

Risk Assessment

Location of activity / task / environment being assessed	Small group training at the gym
Description of activity(ies) / task(s) / environment(s) being assessed:	
Indoor training – re-opening the gym – Covid-19	

Name of assessor		Name of approver	
Signature of assessor		Signature of approver	
Comments		Comments	
<p>From the end of the summer term, out-of-school-settings for children may operate in accordance with the guidance linked at the end of this document. This means that clubs can offer indoor services to children of school age (years R to 11, not including those who have now finished Year 11) from Tuesday 21 July in Bristol.</p>			
Date of assessment		Date of approval	

Date Review Due		Date Reviewed	
Reviewed by		Comments	
Reviewer Signature			

Identifying Hazards and Control Measures

What Hazards are or may be present?	Who might be affected ?	What is the Potential severity of harm and Likelihood of harm? <i>(Risk Rating Matrix Table 1)</i>	What is The Risk Rating? <i>(Risk Rating Matrix Table 2)</i>	What Control Measures and actions are required to reduce the overall risk to medium or low?
Transmission of Covid-19 between students / students and coaches	Students, coaches	Serious Possible	Medium	<ul style="list-style-type: none"> • Adults and students must not attend training if they, or members of their household, are experiencing symptoms of illness as outlined on the NHS website: https://www.nhs.uk/conditions/coronavirus-covid-19/ and should self-check for symptoms before attending training. • All participants will be fully briefed before the sessions begin. • Distancing of 2m between participants will be maintained wherever possible, with a strict 1m+ distance maintained at all times. Markers will help to support this. • Adults will maintain a 2m distance from children wherever possible and will wear PPE. • To allow for distancing, classes will be no larger than 10-12 students, except where they contain siblings who can train more closely together. • Participants to use hand sanitiser on arrival and after the session. Participants can provide their own individual hand sanitiser, and hand sanitiser will be provided in the gym. Sanitiser, soap and wipes will be available at all times. • Participants' temperature will be measured with a temperature gun when they arrive. • Students 10 years old and over, and coaches will be asked to wear face coverings. Coverings should be replaced when they become damp and should be removed correctly (unfastened and removed from the back, without touching the front of the mask). Disposable masks should be placed directly in the bin. Reusable masks should be placed in a plastic bag and washed as soon as possible. • Participants should avoid handling mobile phones or electronic devices during training. If this is not possible, the device should be cleaned with a disinfectant wipe before and after training. • Sneezes and coughs should be into a tissue that is then disposed of in rubbish bags provided, or into the elbow. • Coaches will keep up to date with Government guidance relating to training and Covid-19 and provide regular updates to Parents.

Transmission of Covid-19 via surfaces / items / the physical environment	Students, coaches	Serious Possible	Medium	<ul style="list-style-type: none"> • Coaches and students must provide their own equipment, water bottle, towel (if used) etc. and must not share these items. Items should only be handled by their owners. • No club equipment will be used. No equipment will be shared. • Coaches and students should wear clean uniform to train and should arrive ready to train, avoiding the need to change at the gym. • Minimal equipment should be used and should be carried in a bag that is easy to clean or can be quarantined after use for at least 72 hours. • All equipment used to be thoroughly cleaned and disinfected after the session. • All belongings must be taken home after every session. • An additional window has been installed at the back of the gym, as well as an additional door, to allow for improved ventilation and airflow. • There will be breaks of 15 min between classes to allow for cleaning of surfaces, with particular attention to high traffic touch points.
Student, coach or other adult develops / shows symptoms of Covid-19 during a training session	Students, coaches	Serious Improbable	Low	<ul style="list-style-type: none"> • A student who develops symptoms during a session will be isolated from the group immediately and the parent contacted to collect them. • They will be supervised by an adult, likely to be the second adult, wearing PPE until the parent is able to collect them. • Any equipment they have used must not be used by anyone else until it has been deep cleaned. • Any area that student has been in will be deep cleaned before it is used again. • If necessary, the session will be ended early to facilitate the necessary cleaning. • If a coach develops symptoms during the session, they must end the session and isolate themselves from the group immediately. Another adult should supervise the students until their parents are able to collect them. • If the second adult develops symptoms they should leave the session immediately and go home. If there is no other adult available to take their place (see safeguarding) the session may need to end. • Participants should then follow the steps detailed for developing symptoms outside a training session.
Student or coach develops symptoms of Covid-19 outside a training session	Students, coaches, parents & family	Serious Possible	Medium	<ul style="list-style-type: none"> • Any participants who develop symptoms must inform Sharon Gill, Daniel Blythe or Chris Baird immediately and they will inform the other members of the training group. • Participants with symptoms are advised to use the NHS 111 on-line service for instructions and to access testing (if no internet access, then

