


## Soar Valley Trampoline Club Risk Assessment – Covid-19

<b>Risk Assessment Number: 3</b>	<b>Date of Assessment: 26/3/2021</b>	<b>Additional Information check sheet/risk assessments required.</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
<b>Activity / Work Area Assessed:</b> Trampolining Club/Soar Valley College sports hall	<b>Assessment carried out by:</b> Annette Lewis	<b>Substances Hazardous to Health:</b> <b>Manual Handling:</b> <b>Display Screen Equipment:</b> <b>New and Expectant Mothers:</b> <b>Young Persons:</b>		

Worst Case Outcome					Likelihood					Risk Rating (Outcome x Likelihood)		
10	8	5	3	1	10	8	5	2	1	High	Medium	Low
Fatality	Severe Injury	Lost time Injury	Minor Injury	No Injury	Certain	Very likely	Likely	Unlikely	Remote	50-100	20-49	1-19

Persons affected by the Activity	Identified Hazards	Control Measures Already in Place	Outcome	Likelihood	Risk Rating	Further action required? Yes/No
Gymnasts, parents, coaches	Children and parents arriving on site and leaving from the site, (possible cross contamination)	Gymnasts to be dropped off by the sports hall front door and collected after class from the side door. Parents are asked not to congregate by the sports hall or in the car park. Gymnasts are met by a coach/helper and	5	5	25 Medium	Inform parents and children of the plans. Arrange suitable drop off and

		<p>escorted to the sports hall one at a time – parents do not enter the building.</p> <p>Gymnasts and coaches/helpers do not attend if they are ill or if anyone in their household is self-isolating.</p> <p>Anyone who is deemed vulnerable is not allowed to attend training until further notice.</p> <p>Gymnasts arrive in their kit so changing rooms will not be used.</p> <p>Coaches and gymnasts should maintain social distancing with regards to travelling to and from training and should not travel with anyone from outside their household.</p>				collection points.
Gymnasts and coaches	Droplets or live virus on equipment, doors (high-touch areas)	<p>Gymnasts and coaches/helpers use hand sanitiser on arrival and at the end of the class.</p> <p>Hand washing posters to be displayed at the session. Gymnasts and coaches/helpers to wash their hands frequently and use hand sanitiser.</p> <p>Gymnasts to use hand sanitiser before getting on the trampoline.</p> <p>Gymnasts to have their dedicated spot for getting on and off the trampoline.</p> <p>Gymnasts to have their own floor mat for warm-up and conditioning and to store their belongings.</p> <p>Children will be asked to bring the minimum number of items to training and to bring a bag to put everything into.</p> <p>Trampoline coverall pads and mats will be cleaned at the start and end of each class.</p> <p>Sports hall door handles will be wiped at the start and end of each class.</p>	5	2	10 Low	<p>Cleaning regime to be communicated with gymnasts &amp; coaches.</p> <p>Gymnasts to help with cleaning their area.</p>

		Children will be encouraged not to touch their face.				
Gymnasts and coaches	Virus in the air through breathing, coughing and sneezing	<p>Social distancing will be maintained during the session of 2m or more. Individual floor mats will be spaced 2m apart and spotting places will be allocated at 2m apart.</p> <p>Trampolines will be set up in a line rather than a block thus distancing the trampolines further away from other trampolines and allowing space for gymnasts to stand.</p> <p>Gymnasts and coaches will wash their hands frequently and use hand sanitiser.</p> <p>Gymnasts and coaches will be asked to sneeze and cough into the crook of their arm.</p> <p>One-way routes will be established within the sports hall.</p> <p>“Gymnast wait here” spots will be used and tape/markers on the floor if appropriate to reiterate social distancing and one-way routes.</p> <p>Only one child allowed in the toilets at once.</p>	5	5	25 Medium	<p>Communicate to gymnasts and coaches</p> <p>Visit sports hall prior to returning, to plan where everything will go and what equipment we can use.</p> <p>Determine one-way routes</p>
Gymnasts	Gymnast falling off the trampoline as no spotters allowed	<p>Gymnasts do not “spot” the sides of the trampolines due to social distancing and touching surfaces. Large crash mats will be used in place of spotters at the sides of the trampolines. Reduce the number of trampolines used to match the number of crash mats available.</p> <p>Carefully managed training plans will ensure gymnasts only practice moves they are capable of performing safely and without the need for support or close spotting.</p>	8	2	16 Low	<p>Do training plans and communicate to gymnasts and coaches.</p> <p>Explain the importance of following the training plans.</p> <p>Check the number of</p>

