



KETTERING GYMNASTICS CLUB

Kettering Gymnastics Club - Covid 19 Risk assessment

- **As an employer, we must protect people from harm. This includes taking reasonable steps to protect our workers and others from coronavirus. This document is called a COVID-19 risk assessment and it'll help manage the covid risk and protect people.**

The risk assessment will help:

- **identify what work activity or situations might cause transmission of the virus**
- **think about who could be at risk**
- **decide how likely it is that someone could be exposed**
- **act to remove the activity or situation, or if this isn't possible, control the risk**
- **This paper will help us make sure we have covered what is needed to keep workers and others safe. This will become a living and evolving document as we continue to monitor it to make sure that what we have put in place is working as expected and that there are no new situations to manage.**

Kettering Gymnastics COVID 19 Risk Assessment Form

1	KGC – Covid	Date of Assessment: 12/07/2020																																															
	Task / Work Activity / Work Area Assessed:	Assessment Carried By: P Purcell/ R Purcell																																															
<table border="1"> <tr> <td colspan="5">Risk severity e.g</td> <td colspan="5">Likelihood</td> <td colspan="2">Risk Rating Outcome X Likelihood</td> </tr> <tr> <td>10</td> <td>8</td> <td>5</td> <td>3</td> <td>1</td> <td>10</td> <td>8</td> <td>5</td> <td>2</td> <td>1</td> <td>High</td> <td>Medium</td> <td>Low</td> </tr> <tr> <td>Full closure</td> <td>Severe closure</td> <td>Partial closure/reduction</td> <td>Minor reduction</td> <td>No change</td> <td>Certain</td> <td>Very likely</td> <td>likely</td> <td>Unlikely</td> <td>Remote</td> <td>50-100</td> <td>20-49</td> <td>1-19</td> </tr> </table>												Risk severity e.g					Likelihood					Risk Rating Outcome X Likelihood		10	8	5	3	1	10	8	5	2	1	High	Medium	Low	Full closure	Severe closure	Partial closure/reduction	Minor reduction	No change	Certain	Very likely	likely	Unlikely	Remote	50-100	20-49	1-19
Risk severity e.g					Likelihood					Risk Rating Outcome X Likelihood																																							
10	8	5	3	1	10	8	5	2	1	High	Medium	Low																																					
Full closure	Severe closure	Partial closure/reduction	Minor reduction	No change	Certain	Very likely	likely	Unlikely	Remote	50-100	20-49	1-19																																					
Who is at risk?	Identified Hazards	Control Measures Already in Place					Severity/ Outcome	Likelihood	Risk Rating	Further action Yes/No																																							
All those in the Gym	An infected person arrives at the gym and unknowingly spreads the virus. There is a clear risk of this person spreading Covid 19	We operate a health surveillance check (questionnaire and temperature check limit at 37.8degrees) on registration at the gym which the parent, guardian or gymnast will answer depending on the age of the participants. Anyone who has Covid 19 or who has been in contact with Covid 19 or not feeling well will not be permitted to attend the gym under any circumstances.					5	2	Low 10	Comms to parents/training off Coaches Health Questionnaire																																							

<p>All those in the Gym</p>	<p>Cross contamination caused by Persons attending the gym who have possible Covid 19 symptoms or are A-symptomatic but who do not yet know if they have Covid 19 or think that they have another condition or illness.</p> <p>(Covid 19 symptoms explained incorrectly as flu).</p>	<p>We operate a health surveillance check (questionnaire and temperature check limit at 37.8degrees) on registration at the gym which the parent, guardian or gymnast will answer depending on the age of the participants. This will also apply to staff</p> <p>Anyone who has Covid 19 or who has been in contact with Covid 19 or not feeling well will not be permitted to attend the gym under any circumstances.</p> <p>Training sessions times to be staggered to avoid cross over</p> <p>Kitchen/ Rest areas are to be closed</p> <p>Gymnasts should come in their gear as changing facilities will not be available.</p> <p>All members and staff to wash hands on arrival</p> <p>Training sessions to be reduced to a minimum number</p> <p>Parents to use a drop off and collect system.</p> <p>Parents are not to wait inside the gym whilst training is taking place.</p> <p>Viewing areas are closed</p> <p>Sanitising of equipment and hand sanitising /hand washing breaks will take place in sessions where required</p> <p>Increased Sanitising stations sited around facility</p> <p>Where possible groups to be kept in separate training bubbles</p> <p>Introduce one-way flows around the facility</p> <p>Parents/coaches reminded that where someone at home who is deemed vulnerable (new and expectant mother, elderly etc) then the gymnast should not attend any sessions until further notice</p>	<p>10</p>	<p>2</p>	<p>MED 20</p>	<p>Comms to parents</p> <p>Staff training</p> <p>Cleaning schedule developed</p> <p>Full walkthrough of training operations</p>
-----------------------------	--	---	-----------	----------	-------------------	---

