

Risk Assessment – (Alton Gymnastics Club – at Alton Sports Centre, Sports Hall) FULL RISK ASSESSMENT



British
Gymnastics

Health and Safety Plan for Re-opening Alton Gymnastics Club Indoor activities

SPORT: Gymnastics
DICIPLINE: WA, AG, GfA
LOCATION: Alton Sports Centre
REVISION: V05
Compiled by: Joanna Foley
Date: 23/04/2021

REVISION HISTORY		
Revision	Date	Purpose of Issue
1.0	03/08/2020	Initial Risk Assessment and supporting documents complete
2.0	27/08/2020	Updates to layout plans and timetables
3.0	08/10/2020	Revision and Addition in regard to TeamSport Framework : Updates to Cleaning Protocols
4.0	17/03/2021	Review for re-opening in April 2021 (after Lockdown 3). Addition in regard to RETURN TO COACH CONTACT FRAMEWORK PHASE 1
5.0	23/04/21	Further review to sections 1.5 and 1.6 regarding Team Sports and Coach Contact

Introduction & Purpose

This document sets out the requirements to ensure the health, safety and wellbeing of Alton Gymnastics Club 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.

Gymnastics activity will only include that covered by British Gymnastics Guidelines for recommended activity which follows closely the government guidelines and standards for maintaining a Covid-secure environment including (but not limited to) social distancing, hygiene, use of PPE and record keeping.

Risk Assessment – (Alton Gymnastics Club – at Alton Sports Centre, Sports Hall)

FULL RISK ASSESSMENT

Activity Information

SPORT	Gymnastics
DISCIPLINE	WA, AG, GfA
ACTIVITY	The document covers ALL classes and training sessions upon re-opening indoor activities
ACTIVITY FORMAT	Classes and Training in a 'new-normal' gymnastics hall
LOCATION	Alton Sports Centre, Sports Hall
DATE (s)	From 12 th April 2021 Tuesday 4 – 7.30pm : Thursday 4 – 7.30pm : Sunday 9am – 2pm From 19 th April 2021, the above PLUS: Monday 4 – 6.30pm : Wednesday 4 – 6.30pm : Friday 4 – 6.30pm
AUTHORISATION	<p>NAME (authorised person at ASC): _____</p> <p>Position: _____</p> <p><i>"I confirm that I am authorised to permit activities on the property named above. I agree to allow the gymnastics activities described in this risk assessment to be undertaken on the property on the days and times arranged. I am satisfied that the measures and mitigations are sufficient for the club to re-open at Alton Sports Centre."</i></p> <p>SIGNED: _____ DATE: _____</p>
ENTRY	<p>Participants will enter the Sports Hall via the main entrance to the sports centre, following the one way system. Children will be dropped off and parents will then exit the building via the fire exit at the end of the corridor adjacent to the Sports Hall.</p> <p>On Monday, Wednesday and Friday a maximum of 10 participants (with a maximum of one adult per child) will enter at one time, with class start and finish times being staggered.</p> <p>On Tuesday, Thursday and Sunday a maximum of 14 participants will enter at one time, but a large portion of these will; attend without an adult present, reducing the overall number.</p>
EXIT	Participants will exit the Sports Hall via the fire exit at the far end of the hall (adjacent to the main entrance). This will be done in an orderly manner with parents waiting outside and allowed in one by one to collect their child.
SUPERVISION	ALL classes and Training sessions will be supervised and run by suitably qualified Coaches. Numbers of coaches will be kept to the minimum necessary for safe practise and implementation of mitigations allowing a coach:participant ratio of between 1:5 and 1:8 with one additional supervisory Lead Coach.

Contacts

Title/Position	First Name	Surname	Phone No.
AGC Head Coach / Manager	Joanna	Foley	07412 544 735

