

## COVID Specific Risks and Infection Control

Organisation/Company: NM Jets Cheer and Dance Programme

Nature of Activity: Cheerleading

Venue: NMBEC Kensington Avenue CR7 8BT

Assessed By: Jourdon Campbell

Date of Assessment: 01/10/2020

Review Date: 01/12/2020

**Risk Rating:**

High = current controls totally inadequate with serious consequences: death, serious Injury, long-term ill health, or there is a very high frequency of the hazard occurring

Medium = current controls still poor but consequences less serious: minor injury, Short-term ill health with no lasting effects

Low = current controls are adequate to minimise the risk so far as reasonably practicable

**Action Level:**

High = immediate action/further controls needed

Medium = justify/review for each event day

Low = no further controls required

Potential Hazard/Risk	Consequence	Who is at Risk?	Existing control measures	Risk Rating	Further Controls and Actions required	Action Level
<p>The venue will be inadequately prepared in terms of hygiene before activities return and during activities</p> <p>Staff are unprepared training and resource wise to undertake cleaning and sanitising of equipment and gym areas (including PPE)</p>	<p>Risk of infection is increased due to unclean surfaces harbouring germs</p>	<p>Athletes Staff Coaches</p>	<p>Deep clean prior to return / staff to come in and clean equipment, clear and organize all gym areas, disinfect mats under instruction.</p> <p>Maintenance of a robust weekly cleaning schedule including monitoring and cleaning before, and after sessions.</p> <p>Appropriate cleaning products and PPE purchased.</p> <p>No fans to be used at any times . Athletes</p>	<p>Low</p>	<p>Clear training / instructions to staff as to their role and responsibility in the preparation and cleaning of the gym and equipment.</p> <p>Purchased cleaning products and PPE including fogging machine and liquid.</p>	<p>Low</p>

Potential Hazard/Risk	Consequence	Who is at Risk?	Existing control measures	Risk Rating	Further Controls and Actions required	Action Level
<p>Access to the venue:</p> <p>The venue won't be able to facilitate social distancing measures for athletes.</p>	<p>Increased risk of infection transmission due to lack of social distancing.</p>	<p>Athletes Parents/ Guardians</p>	<p>Manage the number of participants in each class to adhere to Government guidelines. We would only have 20 max at a training session including a coach and 2 members of Jets staff.</p> <p>Signage will clearly indicate entrances and exits for athletes.</p> <p>Social distancing markers on the floor will show where athletes must wait to enter and how to move around the mat.</p> <p>Stop all non-essential visitors.</p> <p>Hand sanitiser stations on entry/exit and around the gym and alcohol foot bath for athletes to walk through on entry.</p> <p>Health check on arrival via Covid screening questionnaire for staff and volunteers.</p> <p>Temperature check on arrival for staff/volunteers and athletes</p>	<p>Low/medium</p>	<p>Monitor access points. Access points limited to one only.</p> <p>All measures will be clearly communicated to all members via email, an instructional video and social media platforms.</p> <p>Copies of Covid screener to be made available at reception on training days for staff and volunteers to complete. This needs to be updated weekly by Admin officer. Copies to be given to school reception</p> <p>Head scanner thermometer to be purchased</p>	
<p>The venue will be inadequately prepared for social distancing measures.</p>	<p>Increased risk of infection due to lack of social distancing.</p>	<p>Athletes Staff Coaches</p>	<p>Markers will be placed on the floor panels 2m apart and a one way system around the edges and through the centre of the floor will create safe flow for movement around the gym.</p> <p>Signage on the floor and walls will indicate the traffic flow for people moving around the gym.</p> <p>All coaches and staff to be trained on all procedures.</p>	<p>Low</p>	<p>Ensure markers are effective (not tape that will constantly peel off the floor).</p> <p>Create Signage</p> <p>Ensure all measures are clearly communicated to athletes.</p>	<p>Low</p>

