

Rib Valley Gymnastics Club

Risk Assessment - COVID-19



Assessment carried out by - **Andrea Allen**

Date – **9th September 2020**

Position - **Owner / Manager & H&S officer**

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks for Covid-19?	Who needs to carry out the action?	When is the action needed by?	Action Completed?
<u>Entering and Exiting the premises</u>	Staff and customers may suffer injury by trips or slips over objects, such as curbs & steps.	<ul style="list-style-type: none"> - Constant visual checks of surface condition. - Ensuring walkways are clear of objects - Checking external lighting is working. Reporting to school if not working. 	<ul style="list-style-type: none"> - Reduce the number of attendance per hour. - Put additional signage up to direct members. - Doors will be left open on arrival to avoid multiple contact to handles. - Social distancing markers will be placed on the pathway leading into the building. - Different Entry and Exit locations. 	Managers and staff	9/9/20	<u>9/9/20</u>
<u>Return to training</u>	Control & understanding of all risks associated with returning to the training environment for all. These include: death or serious ill health for an infected person, and the possibility of Infecting /	<ul style="list-style-type: none"> - All staff, gymnasts and associated support team to be made aware of the risks involved. - A Staff member who is returning to the training environment from isolation due to suspected or confirmed cases of COVID-19 or other COVID-19 related reasons should be 	<ul style="list-style-type: none"> - H&S Officer to place posters around facility to keep members up to date on what they need to do to adhere to the social distancing. - H&S Officer to provide regular updates to users changes and what they need to do when coming to the gym for training. - No use of changing facilities by Gymnasts and coaches. They are to 	Managers and staff	9/9/20	<u>9/9/20</u>

	transmitting the virus to other gymnasts or staff.	<p>medically assessed prior to return.</p> <ul style="list-style-type: none"> - 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 physician/medical officer, familiar with the emerging evidence related to post-COVID-19 pathology and following the most up to date return to training steps. 	<p>arrive ready dressed to allow for a quick entry and exit to their session.</p> <ul style="list-style-type: none"> - Contactless registers and personal data updates done via a staff member. This is in line with the track and trace guidelines in the event of an outbreak. 			
<p><u>Suspected Cases of a person being unwell with COVID-19 in the gymnasium – Note this is for persons who are too unwell to go home immediately.</u></p>	<p>Members and Staff, These include: death or serious ill health for an infected person, and the possibility of Infecting / transmitting the virus to other members or staff.</p>	<ul style="list-style-type: none"> - Unwell person(s) to be removed to an area which is away from other people. If possible, find a room or area where they can be isolated behind a closed door, such as a meeting room/first aid room. If it is possible. - Open a window for ventilation. - Room to be thoroughly cleaned afterwards. - Employees who are well but who have a sick family member at home with COVID-19 should notify their manager and follow the Governments guidance on self-isolation. 	<ul style="list-style-type: none"> - Have a clear procedure in place for the control of all staff/gymnasts who may display symptoms. - All senior staff & first aiders are fully up to date with procedures to deal with any person displaying COVID 19 symptoms. - Any staff /gymnasts who have a sick family member MUST NOT attend and make sure they notify a manager. - Any cleaning of areas where the person displaying symptoms of Covid-19 should be cleaned in accordance with guidelines published as https://www.gov.uk/government/publications/covid-19-decontamination-in-nonhealthcare-settings 	Managers and staff	9/9/20	<u>9/9/20</u>

<p><u>Vulnerable and high risk staff or member</u></p>	<p>Any Staff or Member deemed vulnerable or high risk or with those who come from a household with high risk within. Interacting within the gym environment could increase the risk of death or serious harm to that person.</p>	<ul style="list-style-type: none"> - Vulnerable members of staff deemed 'clinically extremely vulnerable' should continue to follow government advice. This currently includes maintaining 'shielding' and therefore, should not return to organized training outside of the home. 	<ul style="list-style-type: none"> - Ensure that staff and Members fill in and update all medical records to your online account with Rib Valley Gymnastics & Trampolineing. - Ongoing health monitoring & all relevant details to be held on file by the club. 	<p>Managers</p>	<p>9/9/20</p>	<p><u>9/9/20</u></p>
<p><u>W/C areas & Changing rooms plus hand sanitizing</u></p>	<p>Members and Staff, These include: death or serious ill health for an infected person, and the possibility of Infecting / transmitting the virus to other members or staff.</p>	<ul style="list-style-type: none"> - In accordance with Edwinstree School guidelines the changing rooms and toilets will be currently closed. 	<ul style="list-style-type: none"> - Only the individual disabled W/C will be in use. This will maintain strict social distancing and enable all surfaces and touch areas to be cleaned more frequent and efficiently. - Sanitising gel stations are set up on entry and exit to the buildings - Signage and posters are on display in reception and throughout the buildings encouraging hand washing / sanitising. 	<p>Managers and staff</p>	<p>9/9/20</p>	<p><u>9/9/20</u></p>
<p><u>Cleaning</u></p>	<p>Members and Staff, These include: death or serious ill health for an infected person, and the possibility of Infecting / transmitting the virus to other members or staff</p>	<ul style="list-style-type: none"> - Frequently cleaning and disinfecting objects and surfaces that are touched regularly particularly in areas of regular use. 	<ul style="list-style-type: none"> - Rigorous checks will be carried out by managers to ensure that the necessary procedures are being followed. - All Staff have been given additional training on steps and procedures in cleaning and sanitising all high traffic and touch areas. - Any hand touched gymnastics equipment will be wiped or sprayed down with quality approved disinfectant. - We have allocated 15 minutes between each session to complete 	<p>Managers and staff</p>	<p>9/9/20</p>	<p><u>9/9/20</u></p>

			<p>this cleaning pattern on every group change of apparatus or activity or at any point a coach feels it is necessary to do so.</p>			
<u>First Aid</u>	<p>Contact with someone with the virus could lead to death or serious ill health There is also a risk of Infecting / transmitting the virus to other staff or member.</p>	<ul style="list-style-type: none"> - First aiders to familiarise themselves with the symptoms of COVID-19. - First aid equipment to be checked and additional gloves and sanitizer to be made available. - First aiders to try and maintain social distancing measures throughout the treatment. - Where treatment of an injured person doesn't allow this in an emergency, (example, an accident, fire) people do not have to stay 2m apart if it would be unsafe. 	<ul style="list-style-type: none"> - Any persons involved in the provision of first aid being given to others should pay particular attention to sanitation measures immediately afterwards, including washing hands. - Standard PPE for any treatment given will require the first aider to be wearing a mask covering and surgical gloves as minimum. This will enable safer practice and protection for the staff and member when we may have to break the social distancing rule. - Full accident report form will need to be filled out immediately and signed by the parent / guardian on collection or at the point of first contact with that person. 	Managers and staff	9/9/20	<u>9/9/20</u>
<u>Social distancing</u>	<p>Not maintaining social distancing will increase the chance of contact with someone with the virus. This could lead to death or serious ill health There is also a risk of Infecting / transmitting the virus to other staff or member</p>	<ul style="list-style-type: none"> - Social distancing will continue to be the expectation at all times. - All members and staff should adhere to government rules on social distancing. - Staff and members to be reminded on a daily basis of the importance of social distancing both in the premises and outside of it. 	<ul style="list-style-type: none"> - Provide 2m markers on gymnastics matted areas - Staff must ensure that there is no swapping between designated groups unless strictly required to by management. - Additional signage and posters have been positioned around the building encouraging social distancing. 	Managers and staff	9/9/20	<u>9/9/20</u>