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ENTRY & EXIT

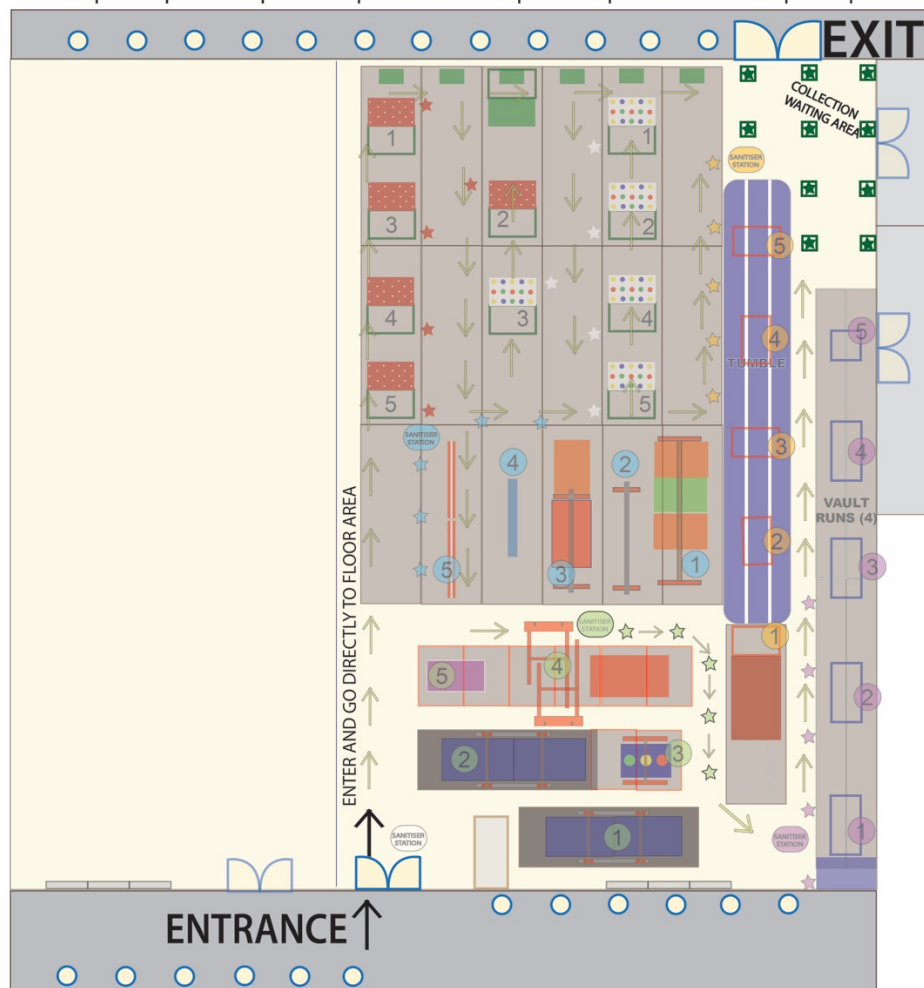
Updated: August 2020

EXIT TIMES

Monday, Wednesday, Friday...
4.45pm : 5pm : 5.15pm : 5.30pm
5.45pm : 6pm : 6.15pm : 6.30pm

Tuesday, Thursday...
5.45pm : 6pm
7.30pm : 7.45pm

Sunday...
11.15am : 11.30am
1.45pm : 2pm



Placement of socially distanced floor markers with consideration to other users going to the group exercise studio, toilets other side of the hall etc.

START TIMES

Monday, Wednesday, Friday...
4pm : 4.15pm : 4.30pm : 4.45pm
5pm : 5.15pm : 5.30pm : 5.45pm

Tuesday, Thursday...
4pm : 4.15pm
5.45pm : 6pm

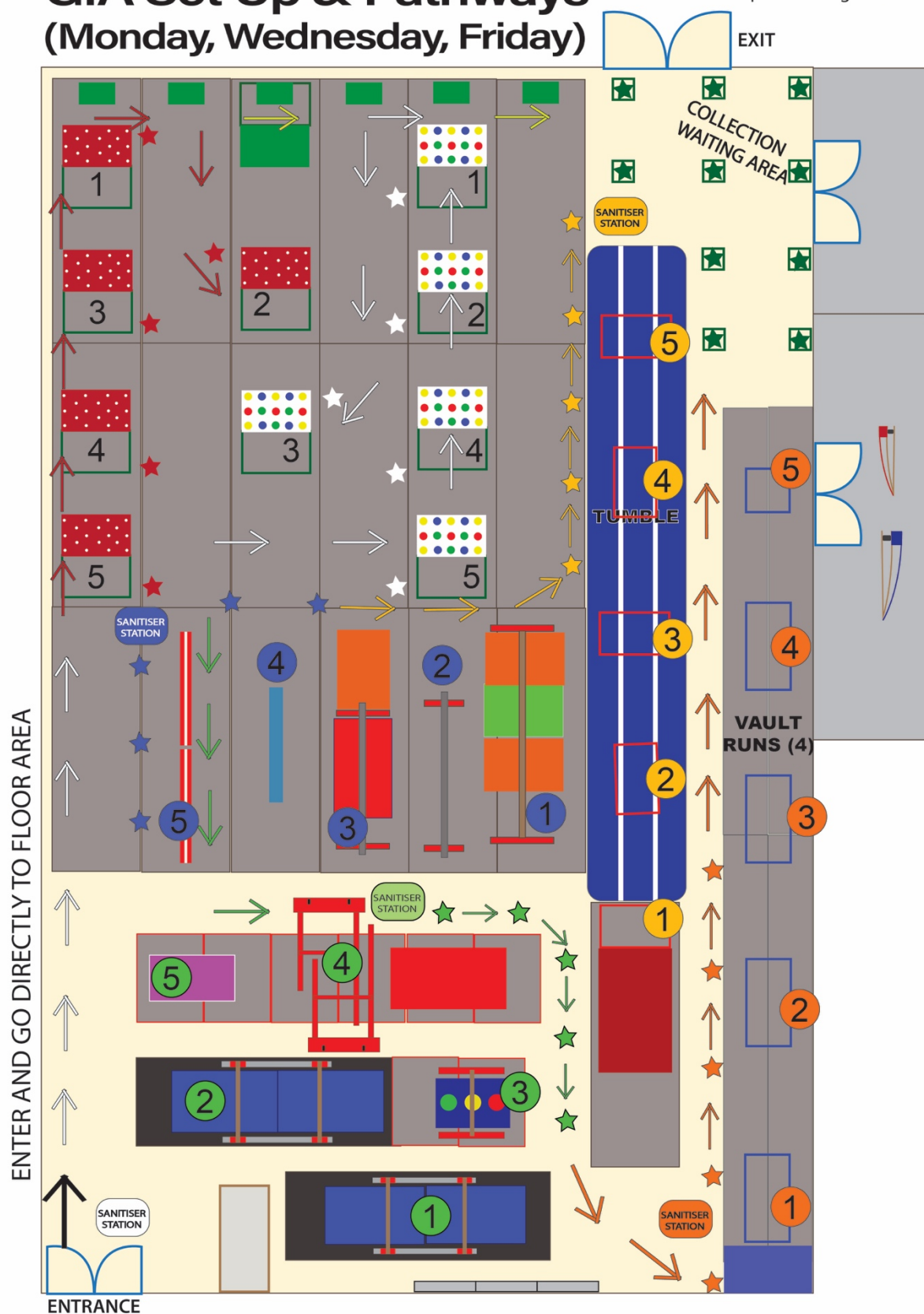
Sunday...
9am : 9.15am
11.15am : 11.30am

Participants NOT arriving more than 5 minutes ahead of class time.

