



COVID Risk Assessment



Step 1 - Prepare

Step 2 - Resume

Step 3 - Rebuild





Risk Assessment Number: 2	Date of Assessment: 17.6.20	Additional Information check sheet/risk assessments required.		
Task / Work Activity / Work Area Assessed: Trampoline Gymnastics in the Centre	Assessment carried out by: Isobel Milns-Smith & Stephen Ward	Substances Hazardous to Health: Manual Handling: Display Screen Equipment: New and Expectant Mothers: Young Persons:	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

Worst Case Outcome					Likelihood					Risk Rating (Outcome x Likelihood)		
5	4	3	2	1	5	4	3	2	1	High	Medium	Low
Fatality	Severe Injury	Lost time Injury	Minor Injury	No Injury	Certain	Very likely	Likely	Unlikely	Remote	13-25	5-12	1-4

Persons affected by the Activity	Identified Hazards	Control Measures Already in Place	Outcome	Likelihood	Risk Rating	Further action required? Yes/No
Staff, Gymnasts, Parents	Preparing for return – the Centre having been shut for 5 months.	<ul style="list-style-type: none"> The following Tests carried out: Gas, Electrical, Fire and Water (in particular around Legionella). COSHH carried out on all cleaning products and sanitisers that will be used. Safety data sheet of all chemicals required. Clear Cleaning Protocol to be developed and staff training provided. Supplies of Hand Sanitiser and appropriate PPE to be purchased and installed where necessary. 	4 Severe Injury	3 Likely	12 Medium	N



		<ul style="list-style-type: none"> • Using Biotabs and X-Mist (they kill 99.9% of bacterial and viruses on packaging and should conform to EN14476 standard or any detergent is followed by chlorine releasing agent) and sanitiser (at least 70% alcohol content). • Check with coaches regarding any allergies to cleaning products or PPE and allocate day-to-day asks appropriately. • Deep clean and tidy of the full facility prior to re-opening. • Facility checked for any pests that may have arrived during lockdown and if located appropriately removed. • Set up and markings of physical distancing on the floor along with setting up station locations. • Set up and sanitiser stations. • Additional hand washing stations to be installed. • Putting up appropriate posters for public information. 				
<p>Staff, Gymnasts Parents</p>	<p>Preparing for return – minimise risk of injury after 5 months off.</p>	<ul style="list-style-type: none"> • Offered zoom and outdoor training to all gymnasts to help prepare them both physically and mental for the return. • Given clear, straight forward information of what to expect on the return to training. • Everyone to have access to all documentation and plans Sparta has for returning post lockdown. • Given clear information around the symptoms of COVID-19. • Follow Scottish Gymnastics Guidelines around Safeguarding during Zoom calls. • Mandatory staff training prior to restarting. • All coaches who are First Aiders given additional training around treating a casualty with suspected COVID-19. • Plan the class structure to allow for longer time required in starting and ending a session. • Develop activities for all gymnasts to do between 	<p>4 Severe Injury</p>	<p>3 Likely</p>	<p>12 Medium</p>	<p>N</p>




		<p>shots.</p> <ul style="list-style-type: none">• Develop fixed warm ups and cool downs for all levels.• Develop a video explaining how all Sparta Sessions will run.				
Staff, Gymnasts Parents	Gymnasts and Parents arriving on site (Possible cross contamination)	<ul style="list-style-type: none">• No cross over of training sessions.• Previous class must have left before the next class can enter.• Gymnasts that arrive early are not allowed to enter the gym.• Gymnasts should queue outside prior to coming into the class – 1 grown up can stand with them max.• If a gymnast arrives late they can enter the Centre but must wash their hands immediately and inform the coach in charge.• 5 minutes at the beginning and end of each sessions devoted to leaving and entering the building.• Gymnasts and coaches 12 years and older must wear a face mask on entering the building and until they are called over to warm up.• As with normal class procedure registers are taken (to help with Test and Protect) and held for at least 21 days.• Class changes are allowed but not make up sessions.• Vending machine removed.• Gymnasts should come in their training clothes as no changing facilities will be open.• Parents to use a drop off and collect system. Parents are not to wait inside the gym whilst training is taking place. Coaches will sign gymnasts out after sessions. Viewing areas are closed.• No cash payments.• Sanitising of equipment will take place in between sessions.• Gymnasts will not be allowed to train if any of their family members are in self isolation. Gymnasts will be	5 Fatality	4 Very Likely	20 High	Y



