

# Covid-19 Risk Assessment – Consett ASC

Name of Club: Consett ASC		Name of Risk Assessor: Mark McGurk		Date of Risk Assessment: 13/08/2020		
What are the hazards?	Who might be harmed and how	Controls considered	Additional Controls	Action by who?	Action by when?	Done
Spread and transmission of Covid-19 Coronavirus.	<ul style="list-style-type: none"> <li>Members</li> <li>Coaches</li> <li>Volunteers</li> <li>Parents</li> </ul>	COVID team assembled and COVID officer appointed.	COVID team should work with club and leisure centre to ensure the safest possible environment is maintained for all participants involved in activities. COVID team should meeting regularly to ensure any changes to guidance or policy is implemented within the swimming environment as soon as possible.	Exec committee and COVID team	Aug	Yes
	Potential contraction of COVID 19 leading to a severity of illness ranging from asymptomatic / mild illness through to severe illness or death.	Clear communications and instructions sent out to all swimmers, coaches and parents. Detailing leisure centre and protocol in place during COVID 19 pandemic	Communication sent to members to identify if they fit into moderate or high-risk categories. If they do, they need to confirm they have had the appropriate medical advice and approval to recommence swimming ahead of attending training sessions. The coaches should be made aware of any medical guidance.	Head coach/COVID officer	17/08/20	In Progress
		Prevention of any swimmers or coaching team with symptoms arriving an entering the leisure centre	Communication sent out to club members (coaches and swimmers) to instruct not to attend the pool if they have any or suspect any COVID 19 Symptoms (Fever, cough, loss of taste or smell)	Head coach/COVID officer	17/08/20	In progress

		Minimise potential for virus transition by eliminating cash payments.	Introduce direct bank account payment only for swimmers	Treasurer/COVID team	17/08/20	In progress
		Reduce number of people attending session to those only involved directly in swimming or coaching activities.	Parents must drop off swimmers at the leisure centre entrance and not enter and remind their children to strictly adhere to social distancing controls. A responsible person Consett ASC will direct participants to the pool area.	Leisure centre management Head coach/COVID officer	17/08/20	In progress
		sanitise hands on entry to the leisure centre and adhere to 2m social distancing wherever possible Minimise the amount of contamination by swimmers in the changing room area.	Swimmers should arrive at the pool "beach ready" with swim wear under clothes there is no access to the changing rooms prior to swimming. Swimmers should follow directions given by leisure centre staff and coaches before and at the end of a session.	All participants, comms by COVID team	17/08/20	In progress
			Swimmer will be allocated a chair number when entering the poolside area to use before and during their session. They must not use or touch any other chair.	Leisure centre staff/Coaches	All sessions	17/08/20
			The chair should be cleaned by either leisure centre staff and coaches if able to support between sessions	Leisure centre staff/Coaches	All sessions	17/08/20
		Containment of any individual that shows symptoms mid-session.	If anyone becomes unwell with a new continuous cough or a high temperature whilst in the venue the coach responsible for the swimmer should put on a face covering and gloves and summon a lifeguard. The swimmer should be directed and	Head coach/COVID officer, coaches, leisure centre staff	All sessions	Yes

			<p>wait in the leisure centres containment area with the responsible coach until a parent arrives at the leisure centre entrance.</p> <p>The swimmer will be sent home and advised to follow the stay at home guidance. If possible, the swimmer's temperature should be confirmed by a lifeguard or first aider.</p>			
		No swapping over of swimmer's mid-session to prevent potential virus transfer group to group.	<p>Where possible swimmers must only train within their usual lane of 6 individuals to minimise any potential of virus transfer between swimming groups. This may be exceeded in some circumstances, but the lane set-up must be in line with swim England guidance and the total number of swimmers in the pool must not exceed 36.</p> <p>Social distancing within session communicated to participants by letter ahead of club start-up.</p>	All coaches	All sessions	Yes
		Collect a register of the swimmers and coaches present at each session.	<p>The names of the swimmers attending the session must be logged to ensure traceability if required. Ahead of recommencement of swimming there must be confirmation of all swimmers contact details.</p>	All coaches	All sessions	In progress
		Coaches to adhere to social distancing guidelines and minimise amount of time spent away from immediate coaching area.	<p>Coaches must only operate in the areas immediately around their designated lanes as much as possible, adhering to social distancing requirements always.</p>	All coaches	All sessions	Yes