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GfA Set Up & Pathways (Monday, Wednesday, Friday)

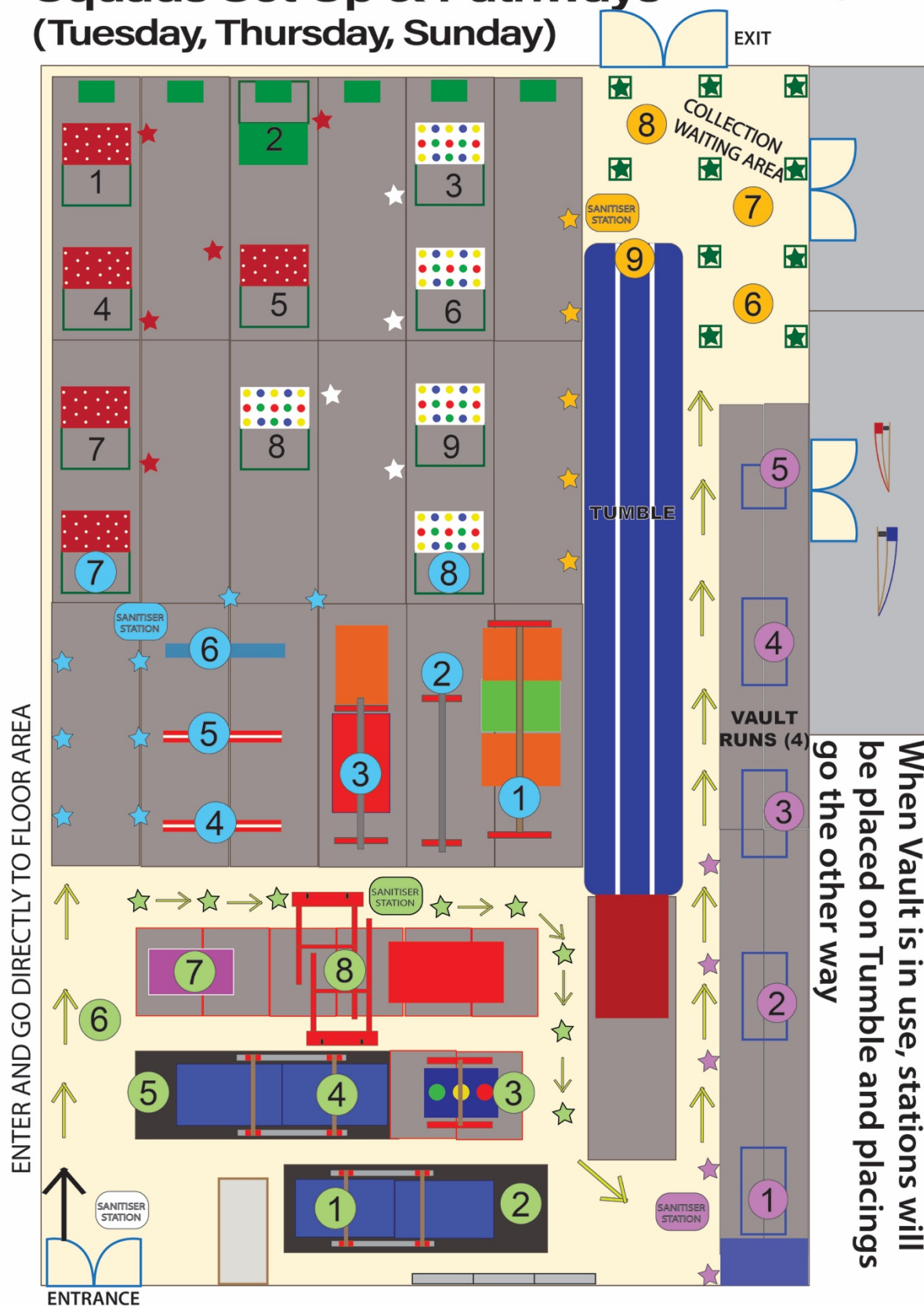
Updated: August 2020



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Squads Set Up & Pathways (Tuesday, Thursday, Sunday)

Updated: August 2020



RISK ASSESSMENT for re-opening indoor sessions in a covid-secure environment

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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

The above measures are used to rate the risks linked to indoor gymnastics activity at Alton Gymnastics Club in Alton Sports Centre.

Due to the nature of Covid-19, this Risk Assessment regards any risk of transmission of the virus as potentially life-threatening. This is because, regardless of our members being majority children, the likelihood of the child transmitting the virus to a family member who is more vulnerable to the worst affects cannot be established and therefore must be considered as high so as not to underestimate the risk.

