



RISK ASSESSMENT for Springbox Gymnastics for opening indoor sessions in a Covid-secure environment.

SPORT: Gymnastics

DISCIPLINE: General Gymnastics

LOCATION: Charters Leisure Centre

DAYS: Saturdays

REVISION: V01

REVIEW DATE: 29th October 2020

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Introduction: This document sets out the requirements to ensure the health, safety and well-being of Springbox Gymnastics Club members. This will be communicated to Parents, Coaches and members prior to or at the first session of the term W/C 7th November 2020. Due to the nature of Covid-19, this Risk Assessment regards any risk of transmission of the virus as potentially life-threatening. This is because, regardless of our members being majority children, the likelihood of the child transmitting the virus to a family member who is more vulnerable to the worst affects cannot be established and therefore must be considered as high so as not to underestimate the risk.

The RISK ASSESSMENT and the resulting new procedures are in addition to Springbox Gymnastics existing Health and Safety Policies.

Worst Case Outcome				
10	8	5	3	1
Fatality	Severe Injury	Lost time Injury	Minor Injury	No Injury

Likelihood				
10	8	5	3	1
Certain	Very likely	Likely	Unlikely	Remote

Risk Rating (Outcome X Likelihood)		
High	Medium	Low
50-100	20-49	1-19

RISK ASSESSMENT

Persons affected by the activity	Identified Hazards	Control Measures	Outcome	Likelihood	Risk Rating	Further action required YES / NO
<p>Coaches Children Parents Arriving on site</p>	<p>If a person attending the classes and has been in contact within the last two weeks with an infected person, there is a clear risk of spreading Covid-19</p>	<p>Parents MUST agree to disclose if they or their child have come into contact with an infected person.</p> <p>The temperature of the gymnast will be taken using a no touch infrared thermometer on arrival. If the temperature is above 37.8c then gymnasts will not be permitted to train and will go home. Coaches taking temperature will use mask / gloves and visor.</p> <p>Children will not be allowed to train if any of their family members are in self isolation.</p> <p>Posters will be visible to remind parents and gymnasts of the rules and measures. These will be at the door</p> <p>Parents to receive correspondence outlining all the new rules and measures.</p> <p>Gymnasts will also be briefed prior to each session to ensure understanding of the rules and measures.</p> <p>Coaches to keep a register of who has attended the class in each session enabling possible contact to be tracked, These records will be available for the track and trace system. (We use a system called Club Enrolment which keeps a record of all our members and their contact details.)</p>	5	1	LOW	The hazard is controlled as far as reasonably practical.

		<p>People who have the track and trace app can scan the QR code at the hall. Parents are advised to use Test and Trace system if anyone in their household has tested positive for Covid 19. Group leader to inform bookings officer who will in turn inform other users of the gym.</p>				
<p>All those in the gym</p>	<p>Failure to socially distance when moving around the gym or waiting for equipment resulting in Covid 19 potentially being spread</p>	<p>Gymnasts will be allocated a 'bubble group' and where possible a 'lead coach' for their group. Placement spots and floor markings will be used to indicate where the children should stand and they will be briefed in terms of how the system will work to move around the gym safely and with appropriate distance.</p> <p>Gymnasts will be required to sanitise their hands at the beginning and end of the session.</p> <p>Coaches will ensure social distancing at all times</p> <p>Reduce number of people in building – see below</p>	5	1	LOW	<p>The hazard is controlled as far as reasonably practical</p>
<p>Parents congregating by the entrance and exits which might promote the spread of Covid 19</p> <p>Previous Group gym Users</p>	<p>Those in the hall</p>	<p>Parents to walk their children to the external door of the hall and promptly leave on a successful temperature check. They will not be permitted into the building. They will be required to collect from the same / fire door at the end of the class. Children will be dismissed one by one and parents will be advised to keep socially distanced on collection.</p> <p>Lead coaches are to ensure doors are closed properly after the session.</p> <p>They should also leave via the back gym doors which they should lock if no other user is due in immediately.</p>	5	1	LOW	<p>The hazard is controlled as far as is reasonably practical.</p>

