



COVID Risk Assessment



Step 1 - Prepare

Step 2 - Resume

Step 3 - Rebuild



Risk Assessment Number: 11	Date of Assessment: 15.02.22	Additional Information check sheet/risk assessments required.		
Task / Work Activity / Work Area Assessed: Trampoline Gymnastics in the Centre	Assessment carried out by: Isobel Milns-Smith & Stephen Ward	Substances Hazardous to Health: Manual Handling: Display Screen Equipment: New and Expectant Mothers: Young Persons:	<input checked="" 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 Injury	Lost time Injury	Minor Injury	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, Parents	Preparing for return.	<ul style="list-style-type: none"> The following Tests carried out: Gas, Electrical, Fire and Water (in particular around Legionella). COSHH carried out on all cleaning products and sanitisers that will be used. Safety data sheet of all chemicals required. Clear Cleaning Protocol to be developed and staff training provided. Supplies of Hand Sanitiser and appropriate PPE to be purchased and installed where necessary. 	4 Severe Injury	3 Likely	12 Medium	N



		<ul style="list-style-type: none"> • Using Biotabs and X-Mist (they kill 99.9% of bacterial and viruses on packaging and should conform to EN14476 standard or any detergent is followed by chlorine releasing agent) and sanitiser (at least 70% alcohol content). • Check with coaches regarding any allergies to cleaning products or PPE and allocate day-to-day asks appropriately. • Deep clean and tidy of the full facility prior to re-opening. • Facility checked for any pests that may have arrived during lockdown and if located appropriately removed. • Set up and markings of physical distancing on the floor along with setting up station locations. • Set up and sanitiser stations. • Additional hand washing stations to be installed. • Putting up appropriate posters for public information. 				
Staff, Gymnasts Parents	Preparing for return – minimise risk of injury.	<ul style="list-style-type: none"> • Offered zoom and outdoor training to all gymnasts to help prepare them both physically and mental for the return. • Given clear, straight forward information of what to expect on the return to training. • Everyone to have access to all documentation and plans Sparta has for returning post lockdown. • Given clear information around the symptoms of COVID-19. • Follow Scottish Gymnastics Guidelines around Safeguarding during Zoom calls. • Mandatory staff training prior to restarting. • All coaches who are First Aiders given additional training around treating a casualty with suspected COVID-19. • Plan the class structure to allow for longer time required in starting and ending a session. • Develop activities for all gymnasts to do between 	4 Severe Injury	3 Likely	12 Medium	N



		<p>shots.</p> <ul style="list-style-type: none"> • Provide fixed warm ups and cool downs for all levels. • Provide a video explaining how all Sparta Sessions will run. 				
<p>Staff, Gymnasts Parents</p>	<p>Gymnasts and Parents arriving on site</p> <p>(Possible cross contamination)</p>	<ul style="list-style-type: none"> • Make sure classes do not mix as they enter and leave the Centre. • Gymnasts that arrive early are not allowed to enter the gym unless exceptional circumstances. • Gymnasts should queue outside prior to coming into the class – 1 grown up can stand with them max. • If a gymnast arrives late they can enter the Centre but must wash their hands immediately and inform the coach in charge. • 5 minutes at the beginning and end of each sessions devoted to leaving and entering the building. • Gymnasts and coaches 12 years and older must wear a face covering on entering the building and until they are called over to warm up (unless they have an exemption). • As with normal class procedure registers are taken (to help with Test and Protect) and held for at least 21 days. • Class changes are allowed but not make up sessions in recreational and preschool classes and only allowed in competitive and adult classes for legitimate reasons. • Gymnasts should come in their training clothes as no changing facilities will be open. • Parents to use a drop off and collect system. Parents are not to wait inside the gym whilst training is taking place. Coaches will sign gymnasts out after sessions. Viewing areas are closed. • No cash payments. • Sanitising of equipment will take place in between sessions. • Gymnasts will be lined up and taken to wash their 	<p>5 Fatality</p>	<p>4 Very Likely</p>	<p>20 High</p>	<p>N</p>