This RISK ASSESSMENT and the resulting new procedures are in addition to Alton Gymnastics Club existing Health & Safety Policies, Arrangements and Risk Assessments for Participation, Coaching and members of the public. These documents can be found online here: <http://altongymnasticsclub.org/rules--policies/club--bg-policies/other-policies/health--safety.html>

This document provides a summary of mitigations for each risk identified for re-opening INDOOR sessions at Alton Gymnastics Club within Alton Sports Centre in a covid-secure environment. Each risk in this Risk Assessment has been thoroughly discussed with mitigation measures described herein but for FULL details of these mitigations it should be read in conjunction with the following documents:

- AGC Covid Secure Procedures – ALL
- AGC Cleaning Regime & Records
- AGC Reports & Records
- AGC Daily General Checklists

RISK ASSESSMENT for re-opening indoor sessions in a covid-secure environment

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1. CROSS CONTAMINATION: RISK OF DISEASE TRANSMISSION

RISK SUMMARY	Who is at risk?	Outcome	Likelihood	Risk Rating
1.1 Cross-contamination: Risk of disease transmission by close contact between participants and / or coaches	Participants, Coaches	10	5	High

Mitigations SUMMARY
<ul style="list-style-type: none">• Social Distancing measures in place between participants, coaches and between participants and coaches• Gymnast placements and stations socially distanced, marked and clearly communicated• Smaller classes / groups• Strict pathways around the space• Records kept of all close-contact incidents within the gym including names, dates, time etc.• Adherence to the guidance regarding maximum number of people in the space at one time for physical activity

RISK RATING AFTER MITIGATIONS	Outcome	Likelihood	Risk Rating
	10	3	Medium

RISK ASSESSMENT for re-opening indoor sessions in a covid-secure environment

Alton Gymnastics Club – at Alton Sports Centre, Sports Hall

RISK SUMMARY	Who is at risk?	Outcome	Likelihood	Risk Rating
1.2 Cross-contamination: Risk of disease transmission through contact with apparatus / items	Participants, Coaches, Sports Centre Staff	10	5	High

Mitigations
<ul style="list-style-type: none">• Enhanced Cleaning regime and records• Cleaning during sessions between each group• Regular Hand sanitiser use by Gymnasts• Different Registration folders for each group/coach to avoid the need for multiple people to touch one folder• Use of group progress sheets (rather than individual ones) to avoid too much paper being used during the session.• Small, hand held equipment NOT shared between participants• Restrictions on participants bringing items other than themselves and essentials into the gym• New rules for dealing with lost property to avoid potential cross contamination.

RISK RATING AFTER MITIGATIONS	Outcome	Likelihood	Risk Rating
	10	3	Medium

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RISK SUMMARY	Who is at risk?	Outcome	Likelihood	Risk Rating
1.3 Cross-contamination: Risk of disease transmission during first aid administration	Participants, Coaches, First Aiders	10	5	High

Mitigations
<ul style="list-style-type: none"> • FULL PPE use for administration of first aid: Mask, Visor, Gloves, Apron • Sanitising before and after putting on PPE • In an emergency where there is not sufficient time to adorn the PPE immediately it must be adorned as soon as possible • Records kept of all close-contact incidents within the gym including names, dates, time etc.

RISK RATING AFTER MITIGATIONS	Outcome	Likelihood	Risk Rating
	10	3	Medium

RISK SUMMARY	Who is at risk?	Outcome	Likelihood	Risk Rating
1.4 Cross-Contamination: Risk of disease transmission between parents at drop off / pick up times	Parents	10	5	High

Mitigations
<ul style="list-style-type: none"> • Staggered start and finish times of classes • One-way system in place at the sports centre with social distancing in place also • No spectating permitted • Supervised and very strict organisation of drop off and pick up • Only ONE parent per participant allowed to drop off / pick up • Siblings are to be left at home if at all possible • Parents not permitted to enter the training/class space

RISK RATING AFTER MITIGATIONS	Outcome	Likelihood	Risk Rating
	10	3	Medium

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RISK SUMMARY	Who is at risk?	Outcome	Likelihood	Risk Rating
1.5 Cross-contamination: Risk of disease transmission through close-contact between coach and gymnast when teaching /supporting higher level new skills	Coaches, participants	10	2	Medium

Mitigations
<p>British Gymnastics RETURN TO COACH CONTACT FRAMEWORK 2021 : <u>EARLIEST IMPLEMENTATION: 4th May 2021</u> This can only be introduced after we have run for at least 2 WEEKS with no contact between participants and coaches. Until that time, no close contact between coaches and participants will be allowed. When the decision is made to resume partnership work, the guidelines within the Framework must be followed carefully and precisely.</p> <p>Initially:</p> <ul style="list-style-type: none"> • No high level / new skills or those requiring close contact until the decision is made to enter PHASE 1 of the RETURN TO COACH CONTACT, even for more advanced participants. • This is to ensure the individuals basics are in place and appropriate levels of fitness have been attained prior top learning more advanced or new skills. • Within Phase 1 of the framework, close contact permitted with ONLY apply to advanced participants and those on an NDP pathway (Squads, Development). It will not include pre-development programs (Development Minis) or GFA classes. <p><u>WHEN the decision is made to enter PHASE 1 of the RETURN TO COACH CONTACT FRAMEWORK</u></p> <ul style="list-style-type: none"> • This decision will be made by the head Coach in collaboration with the other Senior coaches. • ALL coaches who wish to return to coach contact MUST ensure they have read, understand and are FULLY familiar with the RETURN TO COACH CONTACT FRAMEWORK documentation published by British Gymnastics... i.e. they MUST NOT simply rely on the guidelines described in this risk assessment. This is because there is a lot of information to digest, not all of which is appropriate in this document. • Gymnasts and their parents will be asked to review and agree to the British Gymnastics Covid-19 Code of Behaviour • Signed permission ('Opt in') must be obtained for the parents of all members to whom it applies to begin coach contact • Parents should ensure contact Details are up to date for NHS Test and Trace purposes. • Self Screening must be completed by each gymnast for every session before travelling to the training venue. Evidence of this must be presented to the coach prior to commencing training. • Coach contact is defined as the coach being <2m from the gymnast for more than 3 seconds. • Coaches must wear a facemask for ALL close contact coaching activities.