				<p>call 111).</p> <ul style="list-style-type: none"> • The participant should not train for 14 days unless tested negative or otherwise given medical clearance. • Anyone with symptoms is now able to request a test within the first 5 days of having symptoms. Students and coaches who develop symptoms are encouraged to request a test and to inform the club of the result.
Social distancing not maintained at arrival / departure.	Students, coaches, parents.	Serious Possible	Medium	<ul style="list-style-type: none"> • Breaks of 15 min between classes will allow one class to leave before the next arrives. Students are asked not to arrive more than 5 min before the start of their class. • An additional door has been installed to allow for separate entry and exit points. • One adult to drop off and collect students. • Parents may not stay in the gym during classes as there is not sufficient space to maintain social distancing. Any parents who choose to wait outside the gym are asked to observe social distancing.
Transmission of Covid-19 to home environment.	Students, coaches, parents & family	Serious Possible	Medium	<ul style="list-style-type: none"> • Participants should use hand sanitiser / wash hands at the end of a session. • Only essential items to be brought from home, and participants are advised to clean items on their return. • Participants are advised to wash hands and forearms thoroughly on returning home. • Participants are advised to change out of training uniform and put it directly in the washing machine, and shower when they arrive home. • Only one adult to drop off and collect students. • Contact tracing register to be completed for all sessions and held somewhere easily accessible for four weeks.
Young students not maintaining social distancing	Students, coaches	Major Possible	High	<ul style="list-style-type: none"> • It is understood that young children may not be able to effectively socially distance, though this will be encouraged as much as possible. Therefore, it is important that all the other measures are strictly followed. • Any child with symptoms, or with a member of their household showing symptoms, should not attend training. • Children will be encouraged to wash / sanitise their hands often. • Children will be reminded to 'catch it, kill it bin it', used tissues to be placed by the child into the bin, which will be emptied daily. Children will also be reminded to cough or sneeze into their elbow and away from others if no tissue available. • Especially for younger children, class, 'bubbles' will remain consistent wherever possible.

Exposure to Covid-19 infection while travelling to / from training	Students, coaches, parents.	Serious Possible	Medium	<ul style="list-style-type: none"> Participants are encouraged to travel by car wherever possible and avoid public transport. If it necessary to use public transport, participants should observe social distancing as much as possible and wear a face covering.
Exposure of Clinically Vulnerable or Extremely Clinically Vulnerable household members to Covid-19	Students, coaches, parents & family	Major Possible	High	<ul style="list-style-type: none"> The advice for extremely Clinically Vulnerable students has relaxed from 6 July, however it is likely that they should still not take part in training at this stage. From 1 August, children who are extremely clinically vulnerable can return to their education settings, but should practise frequent hand washing and social distancing. Parents of vulnerable children should consider whether returning to training is appropriate and discuss this with the coach. Clinically Vulnerable students / coaches have been advised to take extra care in observing social distancing and should consider whether returning to training is appropriate for them. Based on guidance to schools, a child who lives with someone who is Extremely Clinically Vulnerable should only attend if they are confident that stringent social distancing can be adhered to. A child who lives with someone who is Clinically Vulnerable should be able to attend training as long as the control measures are observed.
Parental / community anxiety around return to training and potential increased mental health needs	Students, coaches, parents.	Serious Likely	High	<ul style="list-style-type: none"> Strategy and risk assessment to be communicated with parents Decisions around re-opening to made in consultation with parents. Ongoing communication with parents and students about risks and plans, as well as regular reviews of the risk assessment. It is not appropriate to stream the classes via zoom and the provision of additional zoom classes will be difficult. However, if there is a need for this, we will investigate ways to provide it.
Injury to students / first aid required during session.	Students, coaches, parents.	Serious Possible	Medium	<ul style="list-style-type: none"> Training to be planned to be within participants confidence and skill levels to reduce the likelihood of injury. If a student is injured during a session, they will, if possible be moved away from the rest of the group (or the group moved away from them) and first aid provided. It is understood that social distancing cannot be adhered to while providing first aid, so the first aider will wear PPE and adhere to strict hygiene.
Safeguarding concerns where one coach is alone with a group of children	Students, coaches, parents.	Serious Improbable	Low	<ul style="list-style-type: none"> A second adult to be present to observe as well as to support with encouraging distancing and hygiene. This second adult may also be able to provide support with isolating students / first aid if necessary.

Infection transmitted by other visitors to the gym.	Students, coaches, parents.	Serious Improbable	Low	<ul style="list-style-type: none"> • Aside from students, coaches and parents, other visitors to the gym will only be allowed when essential (such as essential maintenance etc.) • Such visits will take place when there are no classes running and the gym cleaned afterwards. • Any meetings etc. required to be carried out virtually where possible, or in locations other than the gym.
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Further advice and guidance:

The most important symptoms of coronavirus (COVID-19) are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness. However, if you have any of the symptoms above you must stay at home and arrange to have a test to see if you have COVID-19

<https://www.gov.uk/government/publications/protective-measures-for-holiday-or-after-school-clubs-and-other-out-of-school-settings-for-children-during-the-coronavirus-covid-19-outbreak/protective-measures-for-out-of-school-settings-during-the-coronavirus-covid-19-outbreak>

<https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering>

<https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>

<https://www.ukactive.com/news/ukactive-unveils-recommended-framework-for-reopening-the-fitness-and-leisure-sector-safely/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/>

<https://www.gov.uk/government/publications/coronavirus-covid-19-implementing-protective-measures-in-education-and-childcare-settings/coronavirus-covid-19-implementing-protective-measures-in-education-and-childcare-settings>

RISK RATING MATRIX
 (Notes to Aid Completion of the Risk Assessment Format)

Table 1

Potential Severity of Harm	Meaning	Likelihood of Harm	Meaning
Fatal/Major Injury	Death, major injuries or ill health causing long-term disability/absence from work.	Likely	Occurs repeatedly / event only to be expected
Serious Injury	Injuries or ill health causing short-term disability/absence from work (over three days)	Possible	Moderate chance/could occur sometimes
Minor Injury	Injuries or ill health causing no significant long-term effects and no significant absence from work	Improbable	So unlikely that probability is close to zero

Table 2

Risk Rating - Degree of Injury by Likelihood/Probability			
	Likely	Possible	Improbable
Fatal/Major Injury	Very High Risk	High Risk	Medium Risk
Serious Injury	High Risk	Medium Risk	Low Risk
Minor Injury	Medium Risk	Low Risk	No Significant Risk