

| <b>Risk Assessment Number: 012</b>  | <b>Date of Assessment:</b><br>05/04/2021  | <b>Returning to training with Covid – 19 measures in place, to help prevent the spread of Corona virus.</b><br><br><b>This Risk Assessment uses:</b> <ul style="list-style-type: none"> <li>- UK Government guidelines</li> <li>- BG Step Forward Plan (SFP)</li> <li>- Public Health England</li> <li>- British Gymnastics Coach Contact Framework Action Plan</li> <li>- WHGC Risk Assessment Usage of Foam Pits</li> </ul> |   |
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| <b>Task / Work Activity / Work Area Assessed:</b><br><br>Returning to Squad & Recreational Gymnastics Training With Covid – 19 Measures | <b>Document approved by:</b><br><br>Jamie Saunders<br><br><b>Document checked by:</b><br><br>WHGC Committee |   |   |
| <b>Persons affected by the Activity</b>   | <b>Identified Hazards</b>   | <b>Control Measures in Place</b>  | <b>Additional Control Measures</b>  |
| Coaches, Staff, Gymnasts, Parents / Guardians   | Exposure to the potential risk of contracting Covid - 19  | ALL members are to practice social distancing, in line with latest government guidelines, Specific guidance from British Gymnastics via the Step Forward Plan (SFP)   | <ol style="list-style-type: none"> <li>1. Promote awareness of symptoms with posters around the centre as well as email / social media communications.</li> <li>2. Ensure that the number of coaches and Club Officials in the facility at one time is kept to a minimum.</li> <li>3. Temperature checks to be taken and monitored on arrival and no entry to be given to those with high temperature</li> </ol>  |
| Coaches, Staff, Gymnasts, Parents / Guardians   | Club Member(s) presenting symptoms  | ALL members presenting symptoms are to return / remain at home and follow latest Government guidelines;<br>The Health & Safety Officer (HSO) are to be notified immediately of ALL COVID-19 cases so protocols (right)* can be enacted. Potential contact with COVID-19 measures in-line with Public Health England   | <ol style="list-style-type: none"> <li>1. Daily registers of every gymnast, coach and Club official will be logged protocols are required. These records should be kept for a minimum of 6 weeks.</li> <li>2. The (HSO) should be informed to ensure a single point of contact on a day-to-day / operational level. In the event a positive result is confirmed, measures would include:</li> <li>3. All persons potentially affected (documented through the register system) to be contacted in line with guidance.*</li> <li>4. The facility should have a deep clean prior to re-open.</li> <li>5. The facility to be closed for a minimum of 72 hours (consult with local Health Protection Team)</li> </ol> |

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| Coaches, Staff, Gymnasts, Parents / Guardians | Arriving to the facility  | <ol style="list-style-type: none"> <li>1. Arrival in a 15 minute window only before session, no admittance to anyone after this time, unless arranged prior.</li> <li>2. Waiting in line with 2m distancing in place with floor markings.</li> </ol> <p>There will be no entry to any Parents / Guardians without prior arrangement</p>  | <p>Arrival procedure remains the same<br/>The new canopy should be used to from a line.<br/>Groups will be allocated a section to wait in for the start of their session.</p>   |
| Coaches, Staff, Gymnasts                      | Entry Procedure   | <p>Follow the floor and wall signage in place.<br/>Coaches to check gymnasts are following distancing guidelines</p>   | <ol style="list-style-type: none"> <li>1. Temperature check taken</li> <li>2. Wash Hands for 20 sec</li> <li>3. Slider / Flip flops to be left in storage provided.</li> <li>4. Sanitise hands</li> <li>5. Leave drink and any clothing in cubby holes</li> <li>6. Make your way to the designated space and wait for your coach.</li> </ol>  |
| Coaches, Staff, Gymnasts                      | <p>Moving around the facility during the session</p> <p>Using the facility and the new fitness area</p> <p>Pit usage</p> <p>Coach Support</p> | <p>Follow the floor and wall signage in place.</p> <p>Coaches to check gymnasts are following distancing guidelines.</p> <p>Face masks do not need to worn as long as social distancing guidelines are kept to.<br/>Face masks must be worn by coaches if gymnasts are to opt-in for coach support.<br/>The pit can be used but must be kept to a minimum and guidelines followed.<br/><b>No support for Rec unless needed for safety, no use of pit as not necessary.</b></p> <p>Coach to keep groups in designated area's and to keep group covid-19 protocol and clean equipment when needed.</p> <ol style="list-style-type: none"> <li>1. Coaches to follow new Coach Contact Framework Action Plan</li> <li>2. WHGC Foam pit landing protocol</li> </ol> | <ol style="list-style-type: none"> <li>3. Revised session timetable established to ensure an increased delay between one session finishing and the next session starting, to ensure segregation is kept at enhanced levels.</li> <li>4. Revised Groups to ensure smaller groups / pods to minimise the risk.</li> <li>5. Session plans have been adjusted to ensure socially distanced coaching and participation.</li> <li>6. Activities have been adapted to remove the need for coaches to Spot &amp; Support gymnasts unless following British Gymnastics Coach Contact Framework Action Plan</li> <li>7. Cleaning and sanitising equipment used in between sessions, wiping down touch points using our Covid – 19 protocol, check sheets</li> <li>8. Gymnasts and coaches must sanitise/ was hands/arms before and after support.</li> <li>9. Pit edge will need cleaning/sanitising straight after use.</li> </ol> |
| Coaches, Staff, Gymnasts                      | Toilet breaks<br>Coughs / sneezes etc   |  | <ol style="list-style-type: none"> <li>1. Gymnasts must ask the coach to go to the toilet</li> <li>2. Sanitise hands at apparatus station</li> </ol>  |

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|                          |   |   | <p>3. After using the toilet wash hands and return straight away.<br/>Any Coughs or sneezes should be caught in your elbow and gymnast should immediately wash and sanitise hands</p>  |
| Coaches, Staff, Gymnasts | Post-Session; Maintaining social distancing | Coaches will monitor the gymnasts as they leave and make sure they are picked up by a parent / guardian | <ol style="list-style-type: none"> <li>1. Line up socially distanced return all handheld equipment to be cleaned</li> <li>2. Gymnasts to sanitise hands at designated station</li> <li>3. <b>Squads return box to cubby holes</b>, gymnasts to collect belongings before exiting the building.</li> </ol>                              |
| Coaches, Staff,          | First Aid                                   | Coaches must seek out a qualified first aider and follow club procedures                                | <p>To administer first aid a face mask must be worn by gymnast and coach before dealing with the injury, which are available in the first aid box.</p> <p>If in an emergency and no mask is nearby then a face covering should be given to the people concerned as soon as possible.</p>   |
| Coaches, Staff           | Cleaning and sanitising the facility        | Coaches to keep the gym area clean and sanitise equipment after use                                     | <p>A Covid – 19 cleaning check sheet is in operation to keep the facility as safe as possible for all our members and staff.</p> <p>Coaches clean and sanitise during and after each session, including touch points.</p> <p>End of day clean in the gym.<br/>Every morning a cleaner is used for reception, gymnasts toilets etc.</p> |