RISK ASSESSMENT for re-opening indoor sessions in a covid-secure environment

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- Coaches must observe high standards of hand hygiene including sanitising between contact with different participants.
- For Phase 1, each coach may ONLY provide close contact coaching to ONE group of Gymnasts (maximum 15 gymnasts). The coach must carefully select which group this will be. The coach may not coach different groups on different days.
- Coach contact must be limited to 15 minutes per day.
- ALL Coach Contact MUST BE PLANNED. No unplanned coach contact will be allowed.
- Each element that may require coach contact must have its own justification document and risk assessment. This is the responsibility of the individual coach.
- Full description of the appropriate PPE and/or additional hygiene practises) must be included in the risk assessment and adhered to.
- Coach contact may ONLY take place if there is no suitable or appropriate set up, preparation or practise that will safely allow the gymnast to master the element or preparation/progression. Both the individual coach AND the head coach must be satisfied of this, The individual risk assessment must be approved and signed by the Head Coach.
- All events of close-contact coaching, planned or otherwise MUST be recorded including names, dates, times etc.

PHASE 2:

All measures remain in place as above except that the coach may provide manual support to more than one group of gymnasts for a maximum of 15 minutes each per day.

PHASE 3: Return to coach contact for pre-planned activities. The same guidelines will need to be followed as in phase 1 and 2 for the planning and delivering of manual support however there are no specific rules on who can be offered it.

PHASE 4: Club-wide return to coach contact. This will happen only once all social distancing rules are removed and the risk associated with close contact are mitigated by national measures as far as possible. The return to club-wide coach contact will be planned and phased in order to ensure the correct and effective re-training of all coaches and staff members as well as to reduce the risk of injury resulting from the long break in providing manual assistance.

RISK RATING AFTER MITIGATIONS	Outcome	Likelihood	Risk Rating
	10	1	Low

RISK SUMMARY	Who is at risk?	Outcome	Likelihood	Risk Rating
1.5a Risk of error / injury during coach contact due to a long period away from supporting skills	Coaches	5	5	Medium

Mitigations

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British Gymnastics RETURN TO COACH CONTACT FRAMEWORK 2021 : EARLIEST IMPLEMENTATION: 4th May 2021

This can only be introduced after we have run for at least 2 WEEKS with no contact between participants and coaches. Until that time, no close contact between coaches and participants will be allowed. When the decision is made to resume partnership work, the guidelines within the Framework must be followed carefully and precisely.

Coaches are at particular risk of injury after such a long period of not using manual handling techniques within their coaching. Risks identified include:

- Repetitive Straining injury
- Overuse injuries,
- Inappropriate timing
- Unsuitable supporting surface
- Unsafe support method
- Lack of practise.

Initially:

- No high level / new skills or those requiring close contact until the decision is made to enter PHASE 1 of the RETURN TO COACH CONTACT, even for more advanced participants.
- This is to ensure the individuals basics are in place and appropriate levels of fitness have been attained prior to learning more advanced or new skills.
- Within Phase 1 of the framework, close contact permitted with ONLY apply to advanced participants and those on an NDP pathway (Squads, Development). It will not include pre-development programs (Development Minis) or GFA classes.

WHEN the decision is made to enter PHASE 1 of the RETURN TO COACH CONTACT FRAMEWORK

- This decision will be made by the head Coach in collaboration with the other Senior coaches.
- ALL coaches who wish to return to coach contact MUST ensure they have read, understand and are FULLY familiar with the RETURN TO COACH CONTACT FRAMEWORK documentation published by British Gymnastics... i.e. they MUST NOT simply rely on the guidelines described in this risk assessment. This is because there is a lot of information to digest, not all of which is appropriate in this document.
- No coach will return to coach contact unless they have complied with the above.
- Only qualified Level 1 or above coaches will return to coach contact at this stage (i.e., not introductory level coaches)
- General Manual Handling workshop for coaches who will be returning to coach contact.

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- In order to minimise the risk to themselves, coaches must do their own careful planning regarding which elements they are going to be offering physical assistance with.
- Coaches should plan to gradually re-build their skills in line with the gymnasts progress through the re-training program.
- Coaches should offer only 15 minutes of potential close contact each day, which reduces the risk of overuse or repetitive strain injuries.
- Coaches will carry out discussion regarding supporting techniques and engage in communication with each other in order to re-establish best practise in this area.
- Coaches will continue to use training aids, set ups and inventive preparation drills in order to ensure gymnasts are well prepared for all work where manual handling is required.
- Coaches will explain and/ or demonstrate the supporting method and technique they are using so that gymnasts are aware in advance and understand their own role in minimising risk (e.g. so a gymnast does not expect that coach will lift them if the purpose of support is to aid rotation etc.)
- All plans for coach contact must be submitted in advance to the head coach and / or reviewed by a peer. This is essential in order to ensure accountability and that every coach is aware and adhering to the guidelines.
- Only standard methods of support should be used in accordance with coach education and training.

