. Gymnasts/staff to enter the premises individually.</p> <p>19. <b>Gymnasts/Staff to use the hand sanitiser station at entrance BEFORE entering into the training area.</b></p> <p>20. Gymnasts under the age of 14, will be required, at present, to leave the gym with guidance marshals, who will escort them to their parents. The safeguarding policy has been updated to accommodate this change. Gymnasts will exit in 'bubbles.'</p> <p>21. Exit/collection of gymnasts will be via a different doorway and all parents will be informed.</p> <p>22. Parents will be informed on pick up and drop off requirements by the lead coach depending on age etc.</p>				<p><b>Hand sanitiser will be available outside the gym door and in several places around the gymnasium</b></p>
Staff, Gymnasts	Cross contamination via participants own equipment	<p>23. All gymnasts to arrive in kit.</p> <p>24. All participants MUST have their own source of hydration in a sealed, and obviously named bottle.</p> <p>25. Participants will not be allowed to train if they do not arrive with hydration.</p> <p>26. NO sharing of bottles will be allowed.</p>	5	2	10	<p><b>No sharing of any personal equipment</b></p>

		<p>27. Gymnasts are requested not to bring anything into the building that is not entirely essential.</p> <p>28. Should participants need to bring small items of equipment into the gym, (squad, medical equipment) it is advised that they carry a small, named bag (ie PE bag) to carry their items and water bottle.</p> <p>29. Participants will be encouraged to carry their own hand sanitiser providing that it is named.</p> <p>30. No sharing however of individual sanitiser.</p> <p>31. Sanitiser will be readily available around the gymnasium.</p> <p>32. Shoes and coats must be kept in a named individual bag inside the gymnasium to avoid loss or mix up of attire.</p>				
Staff, Gymnasts	<p>Returning to training/coaching after isolation.</p> <ul style="list-style-type: none"> <li>▪ Death</li> <li>▪ Serious ill health</li> <li>▪ Infection / transmission of the virus</li> </ul>	<p>33. Staff who are returning to the training environment from isolation due to suspected or confirmed cases of Covid-19 or other Covid-19 related reasons should be medically assessed prior to return.</p> <p>34. Gymnasts who are returning to the training environment from isolation due to suspected or confirmed cases of Covid-19 or other Covid-19 related reasons must do so under the direction of a responsible person, familiar with the emerging evidence related to post-Covid-19 pathology and following the most up to date return to training steps.</p>	5	1	5	<p><b>Risk is reduced through assessment / testing prior to return</b></p>



Staff, Gymnasts	<p>Social Distancing</p> <ul style="list-style-type: none"> <li>▪ Death</li> <li>▪ Serious ill health</li> <li>▪ Infection / transmission of the virus</li> </ul>	<p>35. All gymnasts and staff should adhere to government rules on social distancing when travelling to and from the training venue and, where possible, should not come within the 2m social distancing range of anyone outside their household whilst travelling to and from training. Keep up to date with social distancing guidance at <a href="http://www.gov.uk">www.gov.uk</a>. Current rules on car sharing state:</p> <p>You should try not to share a vehicle with those outside your household or support bubble. If you need to do this, try to:</p> <ul style="list-style-type: none"> <li>• Share the transport with the same people each time</li> <li>• Keep to small groups of people at any one time</li> <li>• Open windows for ventilation</li> <li>• Travel side by side or behind other people, rather than facing them, where seating arrangements allow</li> <li>• Face away from each other</li> <li>• Consider seating arrangements to maximise distance between people in the vehicle</li> <li>• Clean your car between journeys using standard cleaning products – make sure you clean door handles and other areas that people touch</li> <li>• Ask the driver and passengers (where appropriate) to wear a face covering</li> </ul> <p>36. Social distancing will continue to be the expectation. Any gymnast or staff not</p>	5	2	10	<p><b>Coaches may change bubbles where necessary but meticulous record keeping must be kept</b></p>
-----------------	---	---	---	---	----	---

		<p>adhering to social distancing rules will be removed from training and not allowed to return until it is agreed between the participant and the club.</p> <p>37. Ensure that there is no swapping between designated 'small clusters' or between 'larger groups' unless strictly required for realistic training. Any such swapping should be meticulously recorded. This is to reduce the risk of whole squad impact in the event of a gymnast contracting Covid- 19. Registers of both gymnasts and coaches to be kept to adhere to NHS track and trace requirements.</p> <p>38. Good ventilation within training area. Ventilation systems should provide 100% fresh air and not recirculate air from one space to another. Open windows and doors where possible, which allows ventilation but also limits contact on door and window handles.</p> <p>39. At present, all coaching is to be 'no hands' unless in a dangerous situation.</p>				
Staff, Gymnasts	<p>Suspected case of Covid-19</p> <ul style="list-style-type: none"> <li>▪ Death</li> <li>▪ Serious ill health</li> <li>▪ Infection / transmission of the virus</li> </ul>	<p>40. Should a known or suspected Covid-19 case occur in the training environment or an individual be identified as a contact of a known case the individual/s in question should be placed in isolation and follow the PHE guidelines. The person responsible for Covid-19 should be immediately informed if not involved with identifying and isolating the case at the training venue. Isolation point will be girls changing room as still have a separate toilet available for use. Isolation</p>	5	2	10	

