

LITTLE SOCKS GYMNASTICS

Risk Assessment number: 1	Date of Assessment: 08/09/2020	Task/Work activity/work area assessed:	Assessment carried out by: Julia Christie
Additional information check sheet/ risk assessments required. Yes/No	Manual Handling: YES Young Persons: YES	Substances Hazardous to Health: NO	Display Screen Equipment: NO New & Expectant mothers: NO

Description

As we restart gymnastics and welcome back our coaches, assistants, gymnasts and parents and careerist is vital that their health and safety is protected. This risk assessment has been created to identify and control the risks associated with Coronavirus. This risk assessment has been developed using teh guidance available from British Gymnastics, London Gymnastics and the UK Government.

As the Coronavirus pandemic is an ongoing situation, advise and guidance may change. This risk assessment will be reviewed and amended according to any recommendations made from British Gymnastics, London Gymnastics and the UK Government.

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
Person affected by the activity	Identified Hazards	Control measures already in place							Outcome	Likelihood	Risk Rating	Further action required? Yes/No

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Coaches, gymnasts, assistants, parents/ carers & family members	Contact with potentially infected people whilst at Little Socks Gymnastics	Do not attend if showing any of the COVID 19 symptoms Temperature checks on arrival Social distancing throughout Follow one way systems No physical touching Frequent hand washing Appropriate PPE use when required	12	4	4	NO
Coaches, gymnasts, assistants, parents/ carers & family members	Registering and signing in for class - close contact	During registration & collecting of forms Use mask Wear gloves Wipe down pens Encourage emailing of forms Ensure social distanced queuing	4	2	2	NO
Coaches, gymnasts, assistants, parents/ carers & family members	Entering gym Close contact, coughing, unknowingly passing on infection	Change clothes on arrival into Little Socks uniform Controlled 2 metre queuing system to enter gym, One way system so minimise cross over of persons, Signage, to encourage social distancing Temperature checking of gymnasts, on arrival Clear sanitise hands on arrival policy Ensure a "safe & well" form signed & handed in each session	4	2	2	NO
Coaches, gymnasts, assistants	Clothing contamination - bringing in infection from outside	Change into Little Socks T shirts on arrival Gymnasts to bring own bag to put outdoor clothes in Mark out "safe" area for bag storage Use spots/tape/arrows to outline one way route Water bottles placed in group boxes	2	1	2	NO

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Coaches, gymnasts, assistants	During activities - coughing, sneezing, sweating	Follow clear lesson plans Picture/verbal prompts to assist understanding Individual stations and apparatus ready to use Used apparatus to be placed in “used” boxes to be clean Gymnasts, assistants and coaches to sanitise hands in-between each rotation Coughing/sneezing sanitise immediately use disposable tissues NO CONTACT	4	2	2	NO
Coaches, gymnasts, assistants, parents/ carers & family members	Exiting the gym - close contact	Parents to remain outside gym in a socially distanced manner - signage in place Gymnasts dispersed in an orderly fashion by allocated coach, one by one Sanitise hands when exiting Follow signage	4	2	2	NO
Coaches, gymnasts, assistants	Cross contamination	Cleaning of all touch points between each rotation and after each session Using Anti bacterial spray & Biocidal detergent cleaner Wear gloves, aprons & masks provided	4	2	2	NO
Coaches, gymnasts, assistants	Moving around the gym	Follow the arrows and coaches instructions Stay 2 metres away from others as much as possible Do not run Be aware of other children working Stay on your station until asked to change Wait at signs Rotate in a clockwise direction	4	2	2	NO
Coaches, gymnasts, assistants	Using hand apparatus	Only use when instructed to by coach Take from unused box (green) Replace in used box (yellow) ready to be cleaned	4	2	2	NO

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Coaches, gymnasts, assistants	Living with vulnerable people	Identify any affected people Discuss individual requirements look for suitable roles if shielding follow government and NHS advice	9	3	3	NO
Coaches, gymnasts, assistants	Chemicals used when cleaning	Wear PPE when cleaning List all products on Cleaning list/CPOSHH Follow manufactures guidelines	4	2	2	NO
Coaches, gymnasts, assistants	Dermatitis caused by using sanitiser and frequent hand washing	Can supply own hand sanitiser may use moisturiser to prevent dryness/chapped skin can wear own gloves or gloves provided	4	2	2	NO
Coaches, gymnasts, assistants, 1st aiders	Close contact whilst providing 1st Aid	Move person to isolation area (if possible) Wear PPE provided Hand wash/sanitise before and after treatment Monitor for any signs of COVID	9	3	3	NO