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Scottish Gymnastics – Sparta Trampoline Club SCIO

Scottish Gymnastics
Risk Assessment for
Endorsed Outdoor Activity – Phase 3



Purpose

This document sets out the requirements to ensure the health, safety and wellbeing of Sparta Trampoline Club SCIO members (gymnasts, coaches, volunteers, parents). It is essential the information contained within this document is communicated to all parties and/or groups involved in the activity and that there is continual communication and transparency between the parties/groups.

Activity Information

SPORT	Gymnastics
DISCIPLINE	Trampoline
ACTIVITY	Outdoor Bootcamp
DATE	Various Dates
LOCATION	96 Fifty Pitches Road, Glasgow, G51 4EB
ACTIVITY FORMAT	Activities centred around fitness, conditioning, and flexibility

Emergency Contacts

Title/Position	First Name	Surname	Contact Details
Chief Executive & Technical Director & COVID Officer	Isobel	Milns-Smith	07817979880
Safeguarding Officer & Trustee	Amanda	O'Donoghue	welfare@spartatc.co.uk
COVID Officer & Trustee	Stephen	Ward	info@spartatc.co.uk

Permissible Activity

Permissible insured activity is limited to Scottish Gymnastics endorsed programmes:

- Scottish Gymnastics Skill Awards – adapted for home version Skill Awards on absorb
- GymFIT
- Jump into Gymnastics
- FUNdamentals
- Activities centred around fitness, conditioning, and flexibility
- Dance, Ballet, Choreography

Permitted Numbers

Under current government guidelines the following coaching scenarios can take place:

A level 2 coach can supervise up to 16 gymnasts.

Coaches must work on a 1 to 8 gymnasts ratio.

Coaches can deliver to 4 other households per day (max 15 people). However, if abiding by rules for 'organised children's activity' (see guidance) they can undertake as many sessions with children as they wish.

Safety Induction

A safety induction will be delivered to all coaches, gymnasts and where necessary parents/carers on arrival to the activity. All gymnasts and parents/carers will be briefed prior to the activity to ensure they understand the activity and expectations to keep everyone safe. Normal consideration should be applied to the attire and jewellery policy within this induction.

First Aid

During the activity, First Aid kits will be provided by the club. It is the responsibility of the supervising parent/carer to provide first aid. It is the responsibility of the coach (add name of responsible person) to complete an accident form for any incidents which may occur during the activity and follow the normal reporting procedures.

Risk Assessment e-learning course

We appreciate that not every club will have a risk assessment expert available. British gymnastics has an e-learning course that you can complete before completing this Risk assessment. Please follow the link to complete the course.

<https://www.british-gymnastics.org/courses/6365/risk-assessment-for-clubs>

The above measures should be used to rate the risks linked to outdoor gymnastics activity in the specific environment the activity will take place in.

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

What are the hazards?	Who might be harmed and how?	What are you already doing?	Outcome	Likelihood	Risk Rating	Action by whom?	Action by when?	Completed Date
Coach misconduct or failure to follow Government Guidelines	Gymnasts, coaches. Risk of catching or spreading Covid-19.	<p>All Coaches briefed and understand the Government Guidelines and Scottish Gymnastics directive for coaching outside, which includes the code of practice for coaches and officials.</p> <p>Coaches can deliver to 4 other households per day (max 15 people). However, if abiding by rules for 'organised children's activity' (see guidance) they can undertake as many sessions with children as they wish.</p> <p>At all times, gymnasts coaches and club staff should adhere to the Scottish Government physical distancing guidelines.</p> <p>Hand sanitiser will always be available, should be at least 60% alcohol based and detergent wipes are appropriate for the surface they are being</p>	5 (loss of time injury)	2 (unlikely)	10 (low)	Isobel Milns-Smith	15.7.20	15.7.20

		<p>used on. Cleaning products should conform to EN14476 standard or any detergent is followed by chlorine releasing agent.</p> <p>Where possible all gymnasts and coaches should avoid using public transport and adhere to Scottish Government physical distancing and travel guidelines.</p>						
Participant misbehaviour, Misconduct or failure to follow Government Guidelines	Gymnasts and coaches. Risk of catching or spreading Covid-19.	<p>All gymnasts are reminded of the club's code of behaviour, are briefed and understand the Government Guidelines.</p> <p>Individual risk assessments carried out by each club prior to activity Individual risk assessments carried out by each club prior to activity by Isobel Milns-Smith and kept on the club website.</p> <p>At all times, gymnasts coaches and club staff should adhere to the Scottish Government physical distancing guidelines.</p> <p>Hand sanitiser always available.</p>	5 (loss of time injury)	2 (unlikely)	10 (low)	Isobel Milns-Smith	15.7.20	15.7.20

