



Netherhall Gymnastics Club Risk Assessment

You will find the below template risk assessment form which can be used and amended to suit the requirements of your club and activities.

If you would like any further information or support, you can access expert Health and Safety support from our partner, Agility Risk & Compliance Ltd (Agility) through the British Gymnastics dedicated helpline: **01527 571 612**.

Using our dedicated helpline, Agility can offer you support and guidance in response to any queries you may have around this area. Any additional support can also be sought from the dedicated team at Agility, but you may be charged separately. This line is open Monday to Friday from 8.30am – 5pm.

There is an after hours' service via a mobile number provided at the time of calling. Alternatively, you can email your query to: bg.hs.advice@agilityrac.com

If you require any further advice or support, you can contact:

England

Business Support Partners at British Gymnastics on business-support@british-gymnastics.org

Scotland

Club Business Manager Steven Maloney steven@scottishgymnastics.org

Wales

Contact your relevant Club Development Officer.

Northern Ireland

British Gymnastics Northern Ireland team on northernireland@british-gymnastics.org

Version 1 – 10/06/2020





Netherhall Gymnastics Risk Assessment Form (1/2)

Risk Assessment Number: 0001	Date of Assessment: 6.5.21	Additional Information check sheet/risk assessments required. 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"/>
Task / Work Activity / Work Area Assessed: Blue Gym	Assessment carried out by: Lauren Des-Ruisseaux		

Worst Case Outcome					Likelihood				Risk Rating (Outcome x Likelihood)		
5	4	3	2	1	4	3	2	1	High	Medium	Low
Fatality	Severe Injury	Lost time Injury	Minor Injury	No Injury	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, Children Parents Arriving on site	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 Covid 19	Parents must agree to disclose if they or their child have 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 37.8c 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 mother, elderly) should not attend any sessions until further notice	5	1	Low	The Hazard is as far as reasonably practical

 <p>Parents congregating by the entrance and exits which might promote the spread of Covid 19</p>	Those in the gym	<p>Gymnasts will be dropped off outside of the entrance to the gym and picked up at the opposite door.</p> <p>Parents will not be permitted to enter the building and must remain outside the gym at all times. They will drop off in an outdoor setting that is spacious enough for social distancing to be adhered to.</p>	5	1	Low	The Hazard is as far as reasonably practical
Gymnasts could contact the gym to report that they have contracted Covid 19	Those in the gym	<p>The gym will be divided into areas. Each area is clearly marked and carries are installed to prevent gymnasts straying from one area to another.</p> <p>Detailed registers will be separated into pods to ensure in the event of a gymnast reporting Covid 19, the positive group can be contacted and informed to self isolate. All those infected will be excluded from the gym until their period of isolation is over.</p> <p>Training sessions will be staggered to avoid crossover. This will also provide adequate cleaning time.</p>	5	1	Low	The Hazard is as far as reasonably practical
All those in the gym	Possible cross contamination of COVID 19	<ul style="list-style-type: none"> • Good Hygiene practice in place • Tissues available • Hand wash stations • Cough and sneezes are into the crook of elbow and use a separate toilet If possible • Gymnasts wear socks when stretch exercises are taking place 	5	1	Low	The Hazard is as far as reasonably practical
All those in the gym	<p>Identification of potential infection in person attending the gym:</p> <p>Cough, Fever, Shortness of breath, sore throat</p>	<p>Coach will put on PPE to speak to child regarding potential infection.</p> <p>No participation by any child should a family member in the household be self isolating.</p> <p>Any parent coming to collect a sick gymnast will remain in the car and will text/ ring to say they have arrived, the gymnast will be brought out to them in the car park.</p> <p>It is the parents role to ensure that their child and immediate household members are free from illness - if in doubt stay home.</p>	5	1	low	The Hazard is as far as reasonably practical
All those in the gym	Covid 19 being spread from touch items such as door handles, toilet flushes and other communal areas	<p>Increased cleaning regime include registers of cleaning areas and end of day cleaning. During the day extra attention will be paid to high use areas including equipment and toilet handles.</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 open.</p>	5	1	Low	The Hazard is as far as reasonably practical

