

Llandeilo School of Gymnastics COVID-19 Risk Assessment

Tregib Sports Facility



Working together
for a safe return
to gymnastics

British
Gymnastics

 ENGLISH
GYMNASTICS

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Risk Assessment Number: 001	Date of Assessment: May 2021	Additional Information check sheet/risk assessments required.	
Task / Work Activity / Work Area Assessed:	Assessment carried out by: Sian Davies	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"/>

Worst Case Outcome					Likelihood					Risk Rating (Outcome x Likelihood)		
5	4	3	2	1	5	4	3	2	1	High	Medium	Low
Fatality	Severe	Lost time	Minor	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	Re-opening of facility following shut down of indoor activities	<ul style="list-style-type: none"> • Thorough clean of facility before each session • Focus on thorough clean of high frequency touched points including handles, switches and equipment. Vacuum and sweep floors, clean surfaces in the bathroom. • Cleaning schedule available for separate items of equipment. • Sanitising solution / hand sanitiser issued to each member of staff prior to session start. <p>https://www.gov.uk/government/publications/Covid-19-decontamination-in-non-healthcare-settings/Covid-19-decontamination-in-non-healthcare-settings .</p>	3	1	3	Y All staff to be made aware of RA

Staff & Gymnasts	Person responsible for COVID – 19	<p>Named person assigned who is responsible for COVID-19 they must be familiar with the emerging evidence related to post-COVID-19 pathology, who is expected to :</p> <ol style="list-style-type: none"> 1) Lead on ensuring any suspected or confirmed COVID-19 cases are managed in line with sport's COVID-19 case management protocols and current government guidelines. 2) Have oversight of the return to training of any gymnasts with suspected or confirmed cases of COVID-19 3) Support the business in line with the government guidelines to ensure the safety of the gymnasts and staff – by ensuring Risk Assessments are reviewed and amended as required. 	3	1	3	Y
Staff & Gymnasts	Gymnasts arriving at facility	<ul style="list-style-type: none"> • Training sessions to be staggered to avoid access cross over • One - way system in place and utilized by all • Clear signage to be displayed to show staff and gymnasts the entry and exit routes. • Gymnasts to enter the facility alone, no parents . guardians or observers will be allowed into the premises. • Gymnasts to arrive in their training kit • Staff to enter the premises alone unless within the same support bubble or are family members. • Staff & Gymnasts are to use the hand sanitisers provided at the entrance to the gymnasium prior to commencing on the training session. • Gymnasts will be required to leave the gymnasium individually and with guidance and supervision from a member of staff • 	3	1	3	Y

Staff & Gymnasts	Returning to training / coaching after isolation	<ul style="list-style-type: none"> • Staff who are returning to the training environment from isolation due to suspected or confirmed cases of COVID-19 related reasons should be assessed prior to return. • Gymnasts who are returning to the training environment from isolation due to suspected or confirmed cases of COVID-19 related reasons must do so under the direction of a responsible person, familiar with the emerging evidence related to post-COVID-19 pathology and following the most up to date return to training steps. 	3	1	3	Y
Staff & Gymnasts	Social Distancing	<ul style="list-style-type: none"> • All gymnast and staff should adhere to the government rules on social distancing when travelling to and from the training facility. (Keep up to date with social distancing rules on www.gov.uk) • All gymnasts are to adhere to the 1M social distancing when in the training facility. Floor marking are in place on relevant equipment. • Social distancing will continue to be the exception • Ensure that all designated groups are not mixed or changed during the session – if any changes are required then it must be documented / recorded meticulously 	2	1	2	
Staff & Gymnasts	Hygiene	<ul style="list-style-type: none"> • Hand sanitisation at the entrance of the gymnasium to be used prior to entering. • Antibacterial soap to be used in the toilet sreas • Paper towels to be provided where possible and hand dryers to be turned off and not used. • Bins to be emptied at the end of the last session. • Cough and sneeze into the crook of their elbow or into a tissue – tissue then to be 	1	2	2	

		disposed of.				
Staff	Cleaning Waste Management	<ul style="list-style-type: none"> • Cleaning of area to use normal household disinfectant after someone with suspected coronavirus (COVID-19) has left will reduce risk of passing the infection on the other people • Wear disposable nitrile gloves and aprons for cleaning. These should be double-bagged, then stored securely for 72 hours then thrown away in the regular rubbish after cleaning is finished. • Using a disposable cloth, first clean hard surfaces with warm soapy water. The disinfect these surfaces with the cleaning products you would normally use. Pay attention to the frequently touched areas and surfaces. • Wash hands with soap and water for at least 20 seconds, 	3	1	3	
Staff	General Housekeeping of the facility	<ul style="list-style-type: none"> • Cleaning programme to be followed and adhered to. • Cleaning schedule of equipment to be logged and signed • Clean as you go policy to be in place and adhered to. • Bins to be cleared and emptied at the end of the nights sessions. 	2	1	2	
Staff & Gymnasts	Common Areas	<ul style="list-style-type: none"> • Staggered times of sessions to be adhered to • Social distancing rule must be followed by all • Staff and Gymnasts to arrive in training kit / uniform as the changing rooms will not be available for use 	2	1	2	
Staff & Gymnasts	First Aid	<ul style="list-style-type: none"> • First Aiders must familiarise themselves with the symptoms of COVID-19 	2	2		

		<ul style="list-style-type: none">• First Aid Equipment to be checked and additional gloves and sanitiser to be made available• First Aider to try and maintain social distancing where treatment of an injured person allows this to happen• In an emergency i.e. evacuation for fire etc then the 1M social distancing rule does not have to be kept to				
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