		point must be immediately cleaned after use and full PPE equipment must be provided. Lead Covid -19 officers will inform necessary parents and personnel.				
Staff, Gymnasts	<p>Clinically or Extremely vulnerable gymnasts</p> <ul style="list-style-type: none"> <li>▪ Death</li> <li>▪ Serious ill health</li> <li>▪ Infection / transmission of the virus</li> </ul>	<p>41. Gymnasts or staff deemed 'clinically extremely vulnerable' should continue to follow government advice. This may include maintaining 'shielding' where appropriate and in line with policy guidance.</p> <p>42. Clinically extremely vulnerable individuals or those continuing to live with anyone deemed clinically extremely vulnerable should not be engaged in the training environment in line with current government advice.</p>	5	1	5	<b>Risk is reduced if government / clinical advice is followed</b>
Staff, Gymnasts	<p>Sneezing, Coughing, Droplet transmission</p> <ul style="list-style-type: none"> <li>▪ Death</li> <li>▪ Serious ill health</li> <li>▪ Infection / transmission of the virus</li> </ul>	<p>43. Ensure all participants remain a minimum of 2 metres apart, 3 metres where attainable.</p> <p>44. Where possible, plan activities that are back to back.</p> <p>45. All participants to be reminded of personal hygiene whilst training. Encourage catch it, bin it, kill it.</p> <p>46. Tissues available and lidded, foot pedal bins for disposal.</p> <p>47. Hand wash/sanitiser stations available for use.</p> <p>48. Bins are cleaned after each training session.</p> <p>49. Cough and sneeze into the crook of the elbow and use a separate bathroom if possible.</p> <p>50. Spitting will not be allowed.</p> <p>51. All coaches requested not to unduly raise their voices to each other or participants to</p>	5	2	10	<p>Yes</p> <p><b>With the arrival of winter, more participants are likely to catch other viruses. Ensure readily available tissues and good hygiene throughout to limit transmission.</b></p>

		<p>reduce the potential risk of droplet transmission.</p> <p>52. Participants or coaches who are asymptomatic will not be allowed to attend training.</p>				
Staff, Gymnasts	<p>Hygiene</p> <ul style="list-style-type: none"> <li>▪ Death</li> <li>▪ Serious ill health</li> <li>▪ Infection / transmission of the virus</li> </ul>	<p>53. Hand sanitization stations at the entrance and exit of the building and on each station to promote good hygiene.</p> <p>54. All staff and participants to sanitise their hands BEFORE entry to the gym.</p> <p>55. Washing or sanitising of hands will be encouraged on a regular basis and enforced between rotations.</p> <p>56. Antibacterial soap in toilets</p> <p>57. NHS signage displayed in toilets and gym to remind 20 second-hand washing.</p> <p>58. Where possible, providing paper towels as an alternative to hand dryers in handwashing facilities.</p> <p>59. Feet do not need to be sanitised, but gymnasts may wear gym shoes if they wish. Note:-They should be cleaned after each session.</p>	5	1	5	<p><b>All participants will be required to sanitise their hands prior to entering the gym, after warm up, before each rotation and prior to leaving. Hand wash stations are also available.</b></p>
Staff, Gymnasts	<p>Gymnasium Housekeeping</p> <ul style="list-style-type: none"> <li>▪ Death</li> <li>▪ Serious ill health</li> <li>▪ Infection / transmission of the virus</li> </ul>	<p>60. Focused cleaning program in place. Focus on high frequency touch points including banisters, handles, taps and surfaces. Vacuum and mop floors, cleaning surfaces in bathrooms, as agreed with school.</p> <p>61. Cleaning schedule of equipment on a separate document.</p> <p>62. Clean as you go policy in place. <b>All equipment to be wiped down after use and before rotations.</b> Spray and cloths will</p>	5	2	10	<p><b>Gloves, masks, aprons and cleaning equipment will be readily available to limit transmission.</b></p>

