

Phase Three Covid-19 Risk Assessment.

Name of facility	Northgate Sport Centre/ Ipswich Harriers
Name of Risk Assessor:	Mandy Godbold
Date of Risk Assessment	29/08/2020

Identify the hazard	Evaluate the risk		What precautions need to be put in place.			
What are the hazards?	Who might be harmed?	Controls required	Additional controls	Action by who?	Actions by when?	Done
<p>Spread of Covid-19 Coronavirus</p>	<p>Coach, athlete</p> <p>Vulnerable groups – Elderly, Pregnant workers, those with existing underlying health conditions. Those who are shielding.</p> <p>Anyone else who physically comes in contact with other people in relation to your activity</p>	<p>Hand Washing Hand washing facilities in place (with soap and water) Stringent hand washing taking place. See hand washing guidance. Gel sanitisers in any area where washing facilities not readily available.</p> <p>Cleaning Frequently cleaning and disinfecting objects and surfaces that are touched regularly particularly in areas of high use such as door handles, light switches, reception area using appropriate cleaning products and methods and any equipment.</p>	<p>Coaches and athletes to be reminded on a regular basis to wash their hands for 20 seconds with water and soap and the importance of proper drying with disposable towels. Also reminded to catch coughs and sneezes in tissues – Follow ‘Catch it, Bin it, kill it’ and to avoid touching face, eyes, nose or mouth with unclean hands.</p> <p>To help reduce the spread of coronavirus (Covid-19) reminding everyone of the public health advice.</p> <p>Ensure any use of equipment is restricted to one athlete while being used and that thorough cleaning is carried out prior to and after any training session.</p>	<p>All coaches and committee</p>	<p>On-going, will be up dated as government moves through the phases of easing lockdown on a rolling basis.</p>	

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One to twelve coaching	Athletes, coaches	Individual coaches must carry out their own risk assessment before commencing a training session if carrying out training sessions outside of club training nights.	Coaches should not train athletes without a risk assessment in place. Must adhere to England Athletics guidance for coaches and leaders return to activity Each training session keep the same twelve athletes together to stop cross contamination as much as possible.	Mandy Chloe Coaches	Ongoing following changes when up dated by England athletics	
Running on the track	Athletes, coaches	Wash hands on arrival at the track. Athletes to only use lanes allocated to their group for the session. Coaches to speak before start of training to ensure athletes remain 2 meters apart and separated at all times from other groups. To ensure spread of infection can be minimised.	Each Coach should not train more than Twelve athletes at a time. Under 18 parental consent must be obtained before any training. Where a coach is training a minor due to the one to one nature of coaching restrictions, one parent should be present, with social distancing strictly observed while watching the session Social distancing must be maintained at all times.	Mandy Chloe Coaches	Ongoing, will be up dated as government moves through the phases of easing lockdown.	

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Steeple Chase	Athletes, coaches	These can be used by one athlete at a time only, with coach supervision.	Must be cleaned thoroughly before and after each session. Social distancing must be maintained at all times.	Mandy Chloe Coaches	Ongoing, will be up dated as government moves through the phases of easing lockdown.	
Hurdles	Athletes, Coaches	These can be used by one athlete at a time only, with coach supervision.	Must be cleaned thoroughly before and after each session. Social distancing must be maintained at all times.	Mandy Chloe Tony T	Ongoing, will be up dated as government moves through the phases of easing lockdown.	
Throws	Athletes, coaches	These can be used by one athlete at a time only, with coach supervision.	Must be cleaned thoroughly before and after each session. Social distancing must be maintained at all times.	Mandy Chloe Coaches	Ongoing, will be up dated as government moves through the phases of easing lockdown.	
Equipment	Athletes, coaches	Where possible athletes are encouraged to bring their own equipment i.e. - javelin, shot, discus, hammer, starting blocks.	These are to be used by the owner only. Must be cleaned thoroughly before and after each session. Social distancing must be maintained at all times.	Mandy Chloe Coaches	Ongoing, will be up dated as government moves through the phases of easing lockdown.	

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<p>Jumps</p>	<p>Athletes, coaches</p>	<p>Twelve athletes to one coach, recommended group is split into three.</p> <p>Beds must be completely cleaned in between group of 12 athletes including bars.</p> <p>Poles not to be shared due to the grips. If grips cannot be replaced between athletes, to be sprayed with cleaning detergent and left for 72 hours.</p> <p>Long/Triple: - The landing pit must be cleaned fully including turning over and raking in between group of 12 athlete. Rakes and tape measure should only be handled by one person and cleaned before going away. Tapes will need to be in a rota system to aid 72 hours between use.</p>	<p>Recommended one to twelve in short sessions and cleaned in between athletes. Maximum of 6 jumps each then clean or rake pit before next athlete</p> <p>Coaches can be creative around event specific drills and other activities to bring athletes out of lockdown in preparation for when equipment can be used.</p> <p>Use poles to practise approach runs and planting. Small hurdles to practice striders on run up approaches.</p> <p>Any equipment used must be cleaned thoroughly before and after each session.</p> <p>Social distancing must be maintained at all times.</p>	<p>Mandy</p> <p>Chloe</p> <p>Coaches</p>	<p>Ongoing, will be up dated as government moves through the phases of easing lockdown.</p>	

