

RISK ASSESSMENT COVID-19



STARJUMP TRAMPOLINE CLUB COVID Form 001

Risk Assessment Number:01	Date of Assessment: 28/07/2020	Additional Information Check sheet/Risk assessments required.																																															
Task / Work Activity / Work Area Assessed: Sport hall	Assessment Carried By: Humberto Hernandez	Substances Hazardous to Health: Manual Handling: Display Screen Equipment: New and Expectant Mothers: Young Persons:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																										
<table border="1"> <tr> <th colspan="5">Worst Case Outcome</th> <th colspan="5">Likelihood</th> <th colspan="3">Risk Rating Outcome X Likelihood</th> </tr> <tr> <td>10</td> <td>8</td> <td>5</td> <td>3</td> <td>1</td> <td>10</td> <td>8</td> <td>5</td> <td>2</td> <td>1</td> <td>High</td> <td>Medium</td> <td>Low</td> </tr> <tr> <td>Fatality</td> <td>Severe Injury</td> <td>Lost time Injury</td> <td>Minor Injury</td> <td>No Injury</td> <td>Certain</td> <td>Very likely</td> <td>likely</td> <td>Unlikely</td> <td>Remote</td> <td>50-100</td> <td>20-49</td> <td>1-19</td> </tr> </table>											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
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<p>Staff, Children Parents arriving on site</p>	<p>If a person attending the gym and has been in contact within the last two weeks with an infected person, there is a clear risk of this person spreading Covid19</p>	<ul style="list-style-type: none"> • Parents must agree to disclose if they or their child have been in contact with an infected person. • The temperature of the gymnast will be taken using a no touch infrared thermometers as they get out of car. If the temperature is above 37.8 dc, then gymnasts will not be permitted to train and will go home. Coaches/staff taking temperature will use mask, gloves and visor. • Children will not be allowed to train if any of their family members are in self isolation. • Parents and coaches are reminded that anyone at home who is deemed vulnerable (new and expectant mothers, elderly) should not attend any sessions until further notice. 	<p>5</p>	<p>1</p>	<p>Low</p>	<p>The hazard is controlled as far as reasonably practical</p>
<p>Parents congregating by the entrance and exits which might promote the spread of Covid19</p>	<p>Those in the gym</p>	<ul style="list-style-type: none"> • Parents to use a car park drop off and collect system with allocated drop off and collection times. Parents are not permitted to get out of the car and are asked to leave the premises and to not park on the access road (to avoid blocking access). • Gymnasts will be registered with coaches and will queue outside the building using their allocated entrance. 	<p>5</p>	<p>1</p>	<p>Low</p>	<p>The hazard is controlled as far as is reasonably practical</p>

All those in the gym	Failure to socially distance when moving around the gym or waiting for equipment resulting in Covid19 being potentially spread	<ul style="list-style-type: none"> • Gymnasts will be registered with coaches and will queue outside the building using their allocated entrances. Markings on the floor outside is at 1m+ social distancing intervals. • The front door, side fire door in car park and rear fire door (near basketball court)) will be used to ensure no more than 10 gymnasts will use any door. • On arriving at the door gymnasts will use the hand sanitiser before entering the gym. Viewing areas are closed. Hand sanitisers on all doors and throughout gym • Walkways with clear markings to keep 2+m apart when going to the toilet. • Our staff will enforce social distancing at all times • Reduce the number of people in building – see below 	5	1	Low	The hazard is controlled as far as is reasonably practical
Gymnasts could contact the gym to report that they have contracted Covid 19	Those in the gym	<p>The classes will be separated into pods to ensure in the event of a gymnast reporting Covid 19 positive the “pod” of the class can be contacted and informed that they should isolate. All those infected will be excluded from the gym under their self isolation period is over.</p> <p>Training sessions to be staggered to avoid cross over – 15 mins cross over times – provides adequate cleaning time</p>	5	1	Low	The hazard is controlled as far as is reasonably possible

All in the gym	Failure of hand hygiene resulting in Covid 19 spread	<ul style="list-style-type: none"> • Hand hygiene will be enforced. All persons entering the gym will have sanitised their hands before entering the hall. • We will introduce additional hand hygiene during the sessions. They will have to sanitise their hands when changing equipment or moving onto another station or exercise. • All gymnasts will also have to sanitise their hands on leaving the gym. • The virus can be spread by touching faces with hands which are contaminated with Covid 19. Coaches will discourage them from touching their faces when training. Parents must ensure hair is tied back so there is less temptation to touch face. 	5	1	Low	The hazard is controlled as far as is reasonably possible
All in the gym	Possible cross contamination Covid19	<ul style="list-style-type: none"> • Good hygiene practice in place • Tissues available • Hand wash stations available for use • Bins with lids are cleaned after each training session • Cough and sneeze into the crook of their elbow and use a separate bathroom if possible - Gymnasts to wear socks for stretch exercises and training session on the trampoline 	5	1	Low	The hazard is controlled as far as is reasonably possible