Potential Hazard/Risk	Consequence	Who is at Risk?	Existing control measures	Risk Rating	Further Controls and Actions required	Action Level
<p>The venue will be inadequately prepared in terms of changing facilities.</p>	<p>Risk of infection is increased due to surfaces harbouring germs.</p>	<p>Athletes</p>	<p>Changing facilities will be limited. Athletes will be asked to change in their allocated toilets or to wear training kit under uniform where possible.</p>	<p>Low</p>	<p>Ensure all measures are clearly communicated to athletes and parents.</p>	<p>Low</p>

	Inability to maintain social distancing measures in the toilet facilities.					
The activity/class timetable will not allow for safe social distancing between athletes entering and exiting the floor/hallways/gym.	Increased risk of infection due to lack of social distancing.	Athletes Staff Coaches	Numbers have been reduced to one team only this year to allow for social distancing and safer controls.  Adjust the class timetable to allow time for required cleaning after sessions.	Low	Athletes will enter through gym door closest to music and exit through the fire exit only directly into the main car park Ensure all measures are clearly communicated to athletes and parents.	Low
Staff and coaches will not know how to keep themselves safe from exposure to COVID-19.	Staff and coaches increasing their risk of infection, or the spread of an infection to themselves or others.	Staff Coaches	Clear training and communication with staff on their roles, protocol and any PPE measures No handshakes, hi5's or hugs. Spotting must be fleeting and a mask must be worn at all times.	Low	Regular meetings to provide feedback and reviewing practices, using start, stop, keep. Coaches must wear a mask if spotting and sanitise hands before and after any contact.	Low
Staff and coaches will not know what to do if an athlete or parent presents with Covid-19 symptoms. <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/">https://www.nhs.uk/conditions/coronavirus-covid-19/</a>	Potential transmission of COVID-19, resulting in people contracting the Heightened risk to the individual if they are not treated in a timely manner.	Althletes Staff Coaches Parents	Training to identify signs. Flowchart of appropriate action steps (Following NHS guidelines) to be given to parents, and training provided for coaches and staff. Example: If an athlete develops a high temperature or a persistent cough while at the gym, they should: -Return home immediately -Avoid touching anything -They must then follow the guidance on self-isolation and not return to the gym until their period of self-isolation has been completed. -All athletes in the same session as that athlete will be asked to return home immediately and self-isolate for 14 days Staff to clean all areas where the athlete has been, following their removal from the gym, wearing PPE and under instruction.	Low	Identify a location within the gym where an athlete or staff member can safely isolate until someone is able to collect them / a medical professional can assess them. Provide training to ensure coaches and staff are confident in identifying symptoms and the protocol for dealing with such a situation. Communicate clearly to athletes and parents that if they show any signs of Covid-19 they are to stay home and isolate for 14 days (as per NHS guidelines).	Low

Potential Hazard/Risk	Consequence	Who is at Risk?	Existing control measures	Risk Rating	Further Controls and Actions required	Action Level
An athlete or staff member who has been to the gym tests positive for Covid-	High increased risk of infection to athletes, staff and coaches.	Athletes Staff Coaches	Ensure all athletes contact details are up to date for contact tracing and contact all those who had been in the gym with the infected person Use track and trace service to inform them of the incident and	Low		Low

19.			provide any relevant details. Registers to be taken at every session Make clear to athletes and staff who have been in contact with the effected athlete that they must not attend the gym and isolate for 14 days.			
Athletes will be unclear on how to behave in class, and do not understand or follow the social distancing measures, markers and traffic flow created.	Athletes increasing their risk of infection, or the infection to themselves or others.	Athletes Staff Coaches	All attending athletes are sent clear guidance on the measures that will be in place. Spotting must be fleeting and a mask must be worn at all times. Signage on walls and markers on the floor to indicate instructions athletes should follow.	Low	Create clear communication channels and ensure all attending althetes have received the information before attending. All athletes will be required to wear a mask when stunting and sanitise hands and limbs before, during and after. Shoes will be treated with an anti-viral product	Low
General use of facility during close contact training	Athletes increasing their risk of infection, or the spread of an infection to themselves or others by not following additional transmittion mitigations.	Athletes	- Based on current government guidelines surrounding recreational team sports, and providers of grass root sports and leisure facilities, further mitigations will be put in place to limit droplet/fomite transmission when engaging in close contact training (stunting) Before and after close contact training, athletes must sanitise their hands/feet/contact points. Where appropriate they must also sanitise their hands/feet/contact points at regular intervals during close contact training.	Low/ medium	Create clear communication channels and ensure all attending athletes have received the information before attending. All athletes will be required to wear a mask when stunting and sanitise hands and limbs before, during and after. Shoes will be treated with an anti-viral product.	Low