What are the hazards?	Who might be harmed and how?	What are you already doing?	Outcome	Likelihood	Risk Rating	Action by whom?	Action by when?	Completed Date
Injury	Gymnasts. Gymnastics activity, although managed, could lead to accidental injury.	<p>Up to date medical information obtained for all gymnasts taking part in activity. Parents to be responsible for individual medical needs.</p> <p>First Aid kit available at Centre Door. Coaches to familiarise themselves with the symptoms of Covid-19. Parents must be reminded that if they or their child are showing any symptoms of Covid-19, they do not attend.</p> <p>First aid equipment to be checked and additional nitrile gloved and sanitizer to be made available.</p> <p>The parent or additional adult from the same household as the participants, will have first aid responsibilities as the coach must maintain 2 metre social distancing.</p> <p>People involved in the provision of assistance to others should pay particular attention to sanitation measures immediately afterwards, including washing hands.</p> <p>Only follow Scottish Gymnastics guidance for endorsed outdoor activity, ensuring activity choices are made to minimise the injury and illness risk/NHS burden as a priority consideration.</p> <p>Ensuring local emergency medical cover/assistance can be accessed in the event</p>	3 (minor injury)	2 (unlikely)	6 (low)	Isobel Milns-Smith	15.7.20	15.7.20

		of a potential life or limb threatening injury requiring immediate extrication and urgent medical care or hospitalisation.						
Safeguarding	Coaches and Gymnasts.	<p>The coach leading the session must hold a minimum level 2 qualification and must be qualified to the level of skills being delivered.</p> <p>The coach should be mindful that members of the public are likely to have access, even from a distance and would be able to view the children, to take pictures, videos etc.</p> <p>Adopt a dress code for outside sessions and inform parents that children must be dressed in shorts and t shirts, not crop tops, bra tops etc.</p> <p>The coach will have up to date safeguarding obtained through Scottish Gymnastics and a valid PVG gained through Scottish Gymnastics.</p> <p>If member of the public try to gain access to and or disrupt the training session in the first instance they will be asked to leave. Refusal to do the coach in charge is to call the Police on 101.</p>	5 (loss of time injury)	2 (unlikely)	6 (low)	Isobel Milns-Smith	5.7.20	30.6.20
What are the hazards?	Who might be harmed and how?	What are you already doing?	Outcome	Likelihood	Risk Rating	Action by whom?	Action by when?	Completed Date

<p>Slips, trips and falls</p>	<p>Gymnasts and Coaches. Injury through accident.</p>	<p>Coach to complete visual inspection of activity area for potential hazards on the day of the activity. Hazards could include, but are not limited to: Weather Wet ground Uneven ground Glare from the sun High temperatures Fallen branches Litter and debris on ground Animal excrement Unknown substances Dangerous discarded objects. Hazards to be removed by Coach in preparation for the activity, if safe to do so. If hazards are uncontrollable or unable to be removed, activity will be postponed or cancelled. Other coaches/supervisory adults briefed on arrival of any hazards and establish any necessary rules about hazards. Plan in place which details action to be taken by coach and gymnasts if a hazard appears or begins during the activity. (Kept on the club website & responsible person is Isobel Milns-Smith) Hazards could include, but are not limited to: Changes in weather conditions Fallen branches Animal enters the activity area</p>	<p>3 (minor injury)</p>	<p>2 (unlikely)</p>	<p>6 (low)</p>	<p>Isobel Milns-Smith</p>	<p>15.7.20</p>	<p>15.7.20</p>
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Road safety	Gymnasts. Injury through accident.	As there is road and car park nearby, coaches to set rules and ensure safety of gymnasts. Ensure all gymnasts understand the area in which the activity will be taking place. Clearly communicate these to gymnasts and where necessary, parents prior to activity and reinforce on arrival. Cone off the area so no cars can get in.	8 (severe injury)	2 (unlikely)	16 (low)	Isobel Milns-Smith	15.7.20	15.7.20
Hydration	Gymnasts, Coaches Cross Contamination De-hydration	Gymnasts to have their own source of hydration in a sealed bottle. No sharing of water bottles will be allowed.	3 (minor injury)	2 (unlikely)	6 (low)	Isobel Milns-Smith	15.7.20	15.7.20
Sun damage	Gymnasts and coaches. Skin damage due to sun	Gymnasts and coach to wear sunscreen. Sunscreen to be applied before activity commences with sufficient time to be active before session begins.	3 (minor injury)	2 (unlikely)	6 (low)	Isobel Milns-Smith	15.7.20	15.7.20
Clinically or Extremely Vulnerable gymnasts	Death Serious ill health Infecting or transmitting the virus to others	Gymnasts or coaches deemed 'clinically extremely vulnerable' should continue to follow government advice. Clinically extremely vulnerable individuals or those continuing to live with anyone deemed clinically extremely vulnerable should follow current government advice and not attend sessions.	10 (fatality)	2 (unlikely)	6 (medium)	Isobel Milns-Smith	15.7.20	15.7.20

Use of equipment/apparatus	Death Serious ill health Infecting or transmitting the virus to others	Only matting and personal hand apparatus are to be used. Clubs to ensure a Cleaning schedule is in place and recorded. Clean as you go policy in place which all coaches and gymnasts are made aware of in preparation for their activity. Mats cleaned after each activity session. Gymnasts are responsible for the cleaning of their own hand apparatus. No sharing allowed of personal hand apparatus.	10 (fatality)	2 (unlikely)	20 (medium)	Isobel Milns-Smith	15.7.20	15.7.20
Returning to activity/coaching after isolation.	Death Serious ill health Infecting or transmitting the virus to others	Coaches or gymnasts who are returning to activity from isolation due to suspected or confirmed cases of COVID-19 or other COVID-19 related reasons should be medically assessed prior to return to ensure it is safe for them to return to physical activity.	10 (fatality)	2 (unlikely)	20 (medium)	Isobel Milns-Smith	15.7.20	15.7.20