 <p>All those in the gym</p>	<p>Transmission person to person or via droplets on personal equipment</p>	<p>Parents must provide child with with personal items for gym in drawstring bag - water bottle, tape for earrings if necessary, hand sanitiser and wrist guards if necessary.</p> <p>Gymnasts should arrive in their gear as no changing facilities will be available. No additional clothing to be brought into the gym</p> <p>Parents are expected to have talked to children about cleaning regime, keeping distancing rules and following other gym rules</p>	<p>5</p>	<p>1</p>	<p>Low</p>	<p>The Hazard is as far as reasonably practical</p>
<p>All those in the gym</p>	<p>Droplets or virus being live on equipment and hence spreading of covid 19</p>	<p>All equipment within the areas will be cleaned using the cleaning materials provided.</p> <p>Wipes will be available to wipe down mats and carpet will be hoovered in between every class.</p> <p>All equipment is cleaned in accordance with BG guidelines</p>	<p>5</p>	<p>1</p>	<p>Low</p>	<p>The Hazard is as far as reasonably practical</p>
<p>All those in the gym</p>	<p>Covid 19 being spread by the failure of social distancing during gymnast sessions</p>	<p>NGC has set out so that the each gymnast is allocated sufficient space to be social distancing as be guidelines. These areas will be marked out.</p> <p>When specific apparatus is being used, it is designed to retain social distancing and spacing vigorously enforced by the coaches</p>	<p>5</p>	<p>1</p>	<p>low</p>	<p>The Hazard is as far as reasonably practical</p>
<p>Those in the gym</p>	<p>Fire Emergency causing social distancing to be compromised</p>	<p>Upon hearing the fire alarm the building will be evacuated following normal netherhall 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 exists and evacuation points on the back field remaining 1m gaps at all times. Registers will be taken by coaches and senior fire office will control the evacuation of the premises</p> <p>If fire or the products of combustion are seen or felt the building is simply evacuated as quickly as possible regardless of social distancing, the acute harm of fire will outweigh the potential harm of Covid 19.</p> <p>If social distancing has been compromised those who have been involved are to be segregated from those who were able to evacuate the building whilst observing 1m+. These people may need medical screening by the ambulance services if they have been in the fire or smelt smoke.</p>	<p>5</p>	<p>1</p>	<p>Low</p>	<p>The Hazard is as far as reasonably practical</p>



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 is to be cleared. A first aid kit is kept in the gym with gloves and mask.</p> <p>The first aider is to ensure that they use barrier gloves and if CPR is needed the BHF guidance is followed. 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. 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 10mins contact time. We will then clean up the disinfected spill.</p> <p>If an injury needs to be iced, ice pacs will be used.</p>	5	1	Low	The Hazard is as far as reasonably practical
All those in the gym	Lost property	Any lost property will be immediately bagged up using gloves in clear bags and isolated until collection or thrown away.	5	1	Low	The Hazard is as far as reasonably practical
All those in the gym	Coaches coming into close contact with the gymnasts when supporting. Covid 19 is 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 gymnasts to avoid injury.	Supporting a gymnast will be avoided if at all possible. Verbal instructions will be given. However, there are situations when competent gymnasts will require support and it would be unsafe to allow them to do certain moves. Coaches are trained to step in to prevent injury or to help and it is unrealistic to assume this will stop because of Covid 19.	5	3	High	Additional controls are required for a coach to safely support a gymnast whilst observing C 19 safety protocols
The coach	The coach being exposed to C-19 from the gymnast when supporting them	The supporting coach is to wear PPE to minimise the risk. Coaches must not touch their face, eyes or ears during supporting	5	1	Low	The Hazard is as far as reasonably practical
The coach spreading Covid 19 between gymnast when supporting	The Gymnasts	<p>The coach is to use supporting techniques that do not bring them close to the respiratory zone of the gymnasts.</p> <p>Coaches are to hand sanitise between gymnasts.</p> <p>Good occupational hygiene is to be followed, PPE is to be removed and either cleaned or disposed of accordingly.</p>	5	1	Low	The Hazard is as far as reasonably practical

 <p>Gymnasts</p>	<p>Returning to training after a prolonged period away from activity</p> <p>Injury as a result of</p> <p>Reduced fitness levels, mental preparation</p>	<p>New training plan established to include programming that support all activity groups considering fitness, flexibility, conditioning and safe progressions.</p> <p>Training plan agreed with coaches and regular meetings scheduled to reflect and adapt safe and progressive planing to support ability level</p> <p>Meet with coaching team to discuss the number of weeks training will be low impact and be based on physical preparation before the re learning of skills.</p> <p>Staff trained to recognised covid 19 symptoms and follow correct procedure if identified</p> <p>Anyone showing symptoms to be sent home and follow the government test and trace system.</p> <p>Covid 19 signage is displayed including social distancing</p> <p>Re inductions for gymnasts and coaches to update them on the operational logistics and increased hygiene measures.</p> <p>Adhere to governmental guidance relating to household members and isolation if symptoms are showing.</p>	5	1	Low	The Hazard is as far as reasonably practical
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Template Risk Assessment Form (2/2)

Further Control Measures		Further Control Measures Follow up		
		Allocated to (name)	Target date	Date com- pleted
Risk Assessment Reviews				
Suggested Review Date (either after significant changes, actions completed, or annually):				
Risk Assessment Re- viewed by (name):		Risk Assessment Re- viewed by (name):		

Date:		Date:	
Comments:		Comments:	
Next Suggested Review Date:		Next Suggested Review Date:	
Risk Assessment Reviewed by (name):		Risk Assessment Reviewed by (name):	
Date:		Date:	
Comments:		Comments:	
Next Suggested Review Date:		Next Suggested Review Date:	