		<p>Coaches to make sure that the previous group has left the gym before their group goes in.</p> <p>Coaches must ensure that they have left the hall at least 15 minutes before the next group arrives.</p>				
Failure to grasp or implement general Covid 19 guidance or requirements resulting in disruption of group activities and / or closure of hall	Those in gym Parents	<p>Keep up to date with guidance and requirements, implement measure, communicate with parents via an email prior to the first session that they observe, understand and accept all the relevant guidance and requirements.</p> <p>Refer to Gov guidance re: Community Facilities Inform Leisure Group of any specific guidance issued by BG</p>	5	1	LOW	The hazard is controlled as far is reasonably possible.
Failure to adhere to specific arrangements relating to the toilet areas resulting in co-mingling in constricted spaces with increased risk of transmission of infection	All those in gym	<p>Strict observance of one in / one out</p> <p>Main gym users to use the toilets in gym block</p> <p>(Except in the case of coaches where a safeguarding requires a separate toilet to be used.)</p>	5	1	LOW	The hazard is controlled as far is reasonably possible
Parents contact Springbox to report that they have contracted Covid 19	Those in gym	<p>The gym will be divided into 2 or 3 sections. Each area will be marked and gymnasts advised to stay in own area. Detailed registers will be kept to ensure we can trace people who have come into contact with an infected person and within which bubble group.</p> <p>The classes will be separated into bubble groups to ensure in the event of a gymnast reporting Covid 19 positive, the bubble group will be contacted immediately and informed that they should isolate. All those infected will be</p>	5	1	LOW	The hazard is controlled as far as is reasonably possible.

		<p>excluded from the gym until their self-isolation is over.</p> <p>Training sessions will finish 15 minutes earlier than usual to allow adequate cleaning time.</p> <p>Anyone who enters the gym is not part of the group will be asked to leave. Or to stand in accordance with social distancing guidelines.</p>				
All in the gym	Failure of hand hygiene resulting in Covid 19 spread	<p>Hand hygiene will be enforced. All persons entering the gym will have sanitise their hands before entering the gym.</p> <p>We will introduce additional hand hygiene during the sessions. They will have to sanitise their hands on leaving the gym.</p> <p>The virus can be spread by touching faces with hands that are contaminated with Covid 19. Coaches will discourage them from touching their faces when training. Parents must ensure that their hair is tied back so there is less temptation to touch their face</p>	5	1	LOW	The hazard is controlled as far as is reasonably possible.
All in the gym	Possible cross contamination Covid 19	<ul style="list-style-type: none"> • Good hygiene practice in place • Tissues available • Cough and sneeze into the crook of their elbow. 	5	1	LOW	The hazard is controlled as is reasonably possible
All in gym	<p>Identification of potential infection in person attending a class:</p> <ul style="list-style-type: none"> • Cough • Fever • Shortness of breath 	<p>Coach will put on PPE to speak to the child to check for potential infection</p> <p>Isolation area designated to accommodate person. This will be away from everyone else in the gym.</p>	5	1	LOW	The hazard is controlled as far as is

	<ul style="list-style-type: none"> Sore throat 	<p>Isolation area cleaned and all parents informed of potential infected child.</p> <p>No participation by any child should any family member in the household be self-isolating</p> <p>Any parent coming to collect a sick child will call / text to say that they have arrived and child will be brought out of the building at a social distance from others.</p> <p>It is the parent's responsibility in ensuring their child and immediate household members are free from illness – when in doubt, stay at home.</p>				reasonably possible
All those in gym	Covid 19 being spread from frequent touch items such as door handles, toilet flushes and other communal area fixtures	<p>These areas will be cleaned as part of the cleaning regime. Parents will be advised to ensure children have been to the toilet prior to a class to minimise the need for these fixtures to be touched.</p> <p>Doors to be kept open where possible. This will also help to reduce the transmission of droplets</p>	5	1	LOW	The hazard is controlled as far as is reasonably possible.
All those in gym	Transmission person to person or via droplets on personal equipment	<p>Personal equipment must be kept to a minimum. Gymnasts are required to come in the clothes that they need for the session and to leave coats and hoodies etc with their parents</p> <p>Parents are expected to have talked to their children about the cleaning regime and following the other gym rules</p>	5	1	LOW	The hazard is controlled as far as is reasonably possible
All those in gym	Droplets or virus being live on equipment (high touch area) and hence spreading Covid 19	<p>All equipment in each bubble will be cleaned using disinfecting cleaning equipment</p> <p>Mats will be wiped down after every session and before a new class starts</p> <p>Cleaning records will be kept to monitor that this has been done.</p>	5	1	LOW	The hazard is controlled as far as is reasonably possible