PHASE 2:

All measures remain in place as above except that the coach may provide manual support to more than one group of gymnasts for a maximum of 15 minutes each per day.

PHASE 3: Return to coach contact for pre-planned activities. The same guidelines will need to be followed as in phase 1 and 2 for the planning and delivering of manual support however there are no specific rules on who can be offered it.

PHASE 4: Club-wide return to coach contact. This will happen only once all social distancing rules are removed and the risk associated with close contact are mitigated by national measures as far as possible. The return to club-wide coach contact will be planned and phased in order to ensure the correct and effective re-training of all coaches and staff members as well as to reduce the risk of injury resulting from the long break in providing manual assistance.

RISK RATING AFTER MITIGATIONS	Outcome	Likelihood	Risk Rating
	5	1	Low

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RISK SUMMARY	Who is at risk?	Outcome	Likelihood	Risk Rating
1.6 Cross-contamination: Risk of disease transmission through close-contact between Acrobatics partnerships	Participants	10	2	Medium

Mitigations
<p>TEAM SPORTS FRAMEWORK: EARLIEST IMPLEMENTATION: 4th May 2021</p> <p>This can only be introduced after we have run for at least 2 WEEKS with no contact between participants and coaches. Until that time, no close contact between participants will be allowed. When the decision is made to resume partnership work, the guidelines within the Framework must be followed carefully and precisely.</p> <p>SUMMARY</p> <ul style="list-style-type: none"> • In specific reference to acrobatic partnerships: <ul style="list-style-type: none"> - Partnerships may ONLY have close contact with one another at times when they are engaging in partnership practise, at all other times they will be socially distanced - Contact will be limited to the same 4 other gymnasts as a maximum. - Regular use of sanitiser will be mandatory. - Face Covering will be worn for Balance elements where this presents no additional risk. However they will not be worn for inverted balances (eg handstands) or for Dynamic work, where the risk of the face covering slipping during performance would create too great a risk. - Gymnasts and their parents will be asked to review and agree to the British Gymnastics Covid-19 Code of Behaviour - Signed permission ('Opt in') must be obtained for the parents of all members of the partnership for each partnership to begin training closer contact - Parents should ensure contact Details are up to date for NHS Test and Trace purposes - Self Screening must be completed for every session before travelling to the training venue. Evidence of this must be presented to the coach prior to commencing training. - Gymnasts will be expected to have been training independently for a minimum of 2 weeks before resuming partnership work. - Work will be slowly built up in a phased manner as per the individual Phased Return to Training, however this process will be individual to each partnership depending on the skills they are re-training. <p>DETAIL</p> <p>All pair and group work in the identified disciplines is likely to involve direct physical contact between participant gymnasts through choreography, dynamic and balance work. This will include:</p>

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- Hand to hand contact
- Hand to foot contact
- Face to face proximity
- Prolonged (3+secs) balancing and dynamic work
- Face to face proximity in Choreography

BEFORE ACTIVITY:

Increased screening measures to be implemented for gymnasts working in pairs and groups:

- Prior to departure and travel to a training venue (within two hours of session start time), gymnasts to complete a self-screening survey to determine whether they can attend the training session. Gymnasts should not attend if they or someone in their household displays symptoms.
- Anyone displaying any symptoms should not enter the venue.
- In line with UK Government Guidance if an individual is displaying symptoms and/or living in a household with a possible COVID-19 infection they should remain at home and follow UK Government guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace because they are a contact of a known COVID-19 case must not exercise outside their home or garden and must not exercise with others.
- Travel arrangements to and from training should be considered, with all government guidance adhered to. Public transport should be avoided and travel by car should only be shared with people from within one household. A face covering must be worn when using public transport (current exemptions include children under the age of 11).
- All gymnasts are made aware of the increase in transmission risk associated with the return to pair and group work. Clubs and coaches must make all gymnasts (and parents / guardians) aware that they are opting into any activities related to the return to pair and group work and that they can withdraw at any time.
- All gymnasts working in group and team activities MUST adhere to government guidance externally to the gymnastics setting, following all social distancing controls in public settings and adhering to the relevant current guidance within households or social interactions and self-isolation periods following travel abroad.
- Social distancing should be maintained between all users of facilities including individuals, groups*, teams*, teachers, trainers and coaches unless users come from the same household or to manage needs on account of a disability or specific additional need when additional mitigation to reduce transmission risk will be essential.*Unless working on specific team/group activities in the identified disciplines.
- Gymnastics delivery providers wishing to resume pair and group work (in teams) within the identified disciplines/activities must be operational for a minimum of two weeks maintaining Covid-19 secure measures prior to beginning team activities.
- All individual gymnasts must train independently for a minimum of two weeks before working in a pair and/or group.

Communicate and make available all plans regarding the resumption of teamwork activities:

- Make available the relevant outcomes of risk assessments and agree procedures and actions with staff, coaches, volunteers, gymnasts and parents/guardians.

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- Work closely with venue management (if in a hired space) to agree responsibilities and actions.
- Keep all members and the local gymnastics community aware of club activity and adherence to very strict control measures.
- Personal belongings should be suitably stored to ensure multiple people are not making physical contact with other's belongings. Social distancing must be maintained when depositing or gathering personal belongings.
- Before & after working in pairs and groups gymnasts must follow good hand hygiene practices.