		<p>hands before and after the session.</p> <ul style="list-style-type: none"> • Must bring their own water bottles. • Must not bring food into the building unless for medical reasons. 				
Staff	Arriving on site	<ul style="list-style-type: none"> • Arrive in the entrance door. • Wash hands when entering and exiting the building, before and after consuming food, and between classes. • Minimise travel to work on public transport where possible. 	4 Severe Injury	4 Very Likely	16 High	N
Staff, Gymnasts, Parents	Droplets or virus being live on equipment (high touch area)	<ul style="list-style-type: none"> • All equipment will be cleaned. • Push in mats to be cleaned between each gymnast's turn on the trampoline. • Mats will be wiped down after every session, before a new class starts. • Pit out of order. • Sign off that equipment has been wiped down before start of next session. 	5 Fatality	4 Very Likely	20 High	N
Staff, Gymnasts, Parents	Physical distancing during training	<ul style="list-style-type: none"> • Capacity for the building is 139 (577m² divided by 4m² – as laid out by SportScotland to allow for space for each person and enough air flow for each person). • Maximum in training of 1 coach and 5 gymnasts to a trampoline. • Parents to stay outside and at least 1m from other households – minimal setting foot inside e.g. if first aid is required. • Gymnasts are not required to physically distance during the session. • Coaches must use hand sanitiser between coaching each gymnasts. • Between shots on the trampoline they can: <ul style="list-style-type: none"> ○ Activity/workout sheets ○ Word searches ○ Colouring in (bringing their own pens) 	4 Severe Injury	4 Very Likely	16 High	N




		<ul style="list-style-type: none"> ○ Fill in their diaries (for competitive gymnasts) ○ Play on the matted areas or they can sit on the chairs. ● Gymnasts must use hand sanitiser before getting on the trampoline. ● Coaches should remain physically distant unless supporting/catching. ● Coaches should not help gymnasts up onto the trampolines they must use the coaching blocks instead. ● First Aiders must wear gloves and face covering if dealing with a first aid incident. 				
Staff, Gymnasts	Using the pit	<ul style="list-style-type: none"> ● Ensure that a gap of 1 minute is introduced between each gymnast using the pitted area. This time gap was a key factor in the study results and in turn lowering the Covid transmission risk. ● Make sure that the pit is vacated as quickly as possible after use. For example, wait until the gymnast is out of the foam before providing feedback on the skill performed. ● All gymnasts must not attend or enter the pit if any of the following apply: <ul style="list-style-type: none"> ○ A fever (high temperature) Temperature greater than or equal to 37.8C ○ A new or continuous cough ○ Any loss of taste or smell ○ Following government guidance if you have been contacted by NHS Test & Protect and told to self-isolate 	4 Severe Injury	4 Very Likely	16 High	N
Staff, Gymnasts	Coaches supporting and catching gymnasts	<ul style="list-style-type: none"> ● Coach contact can resume for all pre-planned activity. It is the responsibility of the club and the coach to review the programme, understand the risk, and ensure manual support activities are kept to a minimum. ● All gymnasts must not attend or be supported if any of 	4 Severe Injury	4 Very Likely	16 High	N



		<p>the following apply:</p> <ul style="list-style-type: none"> ○ A fever (high temperature) Temperature greater than or equal to 37.8C ○ A new or continuous cough ○ Any loss of taste or smell ● Following government guidance if you have been contacted by NHS Test & Protect and told to self-isolate 				
Gymnasts aged 18+	Training during Level 3 restrictions	<ul style="list-style-type: none"> ● No group classes can operate when Level 3 restrictions are in place. ● Only 2 households (max 6 people) can be involved in each bubble. One person in that bubble must be a qualified coach. ● An over 18 gymnast can train independently whilst other training is going on but must be in a separate training area (e.g. different trampoline) and must be under the supervision of a coach. The supervising coach may at the same time be working with a group of under 18 gymnasts. ● Over 18 gymnasts must be doing skills that do not require supporting or catching. ● Over 18 gymnasts must be 2m away from all other participants in the Centre at all times. 	5 Fatality	4 Very Likely	20 High	N
Staff, Gymnasts, Parents	Leaving the Gym	<ul style="list-style-type: none"> ● 5 minutes at the beginning and end of each sessions devoted to leaving and entering the building. ● Gymnasts and coaches 12 years and older must wear a face covering on after the leave the floor area/trampolines and until they leave the building (unless they have an exemption). ● Line gymnasts up and take them all to wash their hands, then change clothes and sanitise hands. ● Leave through the exit door. ● Gymnasts who are not collected at said time will be moved to sit separately to the next class so not to cross contaminate. 	5 Fatality	4 Very Likely	20 High	N