Potential Hazard/Risk	Consequence	Who is at Risk?	Existing control measures	Risk Rating	Further Controls and Actions required	Action Level
Athletes do not follow hygiene requirements as set out in the government guidelines (regarding handwashing, coughing into elbow etc).	Athletes increasing their risk of infection, or the spread of an infection to themselves or others.	Athletes Staff Coaches	Additional signage reinforcing measures such as handwashing, coughing into elbow and the 'Catch It. Bin It. Kill It' message to be put up around the gym. Messaging regarding hygiene requirements are sent to athletes ahead of their return. Coaches to remind athletes about hygiene at the start of class.	Low	Create signage. Ensure there are tissues, bins and hand sanitiser available	Low
During classes athletes will be unable to maintain social distancing.	Athletes increasing their risk of infection, or the	Athletes	Social distancing markers on the floor will show athletes how to move around the gym and where to train on the mat.	Low	Monitor and adjust any measures that are not working to make more effective.	Low

	spread of an infection to themselves or others.		Social distancing rules will be communicated to athletes prior to attending. Athletes		Create signage, maps and markers.  Communicate social distancing rules with athletes ahead of attendance.	
During classes coaches will be unable to maintain social distancing.	Coaches increasing their risk of infection, or the spread of an infection to themselves or others.	Athletes Staff Coaches	Coaches and staff to pre-plan how they will deliver classes in order to maintain social distancing.	Low	Plan effective training and delivery strategies.	Low

Potential Hazard/Risk	Consequence	Who is at Risk?	Existing control measures	Risk Rating	Further Controls and Actions required	Action Level
The storage of bags, shoes and water bottles etc will increase the risk of infection transmission.	Increased risk of spreading infection	Athletes Staff Coaches	Athletes will be asked to bring the minimum required with them and to come dressed for class.  Water bottles to be kept on the floor next to the athlete in their designated space / Water bottles to be kept at the front of the mat on designated markers.  No eating in the gym.	Low	Ask athletes to clearly mark water bottles with their name.	Low
An area where an athlete presenting with Covid-19 / confirmed Covid-19 has been requires sanitising.	Potential transmission of Covid-19, resulting in people contracting the virus.	Athletes Staff Coaches	Area to be evacuated and then either cleaned by staff in appropriate PPE or professional cleaners.	Low	Daily checking of the government website for updates and directive on any new required or recommended measures.	Low
An athlete injures themselves during training, requiring medical assistance.	Increased risk of infection, or the spread of an infection between the athlete and attending first aider.	Athletes First Aider	First aiders will be equipped with adequate PPE (facemasks, gloves, mouth shield for CPR). If a First Aider feels uncomfortable to approach the injured athlete, the coach must call the parent for collection or in the case of emergency, 999. Coaches will have athletes contact details and medical notes readily accessible on location to either call parents or assist paramedics with information.	Low	Ensure all athletes contact details and medical notes are up to date and readily accessible on location	Low

			Insurance updated to cover training during Covid 19			
A coach and athlete wish to conduct a 1:1 session, creating associated Safeguarding and Health and Safety	An athlete is placed in a vulnerable position by being alone with a coach/ A coach is placed in a vulnerable position by being alone with an athlete. The athlete is injured or becomes unwell and the coach requires assistance.	Athlete Coach	Clear training and communication with staff on their roles, protocol and any PPE measures.  No spotting, handshakes, hi5's or hugs.	Low	We highly recommend the following safeguard measures are put in place for this circumstance:  2 adults will always be present. Either 2 coaches or 1 coach and 1 staff member	Low