		<p>Lead Coaches will sign cleaning record to show that cleaning / sanitising has been done. They will also fully brief other coaches and helpers on the cleaning system that will be in place.</p> <p>Equipment use will be limited and where possible plastic coated mats will be used so that they can be easily cleaned between each session. Equipment will stay in place and will not be moved around the groups.</p> <p>Coaches will also clean light switches, door handles, window catches and other communal surfaces that may have been touched during the session. Coach to sign book to confirm cleaning has been done.</p> <p>No food will be consumed during the lessons. Participants advised to bring their own water bottles which only they will handle. Rubbish to be removed by the lead coach.</p>				
All those in hall	Covid 19 being spread by the failure of social distancing during gymnastics classes	<p>Springbox will set out the gym so that each gymnast has sufficient space to be socially distanced. These areas will be marked out to make it easily identifiable to the gymnast.</p> <p>When specific apparatus is being used it is designed to retain social distancing and the spacing will be enforced by the coaches.</p> <p>Coaches to wear PPE (either a face mask or a visor during the sessions.) All members over the age of 11 will also need to wear face mask in the entrance hall but this can then be removed during the session.</p>	5	1	LOW	The hazard is controlled as far as is reasonably possible
All those in gym Parents	Covid 19 being spread from the gym to parents / families	Children will collect their belongings and will exit via the fire exit. They will use hand sanitiser at the exit before being met by their parent.	5	1	LOW	The hazard is controlled

		<p>Children are not permitted to exit via the entrance door.</p> <p>Children who are not collected at said time will be moved to an isolated area so not to allow any cross contamination with newcomers</p> <p>No adults (except from coaches) will be allowed in the session.</p>				as far as is reasonably possible
Those in gym	Fire Emergency causing social distancing to be compromised, potentially resulting in Covid 19 being spread	Upon hearing a fire alarm, the building will be evacuated using normal Charters fire evacuation processes. Coaches will lead their groups out of the fire exit one by one. In the event of fire being seen in the building, the building will need to be evacuated as quickly as possible regardless of social distancing as the acute harm of the fire will out way the potential harm of Covid 19.	5	1	LOW	The hazard is controlled as far as is reasonably possible
All those in gym	Covid 19 being spread from bodily fluids such as urine and blood	<p>Where a first aid incident has taken place, the area where the incident has taken place will be cleared.</p> <p>The first aider is to ensure they use barrier gloves and face protection before dealing with the child</p> <p>Where possible the casualty is to be instructed to self-treat i.e hold the bandage here etc. Therefore the first aider does not come into contact with the blood. When fluids are being cleaned up, flood the spill with disinfectant and allow 10 minutes contact time. It will then be cleaned up</p>	5	1	LOW	The hazard is controlled as far as is reasonably possible
All those in the gym	Lost property	Any lost property will be immediately bagged up (using gloves) in clear bags and will be isolated until collection or they will be thrown away	5	1	LOW	The hazard is controlled as far as is reasonably possible
All those in gym	Failure to dispose of rubbish properly resulting in transmission	<p>Keep space as well ventilated as possible</p> <p>Food will not be allowed in the hall</p>				

	to other members of group and subsequent users	Ensure that rubbish is removed				
All those in the gym	Coaches coming into close contact with the gymnasts when supporting a gymnast. Covid 19 is clearly a significant risk and must be controlled but there are other risks involved in gymnastics which coaches are trained to deal with by supporting or catching gymnasts to avoid injury	Supporting gymnasts will be avoided if at all possible. Verbal instructions will be given. However there are situations when gymnasts require support and it would be unsafe to allow them to do certain moves. The supporting coach is to wear PPE to minimise the risk They must not touch their face, ears or eyes during supporting	5	3	HIGH	Additional controls are required for a
Coach spreading Covid 19 between gymnasts when supporting	The Gymnasts	The coach is to use supporting techniques that do not bring them close to the respiratory zone of the gymnasts. Wherever possible they are to support on the leotard or t-shirt. Coaches are to hand sanitise between gymnasts Good occupational hygiene is to be followed. POE to be removed and cleaned	5	1	LOW	The hazard is controlled as far as is reasonably practical