DURING ACTIVITY

- All gymnasts should be assigned a fixed partnership and/or group to allow close contact activities. The pairs and groups should be pre-defined to reduce the number of contacts any one person has.
- All gymnasts and coaches to be educated on the importance of staying with their fixed pairs or groups and ONLY performing identified activities.
- Keep a clear record for 21 days for NHS Test and Trace purposes of all pairs and groups.
- When not working specifically on team or group activity within the identified disciplines, fixed pairs and groups of gymnasts must then continue to adhere to social distancing and all other guidance.
- Physical contact should be avoided throughout the session whilst not working in identified activities. Planning should be sensitive to only allow working in close proximity for the necessary length of time.
- Avoid unpredictable activities where contact might be unavoidable. Coaches should plan suitable sessions to the level of ability of gymnasts. Activity planned and delivered should be appropriate for socially distanced coaching.
- *Social distancing must always be adhered to with no permitted contact between coaches and gymnasts. For elite athletes who require close spotting or supporting as part of preparations for a major competition representing GBR, approval must be sought from the British Gymnastics Performance Director by emailing:*
- Any participants (coaches and gymnasts) not actively taking part in pair/group work must maintain social distancing, including in any communal areas/break out spaces.
- No sharing of personal belongings e.g. water bottles, towels, clothing.
- For identified teamwork disciplines and specific teamwork activities– where hand-held equipment needs to be transferred for skill development or routine completion, clubs should ensure that the equipment is sanitised frequently and not shared between different groups. Gymnasts should wash or sanitise their hands regularly when sharing equipment in permitted activities.
- The use of props within festival/display groups should be avoided unless allocated specifically to individuals and not shared between or touched by multiple users.

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- Hand-held personal equipment for personal use must not be shared. Each gymnast must have their own equipment (rhythmic apparatus, conditioning aids including ankle weights, elastic bands, rollers etc).
- Abide by local health authority guidance and if required liaise directly to ensure compliance.
- Venue capacity and group size must be calculated and controlled to safely allow operation under the current government guidance.
- All clubs, coaches and gymnasts must abide by the Code of Behaviour which supports the return to close contact for the identified disciplines and activities.

AFTER ACTIVITY:

- All unnecessary activities (group briefings in person etc) are to be avoided, inclusive of social activities

Following an initial period where pairs and groups are identified; If pairs and/or groups require changes, coaches must implement a period of two weeks individual working to reduce the risk of transmission associated with a new partnership/group or another suitable control measure.

RISK RATING AFTER MITIGATIONS	Outcome	Likelihood	Risk Rating
	10	1	Low

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RISK SUMMARY	Who is at risk?	Outcome	Likelihood	Risk Rating
1.7 Person with COVID-19 attending the club	Participants, Coaches, Parents, General Public	10	5	High

Mitigations
<p>In addition to the measures taken to mitigate the risk of possible cross-contamination, the following is in place to help prevent an outbreak if a person attending contracts COVID-19:</p> <ul style="list-style-type: none">• All participants and parents instructed to stay away if they are unwell in any way and to be particularly alert to COVID symptoms.• Records kept of all classes, exact groupings and which coaches and participants they have come into contact with• Records kept of all close-contact incidents within the gym including names, dates, time etc.• In the event of someone showing Symptoms or notifying us of a positive test having attended the club, follow the guidelines in the latest version of <i>"SFP Contacts Self-Isolation, Symptoms and Tests"</i> as well as relevant government guidelines.

RISK RATING AFTER MITIGATIONS	Outcome	Likelihood	Risk Rating
	10	2	Medium

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2. DIFFERING RISKS OF INJURY / WELLBEING ISSUES DUE TO COVID-SECURE MITIGATIONS

PLEASE SEE ALSO: RISK ASSESSMENT - Safe Phased Return to Training for NDP & Advanced Gymnasts

RISK SUMMARY	Who is at risk?	Outcome	Likelihood	Risk Rating
2.1 Differing risk of injury due to socially distanced coaching and teaching methods	Participants	8	5	Medium

Mitigations
<ul style="list-style-type: none">• No close contact between coaches and participants for the purpose of coaching/learning skills will be permitted until social distancing rules or industry guidelines are changed• The majority of GfA activities can be safely taught without the need for physical contact with participants, however, as physical contact is the norm for some skills, the program of activities will be reviewed and re-designed to provide clear instructions to all coaches on how to use a variety of activities to teach the skills while maintaining social distancing.• Transparent strength and mobility modules to be available to parents and participants so that they can see what is required before learning and practising certain skills in class.• If a participant is in physical danger, the priority is to avoid injury – the coach may approach in this situation where a verbal instruction is not sufficient. <u>This must be recorded as a close-contact incident.</u> Each close-contact incident must be reviewed by a senior coach to establish it's necessity and provide solutions for avoiding the same situation in the future.• Specifically for Squads & Development – Physical assessments to be carried out and strict progression routes followed to establish and maintain safe training practices. Ensuring as far as possible that gymnasts are physically and mentally ready to perform skills. NO new skills will be learned or practiced for the first 6 week period of training.

RISK RATING AFTER MITIGATIONS	Outcome	Likelihood	Risk Rating
	8	2	Low

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Alton Gymnastics Club – at Alton Sports Centre, Sports Hall

RISK SUMMARY	Who is at risk?	Outcome	Likelihood	Risk Rating
2.2 More advanced participants / skills risk of injury due to socially distanced coaching methods.	Participants	8	5	Medium

Mitigations
<ul style="list-style-type: none"> • No high level / new skills or those requiring close contact until social distancing rules or industry guidelines are changed, even for more advanced participants. • It is a reality that some skills will require coach:gymnast proximity. In addition to this, in order to practise Acrobatic group elements, gymnasts will need to be close to one another in their partnership. • Coach:gymnast close contact may be necessary for learning/supporting/safety. However, at the time of re-opening, this contact must be completely avoided. See the separate items in this risk assessment for more details.

