



Power Athletics Risk Assessment INDOOR CLASS COVID-19 Prevention

Power Athletics 1st February 2022

Reviewed by: Sian Young on 04/01/2022

Each Risk/Hazard in this document has been identified as a possible increased risk of the spread of COVID-19 and the steps we are implementing to reduce the risk of spread. This should be read alongside our regular risk assessment for classes and the Sport Cheer England return to play guidelines.

General

Hazard	Hazard Level Rating (1 – Low, 5 – High)	Hazard reduction and control measures	Risk rating After Measures (1 – Low, 5 – High)
Communication	4	To reduce the risk of mis-communication which causes procedures in this document to not be followed a copy of this will be made available to all coaches and volunteers. Parents/Athletes will receive detailed instructions and their obligations to ensure all control measures are followed.	1
Safeguarding	4	We will continue to follow our safeguarding and attendance policies to ensure all athletes are protected throughout this time. Our welfare officer will be available via phone and email to all members. We will reduce all unnecessary meetings and see if we can do these by phone or zoom if possible.	1
First Aid	5	Everyone that requires first aid treatment will receive treatment. A minor incidence that is not deemed urgent will be passed onto a member of the athlete's household to monitor. If urgent care is required, we will minimise the number of coaches and athletes involved.	2

Toilets	4	Athletes will be asked to go to the toilet before classes at their own home. If required during the session athletes must sanitise their hands before leaving the gym and upon their return. If a younger athlete would like to go a coach must go with them to ensure safety of the athlete and that they are washing hands and sanitising.	1
Food/Drink	3	Hands must be sanitised before and after the consumption of food. Drinks may not be shared between athletes.	1
Ventilation	3	Every other window and the fire door will be open in the gym to increase the ventilation of the space.	2
Class Sizes	4	Class sizes must follow the government guidelines.	1

Gymnasium SDCC

Risk	Risk Level Rating (1 - Low, 5 - High)	Risk reduction and control measures	Risk rating After Measures (1 – Low, 5 – High)
Athlete arrival & exit	5	<p>Only 2 classes allowed in the gym at one time max.</p> <p>All athletes and parents are required to wear face covering while walking through the school building. Once arrived at the gym – the athlete may remove their face covering once temperature checked have been done. Parent must leave the premises after drop off.</p> <p>Athletes must enter one at a time and have temp check before they can remove their</p>	1

		<p>masks. When exiting, they will leave one at a time with all their belongings.</p> <p>We encourage all athletes to take regular lateral flow tests and to get vaccinated if this is something available to them.</p> <p>Hands must be sanitised before entering/leaving school buildings and the gym.</p>	
Coaches	4	Coaches must have temp check before start of that days sessions. Required to do 2 COVID tests per week to ensure they have a negative result. Must keep up to date with vaccines and boosters.	1
Athletes/coaches showing symptoms at home	5	No athletes will be allowed at classes if they are showing symptoms. We will use a non-contact thermometer to check temps of all coaches and athletes before sessions. Anyone showing symptoms will be told to go home and get tested.	1
Athletes/coaches presenting symptoms during sessions	5	<p>Athlete will be isolated from the others within the gym. Parent/Guardian contacted to collect and get PCR test for athlete.</p> <p>All equipment will be cleaned by coaches wearing PPE and/or professional cleaners.</p>	2
Athletes/coaches develop symptoms within 48 hours after the session	5	All registers and staff registers will be taken before each class so we know who needs to be contacted. Any athletes showing symptoms should isolate and get a PCR Test.	2
Athlete belongings	4	Athlete must arrive in their training attire and only bring a bottle of water (clearly marked with their name), cheer shoes (if required) and any medical equipment they need. They will leave their equipment in their designated area in baskets along with their outside shoes. At the end of their session they must collect all belongings before they leave.	1
During classes	5	All athletes will be symptom checked at the start of the session and will be using sanitiser.	1

Equipment Use	4	Athletes must sanitise their hands before use.	1
Stunting	5	SportCheer England return to play guidelines are followed. All athletes must sanitize their before and after contact.	2
Spotting	5	Every effort must be made to avoid spotting in class planning, if it is required for the safety of the athlete then SportCheer England return to play guidelines are followed.	2