All those in the Gym	Equipment/facilities are contaminated during use/ High touch areas increasing chance of spread	Equipment is to be sanitised between classes. Carpet floors are to be vacuumed with a HEPA filtered vacuum cleaner. Bar work should be restricted to metal bar to make cleaning the bar possible. Beams are to be fitted with Covid Safety Covers which can be wiped down and sanitised. Where possible the Vault is also to be fitted with a Covid Safety Cover and/or cleaned accordingly. Safety mats blocks etc. should be sanitised after use. Cleaning schedule will ensure all high touch areas are regularly cleaned and disinfected to include, but not exclusively, doors / handles/ toilets/sinks/main walk way areas/floors etc	5	2	10 Low	Coaches trained in PPE/ cleaning and training protocols Cleaning schedule/record to be created New beam covers to be bought
All those in the Gym	A gymnast could report as Covid 19 positive. Continued participation could spread the disease to others.	Classes will be separated wherever possible so that in the event of a gymnast reporting Covid 19 positive the "bubble" class can be contacted and informed that they must self-isolate. All those affected will be excluded from the gym until their self isolation period is over/confirmed negative Classes will be separated by time allowing time for cleaning. Sufficient spaces created between equipment and stations to preventing the 2m social distancing rule being breached	8	2	16 Low	Training schedules created will ensure gymnasts work in a bubble with coaches crossovers kept to a minimum
All those in the Gym	Failure to socially distance when arriving / departing the gym or whilst moving around the gym and waiting for equipment resulting in Covid 19 being potentially spread	We have a new one-way system within the gym for both moving between equipment and also entry/exit procedures. We have marked out minimum 2m separation sections on all equipment areas with larger spaces on the floor to assist in spreading people out. Staff will not physically interact with the children and will have designated locations to stand within. Our staff will enforce social distancing at all times. We have reduced the number of people in the building. Parents will be excluded from the building. When entering and leaving children will follow strict guidance on routes/distancing to be followed isolation location/area for children to wait created. Hand sanitizer to be used on exit from the gym by everyone	5	5	25 Medium	Y Training of staff in movement rules Introduce on site Monitor role

Parents/ Children waiting outside	Parents fail to socially distance outside the gym facility increasing chances of Covid 19 spread	Separate entrance and exit points 2mtr queuing system introduced with markings / signage to remind everyone of social distance rules Exit area waiting zone for parents created with social distancing markings and signage	5	2	10 Low	Monitor activity when parents arrive/create signage/ queuing system
All users of the Gym	Failure to adhere to hand Hygiene rules/ social distancing rules leads to increased spread of virus.	The virus can spread through touch or possibly is airborne So, it is important to remain socially distant/ stay clean. Coaches will be asked to monitor compliance and remove children if continued failures are observed Isolation room/ areas created to place children if required Introduction of face coverings will remain under review or if Govt guidance changes. Hand hygiene signage Hand Hygiene breaks introduced as needed Hand sanitizer on arrival and departure is required	5	5	25 Medium	Y Notices to remind children to wash hands / clothes Create isolation area Hygiene breaks
Coaches	Coaches coming into close contact with the gymnasts when providing support Resulting in either catching covid 19 or passing it on to a gymnast.	Supporting a gymnast is to be avoided. It is safer to prepare an approach/ create control measures for supporting rather than stand back while gymnasts undertake move asked not to do or when trying to regain moves. Use support harnesses or other remote support equipment if possible in the first instance. coaches will support a gymnast who needs help, however, skill moves will not be taught in the first weeks of training thus removing the need to support Ppe such as Face guards / gloves are available to coaches to wear – at this time there is no requirement to wear them. If support is essential – this should be by the clothing only Coaches must use hand sanitiser regularly and be advised not to wipe hands near own face at any time. Where a coach has come into contact with gymnasts sweat/ other body fluids– remove and dispose of any worn PPE safely / undertake handwashing/ change clothes if appropriate.	5	8	40 High	Coaches training/Daily briefings Coaches to wear PPE shields/ masks provided if occurrence