Staff,  Gymnasts, Parents	Transition between classes	<ul style="list-style-type: none"> • One coach will be responsible for the group leaving and once coach will be responsible for the group arriving. • The remaining coaches will be responsible for cleaning the Centre between each class, including and not limited to – all touch points and hard surfaces. 	5 Fatality	4 Very Likely	20 High	N
Staff, Gymnasts, Parents	Sneezing, Coughing	<ul style="list-style-type: none"> • Good hygiene practice in place. • Tissues available. • Hand wash stations available for use. • Bins are cleaned after each day. • Cough and sneeze into the crook of their elbow and use a separate bathroom if possible. 	5 Fatality	4 Very Likely	20 High	N
Staff, Gymnasts, Parents	Identification of potential infection: <ul style="list-style-type: none"> • a high temperature • a new, continuous cough • a loss or change to your sense of smell or taste 	<ul style="list-style-type: none"> • Staff training to spot symptoms. • Make sure the Centre is well ventilated during all classes (within temperature guidelines). • Isolation area available to accommodate person/s. • Session will be cancelled, and the risk assessment reviewed. 	5 Fatality	4 Very Likely	20 High	N
Staff	Cleaning Protocol	<ul style="list-style-type: none"> • Biotab used on all surfaces except the trampoline beds which will fogged with X-Mist once a week. • On the carpet put light mists of Biotab should be used at the end of each day. • Make sure surfaces are dry before use (slip hazard). • All cleaning waste to be separately bagged, labelled and dated. Not put out for disposal for 72 hours. • As well as the between class protocol staff will take part in a deeper clean the Centre before and after 	4 Severe Injury	3 Likely	12 Medium	N

		<p>every class and day.</p> <ul style="list-style-type: none"> When hovering use a HEPA filter. 				
<p>Staff, Gymnasts, Parents</p>	<p>Returning from a category 1 country</p>	<p>Category 1 Countries Travelers should self-isolate, even if asymptomatic, and use the 111 online coronavirus service to find out what to do next. Go home or to your destination and then self-isolate.</p> <p>Category 2 Countries Travelers do not need to undertake any special measures, but if they develop symptoms, they should self-isolate and call NHS 111.</p>	<p>4 Severe Injury</p>	<p>3 Likely</p>	<p>12 Medium</p>	<p>N</p>
<p>Private Lets, Hall hire</p>	<p>All coaches and organisers of our private lets or hall hire</p>	<p>All outside users must complete a training induction on the cleaning procedures, including training on using the products and sign off to ensure compliance with this risk assessment.</p>	<p>5 Fatality</p>	<p>4 Very Likely</p>	<p>20 High</p>	<p>N</p>
<p>Gymnasts, Coaches signed off through performance exemptions</p>	<p>Training whilst Level 4 restrictions are in place</p>	<p>The club will comply with Scottish Gymnastics guidance and close its operations during a level 4 lockdown; only those gymnasts/coaches signed off through performance exemptions will be permitted to continue to train.</p>	<p>5 Fatality</p>	<p>4 Very Likely</p>	<p>20 High</p>	<p>N</p>



Further Control Measures	Further Control Measures Follow up		
	Allocated to (name)	Target date	Date completed

Risk Assessment Reviews			
Suggested Review Date (either after significant changes, actions completed, or annually):		31.07.22	
Risk Assessment Reviewed by (name):	Isobel Milns-Smith	Risk Assessment Reviewed by (name):	Isobel Milns-Smith
Date:	30.06.20	Date:	27.08.20
Comments:	Updated in line with Government guidelines update.	Comments:	Updated in line with Government guidelines update.
Next Suggested Review Date:	31.07.21	Next Suggested Review Date:	31.10.21
Risk Assessment Reviewed by (name):	Isobel Milns-Smith	Risk Assessment Reviewed by (name):	Isobel Milns-Smith
Date:	02.10.20	Date:	22.12.20
Comments:	Updated to reflect changes for over 18 gymnasts.	Comments:	Updated to meet Performance Centre requirements.
Next Suggested Review Date:	31.12.20	Next Suggested Review Date:	26.04.21
Risk Assessment Reviewed by (name):	Isobel Milns-Smith	Risk Assessment Reviewed by (name):	Isobel Milns-Smith
Date:	23.04.21	Date:	15.07.21
Comments:	Updated guidance to reflect revised levels.	Comments:	Updated guidance to reflect revised levels.
Next Suggested Review Date:	15.07.21	Next Suggested Review Date:	09.08.21
Risk Assessment Reviewed by (name):	Isobel Milns-Smith	Risk Assessment Reviewed by (name):	Isobel Milns-Smith
Date:	15.07.21	Date:	15.02.22
Comments:	Updated guidance to reflect revised levels.	Comments:	Updated in line with Government guidelines update.
Next Suggested Review Date:	31.12.21	Next Suggested Review Date:	31.07.22