RISK RATING AFTER MITIGATIONS	Outcome	Likelihood	Risk Rating
	8	2	Low

RISK SUMMARY	Who is at risk?	Outcome	Likelihood	Risk Rating
2.3 Participant frustration / loss of interest due to the need for even more careful and safe approach to progress	Participants	1	10	Low

Mitigations
<ul style="list-style-type: none"> • Transparent systems for assessment and progression pathways for skills • Explaining why this is necessary • Making things fun even if its just working basics • Rewards for effort and pushing through the less exciting parts of training • Encouragement that they will end up being stringer and more prepared so that skills will then come faster when its time • Continued communication with gymnasts and parents to resolve and problem-solve issues as they arise

RISK RATING AFTER MITIGATIONS	Outcome	Likelihood	Risk Rating
	1	5	Low

RISK ASSESSMENT for re-opening indoor sessions in a covid-secure environment

Alton Gymnastics Club – at Alton Sports Centre, Sports Hall

3. NON-COMPLIANCE RISKS

RISK SUMMARY	Who is at risk?	Outcome	Likelihood	Risk Rating
3.1 Participants not following guidelines / rules (accidental or otherwise)	Participants, Coaches	8	5	Medium

Mitigations
<ul style="list-style-type: none">• In-person inductions for Squad and Development members prior to resuming training.• Video demonstration of 'what to expect' for GfA Members• Smaller groups to make behaviour easier to manage• Gymnasts reminded of the rules and measures throughout the session by coaches• Posters and signs to remind the gymnasts of the rules and measures• Log of any infringements to be kept

RISK RATING AFTER MITIGATIONS	Outcome	Likelihood	Risk Rating
	8	3	Medium

RISK ASSESSMENT for re-opening indoor sessions in a covid-secure environment

Alton Gymnastics Club – at Alton Sports Centre, Sports Hall

RISK SUMMARY	Who is at risk?	Outcome	Likelihood	Risk Rating
3.2 Parents not following guidelines / rules	Participants, Coaches, Parents, General Public	8	5	Medium

Mitigations
<ul style="list-style-type: none">• In person inductions for Squad and Development members prior to resuming training.• Video demonstration of 'what to expect' for GfA Members.• Parents reminded of the rules and measures at drop off and pick-up session by coaches• Drop off and pick up to be fully supervised• Posters and signs to remind the gymnasts of the rules and measures• Log of any infringements to be kept

RISK RATING AFTER MITIGATIONS	Outcome	Likelihood	Risk Rating
	8	2	Low

RISK ASSESSMENT for re-opening indoor sessions in a covid-secure environment

Alton Gymnastics Club – at Alton Sports Centre, Sports Hall

RISK SUMMARY	Who is at risk?	Outcome	Likelihood	Risk Rating
3.3 Coaches not following guidelines / rules for mitigation	Participants, Coaches, Parents, General Public	8	5	Medium

Mitigations
<ul style="list-style-type: none"> • All coaches will be given training in the new processes and asked to confirm that they have had and understand this training. • Coaches are to be reminded that the new guidelines represent the expected standards of practice for Health and Safety and thus, are subject to the law governing Health & Safety, enforced by the health and Safety Executive. Therefore, failure to comply could bring some serious repercussions. Where the Club has provided appropriate guidelines and equipment it is up to the individual to ensure they adhere to the rules as much as is humanly possible. • It is understood that honest mistakes may happen and where they do, action should be taken by the team and by management to reduce the risk of such a mistake recurring. • Breaches will be investigated and if it is found that a coach or member of staff has deliberately gone against policy or behaved negligently, disciplinary action will be taken including the potential being reserved for immediate suspension and possible loss of their position.

RISK RATING AFTER MITIGATIONS	Outcome	Likelihood	Risk Rating
	8	2	Low

RISK ASSESSMENT for re-opening indoor sessions in a covid-secure environment

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4. RISKS ASSOCIATED WITH ADDITIONAL CLEANING REGIMES

RISK SUMMARY	Who is at risk?	Outcome	Likelihood	Risk Rating
4.1 Risks associated with the increased use of cleaning products including during sessions	Coaches, Participants	8	3	Medium

Mitigations
<ul style="list-style-type: none">• Deep cleaning and pre-session cleaning will take place with only key staff members present who will be given full training and appropriate personal protective equipment.• Specific COSHH training provided where appropriate• Hazardous cleaning products avoided where possible for cleaning.• Where unavoidable, any hazardous cleaning products will however be securely stored in line with COSHH• We will avoid all toxic cleaning products for cleaning during sessions, using home and child-safe products only which will be pre-loaded onto cleaning cloths and NOT sprayed directly onto equipment (which would increase the risk of spray contacting participants)• Cleaning supplies will be kept in clearly marked boxes to ensure participants know what they are and not to touch them – these will be positioned where the coach is expected to be stationed on each rotation or with the associated Sanitising station, away from the activity area.• All coaches will be introduced to the products before-hand to establish any known allergies and establish where additional PPE may be required.

RISK RATING AFTER MITIGATIONS	Outcome	Likelihood	Risk Rating
	6	3	Low