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<p>All those in the gym</p>	<p>Identification of potential infection in person attending the gym:</p> <ul style="list-style-type: none"> • Cough • Fever • Shortness of breath • Sore Throat 	<ul style="list-style-type: none"> • Coach will put on PPE to speak to the child to check for potential infection. <p>Isolation area available to accommodate person/s</p> <ul style="list-style-type: none"> • Session will be cancelled, and the risk assessment reviewed <p>Isolation area will be deep cleaned</p> <ul style="list-style-type: none"> • No participation by any child should any family member in the household be self-isolating <p>Any parent coming to collect a sick gymnast will remain in the car and will text/ring to say they have arrived and the gymnast will be brought out to them in the car park.</p> <p>It is the parent's role in ensuring their child and immediate household members are free from illness – when in doubt stay at home.</p>	<p>5</p>	<p>1</p>	<p>Low</p>	<p>The hazard is controlled as far as is reasonably possible</p>
<p>All those in the gym</p>	<p>Covid 19 being spread from frequent touch items such as door handles, toilet flushes and other communal area fixtures</p>	<p>Increased cleaning regime to include registers of cleaning areas and end of day cleaning. During the day extra attention will be paid to high use areas including door handles, toilet handles and Office doors etc.</p> <p>All frequent touch fixtures will be dis-infected between classes.</p> <p>Doors will be kept open if possible</p> <p>To reduce transmission of droplets the gym will be well ventilated with the fire doors and roller shutter doors open if the weather permits</p>	<p>5</p>	<p>1</p>	<p>Low</p>	<p>The hazard is controlled as far as is reasonably possible</p>

All those in the gym	Transmission person to person or via droplets on personal equipment	No lockers will be used – parents must provide child with personal items for gym in drawstring bag – water bottles, grips, tape (including earring tape if necessary) wrist guards, hand sanitiser. Parents are expected to have talked to children about the cleaning regime, keeping the distancing rules and following the other gym rules	5	1	Low	The hazard is controlled as far as is reasonably possible
All those in the gym	Droplets or virus being live on equipment (high touch area) and hence spreading Covid 19	All equipment within the pod will be cleaned using the cleaning materials provided on the cleaning table. Clothes will be disposed of about each area is cleaned <ul style="list-style-type: none"> • Mats will be wiped down after every session and before a new class starts. • Sign off that equipment has been wiped down before start of next session In stage 1 – all classes will use floor area . All equipment will be cleaned according to BG guidelines	5	1	Low	The hazard is controlled as far as is reasonably possible

All those in the gym	Covid 19 being spread by the failure of social distancing during the gymnastics classes	StarJump TC has set out the gym so that each gymnast is allocated sufficient space to be social distancing as be guidelines. These areas are marked out on floor areas with Velcro or tape.	5	1	Low	The hazard is controlled as far as is reasonably possible
Staff Customer Parents	Covid 19 being spread from the gym to parents/families	<ul style="list-style-type: none"> • Children will collect their belongings and will exit (same as entrance) and will follow their coach outside remaining 1m+ social distancing. They will use the hand sanitiser at the exit and walk across the car park and will be handed back to their parents. • Children who are not collected at said time will be moved to an isolated area so not allow any cross contamination with newcomers 	5	1	Low	The hazard is controlled as far as is reasonably possible