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<p>Movement into track area and around the track</p> <p>Use of space and resources</p>	<p>Athletes.</p> <p>Coaches and volunteers.</p>	<p>Follow centres guidelines. These are to follow</p> <p>Follow signage and directions given.</p> <p>Do not touch hand rails.</p> <p>Hand rails can be used if in structured by coaches but must be cleaned fully afterwards.</p> <p>Stay in set area for training. Once finished your run stay in lane whilst decelerating.</p> <p>Do not enter other groups area.</p>	<p>Small groups to designated areas- social distancing observed at all times.</p> <p>Only two groups on the track at one time.</p> <p>High Jump and Javelin to be at different times due to run ups</p> <p>Shot one group</p> <p>Hammer/Discus one group</p> <p>Long jump one group</p> <p>Triple jump one group</p> <p>Warm ups to be down on the fields.</p> <p>Bags to be placed 2m apart in designated area for each group.</p> <p>Designated drop off and pick up area.</p> <p>Parents waiting in car park to adhere to social distancing and remain in zoned area.</p>	<p>coaches</p>	<p>To be monitored on a weekly basis.</p>	

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Booking system	Coaches, athletes, Volunteers	<p>Booking to be submitted with names prior session to the Covid 19 coordinator. Mandy Godbold/ Hayley Bestley</p> <p>Only athletes on the booking list will be able to train.</p>	<p>Small groups to designated areas- social distancing observed at all times.</p> <p>Only three groups on the track at one time. High Jump and Javelin to be at different times due to run ups Shot one group Hammer/Discus one group Long jump one group Triple jump one group</p> <p>Warm ups to be done on the Astro area.</p> <p>Bags to be placed 2m apart in designated area for each group. No sharing of Drinks.</p>	Covid 19 coordinator coaches	To be monitored and updated when guidelines change.	
Toilets	Athletes, coaches, spectators	<p>Restricted use of toilet, one in one out.</p> <p>Toilets may not be open</p>	<p>Two toilets available for each sex. No waiting inside toilet area, To be cleaned after each individual use.</p> <p>Use hot water and soap to wash hands afterwards, following government guide lines. Social distancing must be maintained at all times.</p>	Mandy Chloe Margaret	On going, will be up dated as government moves through the phases of easing lockdown.	

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<p>Developing of symptoms of Covid-19.</p> <p>Temperature</p> <p>New continuous cough</p> <p>Loss of taste of smell</p>	<p>Athletes, coaches, parents</p>	<p>If you have any symptoms do not attend training, stay at home and get a test</p>	<p>It is paramount that everyone monitors themselves for signs of the virus.</p> <p>If symptoms begin to develop, seek advice and get tested. Inform the Covid 19 coordinator throughout testing, so we can notify people who you have come in contact with, so they can monitor themselves.</p>	<p>Mandy</p> <p>Covid 19 Coordinators</p>	<p>Ongoing, will be up dated as government moves through the phases of easing lockdown.</p>	
<p>Existing medical conditions</p>	<p>Athletes and volunteers with medical conditions who have been identified to be more at risk.</p> <p>Who have had shielding letters</p>	<p>If you have any symptoms do not attend training, stay at home and get a test</p> <p>Temperature</p> <p>New continuous cough</p> <p>Loss of taste of smell</p>	<p>Ensure medical details are up to date with Colleen so these can be shared with your coach.</p> <p>Ensure you have medication with you at all times whilst attending training.</p>	<p>Colleen</p> <p>Mandy</p>	<p>Ongoing, will be updated as athletes and parents inform the club of changing medical conditions.</p>	

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First aid	Athletes and volunteers	<p>If you have any symptoms do not attend training, stay at home and get a test</p> <p>Temperature</p> <p>New continuous cough</p> <p>Loss of taste of smell</p>	<p>Individual first aid kits</p> <p>PPE sets</p> <p>Designated first aider for each session.</p>	<p>Mandy/ PPE/ FIRST AID KITS</p> <p>First Aiders?</p>	<p>Ensure first aid kits and PPE SET are well stocked at all times.</p>	
Safeguarding	Athletes and volunteers	Risk of harm to adult or young person	<p>DBS in place for coaches</p> <p>Welfare officers identifiable and contactable through normal club procedure</p> <p>All volunteers know how to report concerns</p>	<p>Mandy</p> <p>Colleen</p>	<p>Ongoing, evaluate monthly</p>	
Inappropriate behaviour/ shouting	Anyone using the track	<p>Social distancing rules to be adhered to at all times.</p> <p>No shouting permitted as this spreads the spread of the virus.</p>	<p>Code of conduct to detail expectations of behaviours expected at all times in order to maintain social distancing and other measures employed to keep everyone safe.</p> <p>Code of conduct for runners</p> <p>Code of conduct for throwers</p> <p>Code of Conduct for Jumpers</p>	<p>Mandy</p> <p>Colleen</p>	<p>To be monitored and change guideline when changes are implemented by government.</p>	

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Club House	Athletes, coaches, volunteers, parents	<p>Club house should remain closed and out of bounds to all.</p> <p>Emergency, an assigned person will be available to access the first aid kit if required</p>	<p>Club house only to be used in emergency.</p> <p>First aid kit to be brought out.</p> <p>If athlete is able to see to their own injuries, pass kit to them from a safe distance.</p> <p>If assigned person has to do first aid, then PPE must be worn.</p>	Mandy Colleen	Ongoing, will be up dated as government moves through the phases of easing lockdown.	

Northgate remains closed to the public at the present time 29/08/2020