		<p>lined up and taken to wash their hands before and after the session.</p> <ul style="list-style-type: none"> • Must bring their own water bottles. • Must not bring food into the building unless for medical reasons. 				
Staff	Arriving on site	<ul style="list-style-type: none"> • Arrive in the entrance door. • Wash hands when entering and exiting the building, before and after consuming food, and between classes. • Minimise travel to work on public transport where possible. 	4 Severe Injury	4 Very Likely	16 High	N
Staff, Gymnasts, Parents	Droplets or virus being live on equipment (high touch area)	<ul style="list-style-type: none"> • All equipment will be cleaned. • Push in mats to be cleaned between each gymnast's turn on the trampoline. • Mats will be wiped down after every session, before a new class starts. • Pit out of order. • Sign off that equipment has been wiped down before start of next session. 	5 Fatality	4 Very Likely	20 High	N
Staff, Gymnasts, Parents	Physical distancing during training	<ul style="list-style-type: none"> • Capacity for the building is 61 (577m² divided by 9m² – as laid out by SportScotland to allow for space for each person and enough air flow for each person). • Maximum in training of 1 coach and 5 gymnasts to a trampoline. • Parents to stay outside and at least 2m from other households – minimal setting foot inside e.g. if first aid is required. • Gymnasts under 12 are not required to physically distance but those aged 12 and older (including coaches) must remain 2m apart at all times. • Coaches must use hand sanitiser between coaching each gymnasts. • Between shots on the trampoline they can: <ul style="list-style-type: none"> ○ Activity/workout sheets ○ Word searches 	4 Severe Injury	4 Very Likely	16 High	N



		<ul style="list-style-type: none"> ○ Colouring in (bringing their own pens) ○ Fill in their diaries ○ Spots on the carpet for them or they can sit on the chairs. ● Gymnasts must use hand sanitiser before getting on the trampoline. ● Rather than coaches helping gymnasts up onto the trampolines they will use coaching blocks. ● There will be no spare trampoline(s) in operation regardless of class size. ● First Aiders must wear gloves and face covering if dealing with a first aid incident. ● During training music can be played but it must remain at a low level. 				
Staff, Gymnasts, Parents	Leaving the Gym	<ul style="list-style-type: none"> ● 5 minutes at the beginning and end of each sessions devoted to leaving and entering the building. ● Gymnasts and coaches 12 years and older must wear a face mask on after the leave the floor area/trampolines and until they leave the building. ● Line gymnasts up and take them all to wash their hands, then change clothes and sanitise hands. ● Leave through the exit door. ● Gymnasts who are not collected at said time will be moved to an isolated area so not to cross contaminate with newcomers. 	5 Fatality	4 Very Likely	20 High	N
Staff, Gymnasts, Parents	Transition between classes	<ul style="list-style-type: none"> ● One coach will be responsible for the group leaving and once coach will be responsible for the group arriving. ● The remaining coaches will be responsible for cleaning the Centre between each class, including and not limited to – all touch points and hard surfaces. 	5 Fatality	4 Very Likely	20 High	N
Staff, Gymnasts, Parents	Sneezing, Coughing	<ul style="list-style-type: none"> ● Good hygiene practice in place. ● Tissues available. ● Hand wash stations available for use. ● Bins are cleaned after each training session. 	5 Fatality	4 Very Likely	20 High	N

		<ul style="list-style-type: none"> Cough and sneeze into the crook of their elbow and use a separate bathroom if possible. 				
Staff, Gymnasts, Parents	Identification of potential infection: <ul style="list-style-type: none"> a high temperature a new, continuous cough a loss or change to your sense of smell or taste 	<ul style="list-style-type: none"> Staff training to spot symptoms. Make sure the Centre is well ventilated during all classes (within temperature guidelines). 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. 	5 Fatality	4 Very Likely	20 High	N
Staff	Cleaning Protocol	<ul style="list-style-type: none"> Biotab used on all surfaces except the trampoline beds which will fogged with X-Mist once a week. On the carpet put light mists of Biotab should be used at the end of each day. Make sure surfaces are dry before use (slip hazard). All cleaning waste to be separately bagged, labelled and dated. Not put out for disposal for 72 hours. As well as the between class protocol staff will take part in a deeper clean the Centre before and after every class and day. When hovering use a HEPA filter. 	4 Severe Injury	3 Likely	12 Medium	N
Staff, Gymnasts, Parents	Returning from a category 1 country	<p><u>Category 1 Countries</u> Travelers should self-isolate, even if asymptomatic, 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> Travelers do not need to undertake any special measures, but if they develop symptoms, they should self-isolate and call NHS 111.</p>	4 Severe Injury	3 Likely	12 Medium	N



Further Control Measures	Further Control Measures Follow up		
	Allocated to (name)	Target date	Date completed

Risk Assessment Reviews

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:	