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<p>Those in the gym</p>	<p>Fire Emergency causing social distancing to be compromised, potentially resulting in Covid 19 being spread</p>	<p>Upon hearing the fire alarm the building will be evacuated using normal StarJump TC fire evacuation processes. As long as we cannot see fire or the products of combustion such as smoke, light or feel heat, coaches will lead their gymnasts to the nearest exits and evacuation points within the car park by customers maintaining the 1m+ gaps at all times (including at the assembly points). Registers will be taken by coaches and will control the evacuation of the premises.</p> <p>If fire or the products of combustion are seen or felt the building is simply to be evacuated as quickly as possible regardless of social distancing. The acute harm of the fire will out way the potential harm of Covid 19</p> <p>If social distancing has been comprised those who have been involved are to be segregated from those who were able to evacuate while observing social distancing. This is because these people who have been in a fire or smelt smoke may need medical screening by the ambulance services</p>	<p>5</p>	<p>1</p>	<p>Low</p>	<p>The hazard is controlled as far as is reasonably possible</p>
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Those in the gym	Water Fountain to be closed - potential for Covid 19 being spread from bodily fluids such as saliva	To prevent the risk of cross contamination the water fountain will be closed	5	1	Low	The hazard is controlled as far as is reasonably possible
Those in the gym	Covid 19 being spread from bodily fluids such as urine and blood	<p>Where a first aid incident has taken place, the area in which the accident has taken place is to be cleared. A small first aid kit will be kept on each cleaning station with gloves and mask.</p> <p>The first aider is to ensure that they use barrier gloves . If the first aider feels at risk, they are liberty to refuse to administer first aid.</p> <p>Where possible the casualty is to be instructed to self treat -i.e. hold the bandage here etc Therefore the first aider does not come into contact with the blood.</p> <p>When fluids are being cleaned up flood the spill with disinfectant and allow 10 mins contact time. We will then clean up the spill and disinfected with wet vac.</p> <p>The area is to be cosmetically cleaned .</p> <p>If an injury needs to be iced – frozen peas will be used and taken home by gymnast. The ice machine remains out of order.</p>	5	1	Low	The hazard is controlled as far as is reasonably possible

Those in the gym	Lost Property	Any lost property will be immediately bagged up (using gloves) in clear bags and will be isolated until collection or they will be thrown away.	5	1	Low	The hazard is controlled as far as is reasonably possible
Those in the gym	Coaches coming into close contact with the gymnasts when supporting a gymnast. Covid19 is clearly a significant risk and must be controlled but there are other risks involved in gymnastics which coaches are trained to deal with by supporting or catching the gymnasts to avoid injury	However there are situations when competent gymnasts require support and it would be unsafe to allow them to do certain moves (perhaps to regain a move they previously had before lockdown or Senior gymnasts preparing for top level competitions. No guidance has yet been issued by BG and if that guidance comes then this section will be reviewed. However coaches are trained to step in to prevent injury or to help and it is unrealistic to assume that this will stop because of Covid 19	5	3	High	Additional controls are required for a coach to safely support a gymnast whilst observing Covid 19 safety protocols See below for additional controls

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The coach	The coach being exposed to Covid19 from the gymnast when supporting them	The supporting coach is to wear PPE to minimise the risk. FFP dust mask is to be worn, these are effective at reducing the risk of inhaling Covid 19 virus droplets F1 eye protection is to be worn. The eyes have a mucus membrane and as such are a fast way for virus to get into the body. F1 safety glasses form to fit the face. Coaches must not touch their face, ears or eyes during supporting.	5	1	Low	The hazard is controlled as far as is reasonably possible
The coach spreading Covid 19 Between gymnasts when supporting	The gymnasts	The coach is to use supporting techniques that do not bring them close to the respiratory zone of the gymnasts. Wherever possible they are to support on the leotard as sweat may contain Covid 19 virus. Coaches are to hand sanitise between gymnasts. Good occupational hygiene is to be followed. PPE is to be removed and either cleaned- F1 glasses or disposed of FFP3 masks in lidded bin	5	1	Low	The hazard is controlled as far as is reasonably possible

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Risk Assessment Form Cont.

Further Control Measures	Further Control Measures Follow Up		
	Allocated to (Name)	Target date	Date completed
<ul style="list-style-type: none"> • Parents to be advised that a drop off and collect system will be implemented, viewing areas will be closed. Parents must wait in vehicles • Where children are not collected straight after a training session, the child will need to be moved to an isolated room where they can wait for their parents so as not to have any cross over with arriving children • Staff members to sign an inspection sheet to show that the equipment has been cleaned and wiped down after every session • Display posters for good hygiene, i.e. handwashing • Managers are to be informed of procedure in case of an employee becoming ill while at work. This will include the following key points as follows: <ul style="list-style-type: none"> -Isolate the individual at least 2 meters away from other people, -Go to an isolation room or area behind a closed door such as a sick bay, or office, -The affected child or staff member is to avoid touching anything, cough or sneeze into a tissue and put it in a bin, or if they do not have tissues, cough and sneeze into the crook of their elbow and use a separate bathroom if possible. 			

<ul style="list-style-type: none"> • Site closure may be advised by Public Health England • Members of staff of family members who think they may be infected to carry out the self-assessment on the NHS website before arriving at the gym and to follow guidance: https://111.nhs.uk/covid-19 			
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Risk Assessment Reviews			
Suggested Review Date: (either after significant changes, completed actions or annually)			
Risk Assessment Reviewed by:		Risk Assessment Reviewed by:	
Date:		Date:	
Comments:		Comments:	
Next Suggested Review Date:		Next Suggested Review Date:	
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Date:		Date:	
Comments:		Comments:	
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