		Parents will be advised that by allowing their children to return to training, they are accepting that their child will only practice skills they can already do safely as spotters and supporting will not be allowed.				crash mats available Inform parents
Gymnasts, parents and coaches	<p>Identification of potential infection of gymnast:</p> <ul style="list-style-type: none"> <li>• Fever</li> <li>• Cough</li> <li>• Shortness of breath</li> <li>• Sore throat</li> </ul>	<p>Children will not be allowed to participate if they, or a member of their household is self-isolating.</p> <p>Children should not attend if they or their family have recently returned from holiday to a country which requires quarantine on arrival home.</p> <p>Isolation area identified (bottom left hand corner of the gym) on a mat.</p> <p>Parent to be called immediately to collect their child if they show symptoms; child placed in isolation area at least 2m away from others.</p> <p>Annette to set up a WhatsApp groups for each session so parents can be contacted quickly if necessary.</p> <p>Once the infected gymnast has left the hall, wipe down areas touched with disinfectant using gloves and a mask and double bag the waste. The waste should be stored securely for 72 hours and then disposed of in the regular rubbish.</p> <p>Further sessions will be suspended until a covid-19 test result is reported by the parent. If Covid-19 is confirmed, inform the necessary authorities (PHE) so that contact-tracing can be followed up and advice taken on continuing sessions or isolating gymnasts/coaches.</p>	5	2	10 Low	<p>Communicate to parents, gymnasts and coaches</p> <p>Ask all parents' permission to be contacted via WhatsApp</p> <p>Check contact details for PHE in case required</p>

Gymnasts, parents and coaches	<p>Identification of potential infection of coach</p> <ul style="list-style-type: none"> <li>• Fever</li> <li>• Cough</li> <li>• Shortness of breath</li> <li>• Loss of taste or smell</li> </ul>	<p>Coaches should not attend training if they, or a member of their household is self-isolating. Coaches should not attend if they have recently returned from holiday to a country which requires quarantine on arrival home. Isolation area identified (bottom left hand corner of the gym). If symptoms develop during a class, the coach will be asked to go home. If it is the Head Coach, stop the session at this point. Ask all children to sit on their mats and wait for parents to collect. Once the infected coach has left the hall, wipe down areas touched with disinfectant using gloves and a mask and double bag the waste. The waste should be stored securely for 72 hours and then disposed of in the regular rubbish. If Covid-19 is confirmed, inform the necessary authorities (PHE) so that contact-tracing can be followed up and advice taken.</p>	5	2	10 Low	Communicate to parents, gymnasts and coaches
Gymnasts, Coaches	<p>Returning to training after having Covid-19</p> <ul style="list-style-type: none"> <li>- Risk to others</li> </ul>	<p>Coaches and gymnasts returning to training after having Covid-19 must have isolated for at least 10 days, (or current government guidelines applicable at the time).</p>	5	2	10 Low	Communicate to all
Gymnasts, coaches	<p>First aid</p>	<p>Add disposable gloves, mask and hand sanitiser to the first aid kit. First aiders to maintain social distancing where possible but in an emergency, social distancing does not have to be maintained.</p>	5	5	25 Medium	Annette to arrange

**Risk Assessment Form (Cont.)**

Further Control Measures	Further Control Measures Follow up		
	Allocated to (name)	Target date	Date completed
Parents to be advised of the new drop off and collection system and all new procedures by a separate document	Annette		
Children not collected on time will be taken back into the sports hall or into the sports hall lobby to wait. Parent will ring Annette when they arrive and the child will be brought out to the car park.	Annette		
Parents will not be allowed to wait indoors during the session. If staying, they will be asked to wait in their car or outside the building maintaining social distancing.	Annette		
Hand hygiene poster to be displayed during sessions and Gymnast Wait Here floor spots used to maintain social distancing.	Annette		
2 parents identified as helpers with equipment on Mondays, 1 at the start, 1 at the end. If junior coaches are returning, there will be no need for parent helpers on Wednesdays during set-up, but possibly at the end where a parent has volunteered.	Annette		
Annette to check number of coaches available per session and whether an additional adult helper is needed to help with collecting/dropping off children and help with maintaining the new measures. 3 adult helpers have volunteered.	Annette		
Annette to meet with all the coaches to explain the new processes and discuss each person's role and obtain any feedback/ideas.	Annette		
Trampolines and sports hall equipment to be serviced before returning to training or very soon after returning, since trampolines have been out of use for several months and the annual service did not take place in July 2020.	Annette/Soar Valley		
Liaise with the college regarding risk assessments and follow the college guidelines.	Annette/Soar Valley		
Find out what the college cleaning protocol is especially door handles and toilet areas. Will sufficient soap and paper towels be available in the toilets?	Annette/Soar Valley		

<b>Risk Assessment Reviews</b>							
Suggested Review Date (either after significant changes, actions completed, or annually):							
Risk Assessment Reviewed by (name):				Risk Assessment Reviewed by (name):			
Date:				Date:			
Comments:				Comments:			
Next Suggested Review Date:				Next Suggested Review Date:			
Risk Assessment Reviewed by (name):				Risk Assessment Reviewed by (name):			
Date:				Date:			
Comments:				Comments:			
Next Suggested Review Date:				Next Suggested Review Date:			