

ProACE Sports RISK ASSESSMENT for lessons Location: Various RELEVANT LEGISLATION / GUIDANCE: •Health and Safety at Work etc Act 1974 TASK: • Management of Health & Safety at Work Regulations 1999 • Control of Substances Hazardous to Health Regulations 2002 • LTA Guidance for Tennis Venues – COVID-19, Return to Restricted Play		Date of Risk Assessment: 10/01/24 Name of Risk Assessor: Tom Luke		TENNIS COACHING, SPORT LESSONS	
Hazard Identified Spread of Covid-19	Who may be harmed? Coaches, players and visitors Vulnerable groups – elderly, pregnant workers, those with existing underlying health conditions Anyone else who physically comes in contact with other people in relation to the Club	P S Risk rating 4 4 16	Control measures to be implemented • Gel sanitiser to be used by the coach before and after every lesson. • Players to be asked to wash their hands before and after every lesson, and / or use hand sanitiser . •Players to be reminded to catch coughs and sneezes in tissues – Follow Catch it, Bin it, Kill it and to avoid touching face, eyes, nose or mouth with unclean hands. Tissues will be available for the coaches’ use. •Strict policy on coaches not working if unwell or displaying symptoms. •Players advised not to attend lessons if self- isolating or displaying symptoms. •Players and coaches to keep social distance of at least 2 metres from each other, and any other visitors. •All lessons and courts to be booked in advance online – no “on the day” cash payments to be taken. Bookings to be staggered to avoid players all arriving at the same time. •Gates to tennis courts to be left open or removed where possible. •Players and coaches to bring their own drinks to the Club. •Toilets – if open - will be cleaned and sanitised regularly. •Coaching numbers and ratios will follow the latest guidance for the relevant Tier in the area, as detailed in the LTA Guidance for Tennis Venues – COVID-19, Return to Restricted Play. •Rackets will be available for loan; any loan equipment will be sanitised before and after use. •Use of coaching equipment to be limited – equipment is not to be touched by players. All equipment used will be wiped down after every lesson. •Drills to be adapted to avoid the player touching the tennis balls as much as possible. Tennis balls to be returned by the player using racket or feet, where possible. •If players / coaches are changing ends on the court, the coach will ensure they change at opposite ends of the net. •Spectators are not allowed – with the exception of a child under 16 years having coaching. Spectators to be given clear guidance on where to stand to maintain social distancing. •A record of all attendees will be kept to assist the NHS test and trace system if required. •Suitable anti slip surfaces are installed. •Courts checked visually by the coach prior to the arrival of players for slip hazards and defects. •Coach to notify the operator immediately of any issues that need rectifying. •Coach to ensure that all players are wearing correct footwear. •Caps are in place to cover post holes if nets are removed, these are flush to the ground level. •Spillages are cleaned up promptly by the coach or player. •Bags to be kept at the side of the courts out of the way – no lockers or benches will be available. Minimal equipment to be brought • Suitable and sufficient lighting is installed that is well maintained.		P S Risk Rating after controls applied 23 6
Court surface	Coaches, players	44	16 onto the court. •Visual check of courts by Coach prior to the lesson. 10 •Coach to ensure all players place all litter in the bins provided.	2 3	6
Sharps, litter, animal waste	Coaches, players	25		1 5	5
Environment, lighting, temperature	Coaches, players	33	•Coaching is cancelled in the event of inclement weather that may prove hazardous (e.g. thunderstorms). •Drinking water is not available from the Club – players advised to bring drinks with them and these should not be shared. 9 •Toilets may be provided in the Club – players will be advised of this prior to booking. 2 2 4 •All loan rackets to be sanitised before and after use. •A visual check of all coaching equipment is carried out by the coach prior to the session and any defective equipment removed from use.		
