

Cheer London Allstarz
RISK ASSESSMENT

Organisation	Cheer London Allstarz
Nature of Activity	Cheerleading & Tumbling COVID-19 SPECIFIC RISK ASSESSMENT
Venue	The Sports Hall , Wesley Halls , Shroffild Road
Date of assessment	Wednesday 9th September 2020
Review date	Risk assessment constantly reviewed Weekly tick sheet completed confirming all measures are in place
COVID-19 Officer	Sophie Bastock Head Coach & Program Director

LIKELIHOOD / SEVERITY SCALE (1 = Low - 6 = High)

Potential Hazard / Risk	Consequences	Who is at risk ?	Severity (1-6)	Control measures to be taken	Further control measures That could be taken	Measures inplace ?	Likelihood of risk with measures in place	Notes / action required ?
Venue inadequately prepared in terms of hygiene before and during activities	Risk of infection is increased due to unclean surfaces harbouring germs	Athletes Coaches Staff	4	-Daily clean before sessions alongside frequent deep cleans of space and equipment -Frequent professional deep cleaning by venue - Appropriate cleaning products and PPE provided	- Purchase cleaning products and PPE - Provide further training for staff and coaches in terms of cleaning the equipment and space	✓	LOW	
Un clean hands / inadequate cleaning of hands (general)	Getting or spreading coronavirus by not washing hands or not washing them adequately	Athletes Coaches Staff	4	- Provide Anti-bacterial to be applied before and after session - Provide anti bacterial soap for washing hands - Provide information on how to wash your hands correctly	- monitor and supervise to ensure correct hand washing - H&S officer to administer hand sanitiser - Hand sanitiser readily available - Identify if and when more hand sanitising stations may be needed - Identify when we need to replenish hand wash - Put signs up reminding people to wash their hands	✓	LOW	

Potential Hazard / Risk	Consequences	Who is at risk ?	Severity (1-6)	Control measures to be taken	Further control measures That could be taken	Measures inplace ?	Likelihood of risk with measures in place	Notes / action required ?
Access to the venue: The venue wont be able to facilitate social distancing measures for athletes and parents accessing the sports hall and entry gates	Increased risk of infection Transmission due to lack of social distancing	Athletes Parents / Carers	4	<ul style="list-style-type: none"> - Limit number of participants in each class - Parents and Carers drop off only and wait in pick up / drop off zone social distancing (outside of venue) - One way system , not crossing paths (traffic flow) - Clear signage - Coach over seeing enter and exit proceedings - Social distancing markers on floor - No no-essential visitors - Reduce numbers within the sports hall - Hand sanitiser upon arrival and exit - Video explaining entry and exits 	<ul style="list-style-type: none"> - Further monitoring of access points - Consider changing access points to reduce congestion - Increase signage - Consider wet weather contingency plan if asking athletes to remain outside for long period of time - Ensure all methods are clearly communicated to all - Update using videos to demonstrate new procedures 	✓		
Th venue will be inadequately prepared for social distancing measures	Increased risk of infection due to lack of social distancing	Athletes Coaches Staff	4	<ul style="list-style-type: none"> - Floor will be pre marked before the session - Markers will be placed on the Cheer floor panels 2meters apart - Signage will indicate traffic flow for people moving around the gym - Markers used for bag drop and shoe change stations - All Coaches and staff to be trained on procedures 	<ul style="list-style-type: none"> - Ensure tape is effective , hard wearing and wont peel off during session - More signage - All measures clearly communicated - Create videos to allow simple instructions given to athletes and families 	✓		

Potential Hazard / Risk	Consequences	Who is at risk ?	Severity (1-6)	Control measures to be taken	Further control measures That could be taken	Measures inplace ?	Likelihood of risk with measures in place	Notes / action required ?
The venue will be inadequately prepared in terms of toilet facilities	Risk of infection is increased due to surfaces harbouring germs Inability to maintain social distancing measures in the toilet facilities	Athletes Coaches Staff	3	<ul style="list-style-type: none"> - Clean toilet facilities before , during and after sessions -Provide Anti-bacterial soap to be used - One athlete at a time to access single use toilet -Ensure use of toilet before you attend your session - Signage to remind athletes to wash their hands for 20 seconds minimum - Provide suitable bins and regular removal of rubbish 	<ul style="list-style-type: none"> - Markers in corridor incase of waiting for the toilet to keep social distancing - Create a cleaning rota for regular cleaning - Create more signage - Have a spare full soap available incase of refill needed - Consider shorter session times and therefore less breaks 	✓	LOW	
The venue will be inadequately prepared in terms of changing facilities	Risk of infection is increased due to surfaces harbouring germs Inability to maintain social distancing measures in the toilet facilities	Athletes	3	<ul style="list-style-type: none"> - Changing facilities closed - Athletes will be asked to come to class already changed 	<ul style="list-style-type: none"> - Clearly communicated and updated to parents 	✓	LOW	
The activity/class timetable will not allow safe social distancing between classes entering and exiting the sports hall	Increased risk of infection due to lack of social distancing	Athletes Coaches Staff Parents / Carers	6	<ul style="list-style-type: none"> - Use two seperate entrance and exits - Re consider timetable and reducing class times 	<ul style="list-style-type: none"> - Stagger start and finish times - Use additional doors and gates as points of entry and exits - Continuing to communicate with athletes and parents 	✓	LOW	