		<p>be available at all stations. Ensure all equipment is dry before use.</p> <p>63. All participants to re sanitise their hands before moving to next rotation.</p> <p>64. Bins are cleaned out after each training session.</p> <p>65. Deep clean to be performed on entire gymnasium at end of the day.</p> <p>66. Floor to be cleaned with a hepa-filter hoover where able.</p> <p>67. Steam cleaning of floors is advisable.</p> <p>68. Aprons, gloves and masks will be readily available.</p>				
Staff, Gymnasts	<p>Cleaning, waste management</p> <ul style="list-style-type: none"> <li>▪ Death</li> <li>▪ Serious ill health</li> <li>▪ Infection / transmission of the virus</li> </ul>	<p>69. Cleaning an area with normal household disinfectant after someone with suspected coronavirus (Covid-19) has left will reduce the risk of passing the infection on to other people</p> <p>70. Wear disposable nitrile gloves and aprons for cleaning. These should be double-bagged, then stored securely for 72 hours then thrown away in the regular rubbish after cleaning is finished</p> <p>71. Rigorous cleaning regimes to be adopted. Using a cloth, hard clean surfaces with a warm disinfectant solution. Particular attention will be paid to frequently touched areas and surfaces, such as bathrooms, grab-rails in corridors and stairwells and door and window handles.</p> <p>72. Wash hands regularly with soap and water for 20 seconds, and after removing gloves,</p>	5	2	10	<p><b>Cleaning is vital in the control of the virus. All cleaning to be recorded.</b></p>

		aprons and other protection used while cleaning.				
Staff, Gymnasts	<p>Common Areas eg</p> <ul style="list-style-type: none"> <li>Change rooms</li> <li>Toilets</li> <li>Viewing areas</li> </ul> <ul style="list-style-type: none"> <li>Death</li> <li>Serious ill health</li> <li>Infection / transmission of the virus</li> </ul>	<p>73. Toilet breaks to be staggered to reduce pressure – one person only in bathrooms.</p> <p>74. Staff to be encouraged to stay on site during working hours</p> <p>75. Toilets cleaned after each use and at end of session. Encourage gymnasts to use toilet before entering facility.</p> <p>76. Coaches and gymnasts to arrive in kit. Use of changing rooms to be discouraged to avoid pinch points.</p> <p>77. Viewing areas to be closed until further notice.</p> <p>78. Social distancing markers in place for coat storage.</p>	5	2	10	<b>Where possible, parent helper to be stationed at the toilets to ensure only one person at a time and to clean the area after each use.</b>
Staff. Gymnasts	<p>First Aid / Medical attention including sporting injuries</p> <ul style="list-style-type: none"> <li>Death</li> <li>Serious ill health</li> <li>Infection / transmission of the virus</li> </ul>	<p>79. Up to date medical information obtained for all participants taking part in activity. Coach to be responsible for individual medical needs.</p> <p>80. Suitable supervision to meet participant needs.</p> <p>81. Written parental consent of medical administration if needed/required.</p> <p>82. First Aid kits carried by lead coach.</p> <p>83. First aiders and all coaches to familiarise themselves with the symptoms of Covid-19.</p> <p>84. First aid equipment to be checked and additional nitrile gloves, masks and sanitizer to be made readily available. Resus face shields will be available in all first aid kits</p>	5	3	15	<b>Reduce the risk of injury by ensuring participants only perform skills and activities they are able to do safely and independently. Ensure age appropriate preps are available to keep participants safe.</b>

		<p>should mouth to mouth resuscitation be necessary.</p> <p>85. First aiders to try and maintain social distancing measures, where possible.</p> <p>86. Plasters to be given to individual to apply if able. If not, gloves to be worn when dealing with open wounds.</p> <p>87. Where treatment of an injured person doesn't allow this, in an emergency, for example, a serious accident, people do not have to stay 2m apart if it would be unsafe to do so. Face masks, gloves, and resus, one-way valve face shields will be present in all first aid kits to minimise the contamination risk as much as possible.</p> <p>88. People involved in the provision of assistance to others should pay particular attention to sanitation measures immediately afterwards, including washing hands. Hand sanitiser will be made available.</p> <p>89. Dispose of all waste safely.</p> <p>90. Only follow British Gymnastics guidance for endorsed activity, ensuring activity choices are made to minimise the injury and illness risk/NHS burden as a priority consideration.</p> <p>91. Ensure local emergency medical assistance can be accessed in the event of a potential life or limb threatening injury requiring immediate extrication and urgent medical care or hospitalisation.</p>				
--	--	--	--	--	--	--

<b>Further Control Measures</b>		<b>Further Control Measures Follow up</b>	
		<b>Allocated to (name)</b>	<b>Target date</b>
			<b>Date completed</b>
<b>Risk Assessment Reviews</b>			
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:	