All users of the Gym	Gym users/ Staff regularly Sneezing, Coughing	<ul style="list-style-type: none"> • Good hand hygiene practice in place • Catch it bin it SIGNAGE • Paper and hand Tissues available • Hand wash stations available for use • Bins are safely emptied and cleaned after each training session • Children reminded to Cough and sneeze into the crook of their elbow and use a separate bathroom if possible 	5	5 Likely	25 Medium	Y CREATE SIGNAGE – catch it bin it kill it Protocols for emptying bins Staff awareness training
Staff, Children Parents	Identification of potential infection: <ul style="list-style-type: none"> • Cough • Fever • Shortness of breath • Sore Throat • Loss of sense of smell 	<ul style="list-style-type: none"> • Isolation area available to accommodate person/s • Session will be cancelled, and the risk assessment reviewed • No participation by any child should any family member in the household be self-isolating • No children to participate if family member shielding/classed as vulnerable without full risk assessment 	5 Lost Time Injury	5 Likely	25 Medium	Y Create isolation area Comms with parents
Staff, Children Parents	Returning from a category 1 country	<p><u>Category 1 Countries</u></p> <p>Travelers should self-isolate, even if a-symptomatic, and use the 111 online coronavirus service to find out what to do next. Go home or to your destination and then self-isolate.</p> <p><u>Category 2 Countries</u></p> <p>Travelers do not need to undertake any special measures, but if they develop symptoms, they should self-isolate and call NHS 111.</p>	5	2	10 Low	N

All users of the Gym and parents	<p>Fire emergency causing social distancing to be compromised.</p> <p>Potentially resulting in Covid 19 being spread</p>	<p>Upon being advised to evacuate the building this will be done whilst attempting to maintain a 2m gap.</p> <p>If fire or the products of combustion can be seen then evacuation should take place as quickly as possible disregarding the 2mtr rules.</p> <p>On exiting the gym if social distancing has been maintained it is to be maintained at the assembly point.</p> <p>However where social distancing has been compromised those who have been involved are to be segregated from those who were able to evacuate while observing social distancing. It is likely that if someone has been in a fire and seen the fire or smelt smoke that they will need medical screening by the ambulance service even if they are not admitted to hospital.</p>	10	1	10 Low	<p>Review fire evac procedures</p> <p>Check assembly point signage</p>
Gym users	<p>First aid is required to be given to an ill person – this may entail CPR/close face to face contact</p>	<p>First aid should only be provided by trained qualified first aider</p> <p>Where Defibrillator is available this should in the first instance be used once identified need of the patient has been confirmed.</p> <p>Emergency services contacted</p> <p>If giving Chest compressions manually – then place tissue over patients mouth to catch any exhaled water vapour droplets</p> <p>PPE equipment – Gown/ Gloves and face screen to be worn</p> <p>To protect from body fluids / blood etc</p>	5	2	10 Low	<p>Ensure PPe available and easily accessible</p> <p>Consider need for defib on site</p>

Risk Assessment Form Cont.

Further Control Measures		Further Control Measures Follow Up		
		Allocated to (Name)	Target date	Date completed
<ul style="list-style-type: none"> Parents to be advised that a drop off and collect system will be implemented, viewing areas will be closed. Parents must wait in vehicles Where children are not collected straight after a training session, the child will need to be moved to an isolation area where they can wait for their parents so minimise cross over with arriving children Staff members to sign an inspection sheet to show that the equipment has been cleaned and wiped Display posters for good hygiene, i.e. handwashing / catch it bin it/sanitizing social distancing etc Managers are to be informed of procedure in case of an employee becoming ill while at work. This may include the following key points as follows: <ul style="list-style-type: none"> -Isolate the individual at least 2 meters away from other people, -Go to an isolation room or area behind a closed door such as a sick bay, or office, -The affected child or staff member is to avoid touching anything, cough or sneeze into a tissue and put it in a bin, or if they do not have tissues, cough and sneeze into the crook of their elbow and use a separate bathroom if possible. Site closure may be advised by Public Health England Members of staff or family members who think they may be infected to carry out the self-assessment on the NHS website before arriving at the gym and to follow guidance: https://111.nhs.uk/covid-19 				
Risk Assessment Reviews				
Suggested Review Date: (either after significant changes, completed actions or annually)				
Risk Assessment Reviewed by:		Risk Assessment Reviewed by:		
Date		Date		