Potential Hazard / Risk	Consequences	Who is at risk ?	Severity (1-6)	Control measures to be taken	Further control measures That could be taken	Measures inplace ?	Likelihood of risk with measures in place	Notes / action required ?
Staff and Coaches will know how to keep them selves safe from exposure to COVID	Staff and Coaches increasing their risk of infection , or the spread of infection to themselves or others	Staff Coaches	4	-Clear training and communication with staff on their roles , protocol and any PPE measures - No spotting , handshakes , Hi5s or hugs	-Testing out new protocol and processes on 1 test class before rolling out to all classes - Research alternatives to high 5s / communication and praise within sessions	✓	LOW	
Staff and Coaches will not know what to do if an athlete or parent presents Covid-19 symptoms	Potential transmission of COVID-19 , resulting In people contracting the virus Hightened risk to the individual if they are not treated in a timely manner	Athletes Coaches Staff Parents / Carers	5	- Training to identify signs - Flowchart of appropriate action steps (up in venue and provided to staff) in training manuals - If symptoms begin whilst at a session (return home immediately and avoid touching anything - Follow NHS advice on 14 day isolation - All athletes in session will be asked to stay at home and self isolate for 14 days - Staff to fully deep clean gym wearing PPE - Temperature check before class with distanced thermometer	- Create an action flow chart / contingency plan to isolate individual with symptoms - A location where an athlete or staff member can safely self isolate until parent / carer can collect - Clear communication not to attend if symptoms start	✓	LOW	
An athlete or staff member who has been at the gym tests positive for COVID	High increased risk of infection to athletes , staff and coaches	Athletes Staff Coaches	6	Ensure all athletes contact details are up to date for contact tracing and contact all those who had been in the gym with the infected person. Use the NHS track and trace service to inform them of the incident and provide any relevant details. Make clear to athletes and staff who have been in contact with the effected athlete that they must not attend the gym and isolate for 14 days		✓	LOW	

Potential Hazard / Risk	Consequences	Who is at risk ?	Severity (1-6)	Control measures to be taken	Further control measures That could be taken	Measures inplace ?	Likelihood of risk with measures in place	Notes / action required ?
Athletes will be unclear on how to behave in class, and do not understand or follow the social distancing measures, markers and traffic flow created	Athletes increasing their risk of infection, or the spread of an infection to themselves or others	Athletes Staff Coache	4	All attending athletes are sent clear guidance on the measures that will be in place. Instructional videos showing how the space is to be navigated, hygiene measures etc No stunting, pyramids, spotting, handshakes, hi5's or hugs Signage on walls and markers on the floor to indicate instructions athletes should follow	All younger classes – mini, tiny, classes to remain online Any athlete 6 years and younger to continue taking classes online. Create clear communication channels and ensure all attending athletes have received the information before attending Consider further measures, such as limiting/ reducing the amount of time an athlete can be on site.	✓	LOW	
Athletes do not follow hygiene requirements as set out in the government guidelines (regarding handwashing, coughing into elbow etc)	Athletes increasing their risk of infection, or the spread of an infection to themselves or others	Athletes Staff Coaches	4	Additional signage reinforcing measures such as hand washing , coughing into elbow and catch it , bin it kill it! Around the gym Messaging regarding hygiene requirements are sent ahead of their return Coaches to remind athletes about hygiene at the start of class	Create more signage Ensure there are tissues, bins and hand sanitiser available	✓	LOW	

Potential Hazard / Risk	Consequences	Who is at risk ?	Severity (1-6)	Control measures to be taken	Further control measures That could be taken	Measures inplace ?	Likelihood of risk with measures in place	Notes / action required ?
During classes athletes will be unable to maintain social distancing	Athletes increasing their risk of infection, or the spread of an infection to themselves or others	Athletes	4	Social distancing markers on the floor will show athletes how to move around the gym and where to train on the mat. Social distancing rules will be communicated to athletes prior to attending	Monitor and adjust any measures that are not working to make more effective. Create signage, maps and markers Communicate social distancing rules with athletes ahead of attendance	✓	LOW	
During classes coaches will be unable to maintain social distancing	Coaches increasing their risk of infection, or the spread of an infection to themselves or others	Athletes Coaches Staff	3	Coaches and staff to pre-plan how they will deliver classes in order to maintain social distancing.	If appropriate, PPE to be worn (such as masks) Plan effective training and delivery strategies	✓	LOW	
The storage of bags, shoes and water bottles etc will increase the risk of infection transmission	increased risk of spreading infectio	Athletes Staff Coaches	3	Athletes will be asked to bring the minimum required with them and to come dressed for class. Water bottles and bags to be kept in designated bag drop social distanced areas No eating in the gym	Ask athletes to clearly mark water bottles with their name	✓	LOW	
An area where an athlete presenting with Covid-19 / confirmed Covid-19 has been requires sanitising	Potential transmission of Covid-19, resulting in people contracting the virus	Athletes Coaches Staff	6	Area to be evacuated and then either cleaned by staff in appropriate PPE or professional cleaners	Daily checking of the government website for updates and directive on any new required or recommended measures	✓	LOW	

Potential Hazard / Risk	Consequences	Who is at risk ?	Severity (1-6)	Control measures to be taken	Further control measures That could be taken	Measures inplace ?	Likelihood of risk with measures in place	Notes / action required ?
An athlete injures themselves during training, requiring medical assistance	Increased risk of infection, or the spread of an infection between the athlete and attending first aider	Athletes First aider	6	<p>First aiders will be equipped with adequate PPE (facemasks, gloves, mouth shield for CPR) If a First Aider feels uncomfortable to approach the injured athlete, the coach must call the parent for collection or in the case of emergency, 999</p> <p>Coaches will have athletes contact details and medical notes readily accessible on location to either call parents or assist paramedics with information</p>	Ensure all athletes contact details and medical notes are up to date and readily accessible on location	✓	LOW	