		33			
		44			
Equipment	Coaches, players	35	• Defective tennis nets are reported to the Club immediately . •All equipment other than tennis nets and tennis equipment is cleared from the courts prior to the session starting. • Equipment used is appropriate to the age and ability of the player. 9 •Net winders and height measurers to be removed – nets to be checked for height pre- opening. • Coaches will hold a current LTA accreditation. • Coaches to keep a minimum of 2 metres away from the players they are coaching. Coach to advise and remind the player of this. •Coaching numbers and ratios will follow the latest guidance for the relevant Tier in the area, as detailed in the LTA Guidance for Tennis Venues – COVID-19, Return to 16 Restricted Play .	22	4
			• All Coaches are first aid trained. •Coaches carry their own first aid kit and know what to do in the event of a first aid emergency. •All accidents are reported to the Club and recorded. •Coaches advised not to administer first aid treatment unless absolutely necessary – and if necessary, wear disposable gloves, face mask and apron. Thorough hand washing and sanitising to be carried out after administering any treatment. •Coaches to be given the updated guidance from the resus council regarding administering CPR; o Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. Do not listen or feel for breathing by placing your ear and cheek close to the patient’s mouth. o Make sure an ambulance is on its way. If COVID 19 is suspected, tell them when you call 999. o If there is a perceived risk of infection, rescuers should place a cloth/towel over the victim’s mouth and nose and attempt compression only CPR and early defibrillation until the ambulance (or advanced care team) arrives. o Early use of a defibrillator significantly increases the person’s chances of survival and does not increase risk of infection. o Cardiac arrest in children is more likely to be caused by a respiratory problem (asphyxial arrest), therefore chest compressions alone are unlikely to be effective. o If a decision is made to perform mouth- to-mouth ventilation in asphyxial arrest, use a resuscitation face shield. After performing CPR, all rescuers should wash their hands thoroughly with soap and water; alcohol-based hand gel is a convenient alternative. o If staff need to provide assistance to an individual who is symptomatic and may have COVID-19 (that is any individual with a new, continuous cough and/or high temperature), wherever possible, place the person in a place away from others and ask others who are not involved in providing assistance to stay at least 2 metres away from the individual. • If there has been a blood or body-fluid spill; Keep people away from the area. Place paper towels/roll onto the spill, and ensure the area is cleaned and disinfected thoroughly. Wear PPE - gloves, mask and apron whilst cleaning.	22	4
Supervision	Coaches, players			2 2	4
First Aid	Coaches, players	34	• A Fire risk assessment is carried out by the Club annually and any actions completed. •The coach is trained in the emergency evacuation procedures for the Club. •Emergency exit routes and assembly point are clearly signposted and are unobstructed at all times. •The coach will keep a register of all attendees and will be responsible for evacuating their players and checking this in the 15 event of an evacuation. •Warm up and cool down led by the coach prior to the sessions. •Coach is responsible for checking for any injuries or medical conditions of the players to ensure any necessary adaptations are	1 5	5
Fire	Coaches, players				
Physical activity	Coaches, players	34	12 made. •Jewellery to be removed prior to the session. •Clear instruction given regarding safe use of •the equipment by the coach. • Supervision ratios are adhered to. •Lighting units are adequately guarded. • No spectators allowed on the courts during the 12 session. •A consultation will be carried out with the parent, guardian or carer prior to commencing lessons to discuss and agree any specific needs or adaptations required. •Coach to be informed of any additional needs amongst the players in their lesson and any necessary adaptations or 12 limitations.	2 3	6
Collisions between players and with equipment	Coaches, players	43		2 3	6
Players with additional needs	Coaches, players	34		2 2	4
Children and vulnerable adults	Coaches, players	33	• All coaches and assistants have enhanced DBS certificates. •All coaches have completed safeguarding training. • A coach will be present at all times during the lesson. •Players are not left unaccompanied at any time. • Emergency contact details for every child are held on our ProACE Sports and Swimming App. Any concerns about a child are notified immediately to the Club Welfare Officer who will take the full details and notify the relevant authorities. 2 3		6

	HAZARD SEVERITY (S)
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RISK RATING = Likelihood (L) x Severity (S)		1	2	3	4	5
		Negligible Negligible injury, no absence from work	Slight Minor injury requiring first aid treatment	Moderate Injury leading to a lost time accident	High Involving a single persons serious injury/death	Very High Multiple serious injuries/death
1	Very Unlikely A freak combination of factors would be required for an incident / accident to result	LOW	LOW	LOW	LOW	LOW
2	Unlikely A rare combination of factors would be required for an incident /accident to result	LOW	LOW	LOW	MEDIUM	MEDIUM
3	Possible Could happen when accidental factors are present but otherwise unlikely	LOW	LOW	MEDIUM	HIGH	HIGH
4	Likely Not certain to happen but an additional factor may result in an incident/accident	LOW	MEDIUM	HIGH	HIGH	HIGH
5	Very Likely Almost inevitable that an incident / accident would result	LOW	MEDIUM	HIGH	HIGH	HIGH