		Coaches to ensure regular hand washing.	Coaches should regularly clean hands using soap and water or hand sanitizer (70% alcohol minimum)	Head coach/COVID officer	All sessions	Yes
		Minimise the amount of transfer by using own equipment and not shared/public equipment.	Swimmers instructed to bring their own equipment to the pool	Head coach/COVID officer	All sessions	In progress
			Swimmers must bring sufficient fluids to drink as there are no facilities to refill/obtain refreshments.	All coaches	All sessions	In progress
		Minimise the amount of airborne droplets expelled by the swimmers within each session.	Swimmers are instructed to exhale in the pool water to minimise potential of virus transfer.	All coaches	All sessions	Yes
		Ensure appropriate social distancing is in place between swimmers and adhered to during each session.	At the session's coaches will explain where the swimmers must stop in the pool to enable enough distancing within session. Keep the swimmers in the shallow area of the pool where possible for coaching points/short breaks to ensure they are in the water as much as possible.	All coaches	All sessions	In progress
			If a swimmer requires additional rest they should be asked to leave the pool and rest on their designated chair until rested.	All coaches	All sessions	17/08/20
		Minimise the amount of airborne droplets expelled by the swimmers within each session.	Low intensity sessions should be planned to minimise explosive breathing	All coaches	All sessions	Yes

		Reduce the potential of airborne droplets to be transferred between swimmers.	Swimmers encouraged to breathe to the opposite side if passing another swimmer. Do not allow overtaking within sessions.	All coaches	All sessions	Yes
		Minimise any potential virus transfer by reducing the amount of touch points during a session.	Currently start and finishing practices are prohibited to prevent multiple surfaces external to the pool being touched/contaminated.	All coaches	All sessions	Yes
			Showers and lockers will be out of use and not available for the foreseeable future.	Leisure Centre	All sessions	Yes
			Toilets should be used for if urgently required and they will only be one person allowed in at any one time.	Leisure Centre/Coaches	All sessions	Yes
			When exiting the pool, the swimmers must follow the direction of the club coaches and leisure centre staff. Where possible the pool should be exited by the lane closest to the changing area first working to the lane furthest away last the coach responsible for the lane should only instruct the next swimmer to leave the pool when a minimum safe distance of 2m is present between each swimmer.	All coaches	All sessions	17/08/20
		Reduce number of people attending session to those only involved directly in swimming or coaching activities.	Parents must pick up swimmers at the leisure centre entrance and not enter. A responsible person from the club should handover the participant to a parent or guardian.	Head coach/COVID officer	17/08/20	In progress

		Minimise the amount of contamination by swimmers in the changing room area.	The swimmers should dry as much as possible and dress poolside by placing clothes over their swim wear prior to leaving the leisure centre. In exceptional circumstances If a changing room is essential the swimmer must use the cubicle number that corresponds to their chair number.	All participants, comms by COVID team	17/08/20	In progress
Insufficient social distancing.	<ul style="list-style-type: none"> <li>Members</li> <li>Coaches</li> <li>Volunteers</li> <li>Parents</li> <li>Members of the public</li> </ul>	Clear communications and instructions sent out to all swimmers, coaches and parents. Detailing leisure centre and protocol in place during COVID 19 pandemic	Communicate and adhere to the social distancing controls covered within leisure centre and the following pool controls: -	Leisure centre management, Head coach / COVID team.	17/08/20	In progress
		Ensure appropriate social distancing is in place between swimmers and adhered to during each session.	Parents must drop off swimmers at the leisure centre and not enter and remind their children to strictly adhere to social distancing controls.	Head coach/COVID officer	All sessions	In progress
	Potential contraction of COVID 19 leading to a severity of illness ranging from asymptomatic / mild illness through to severe illness or death.		Where possible swimmers must only train within their usual lane of 6 individuals to minimise any potential of virus transfer between swimming groups. This may be exceeded in some circumstances, but the lane set-up must be in line with swim England guidance and the total number of swimmers in the pool must not exceed 36. Social distancing within session communicated to participants by letter ahead of club start-up.	Head coach/COVID officer	All sessions	Yes
			At the session's coaches will explain where the swimmers must stop in the pool to enable enough social	All coaches	All sessions	17/08/20

			distancing within session. Coaches must ensure they adhered to social distancing requirements between each other and swimmers.			
Low coaching levels due to illness or self isolation of coaching team	All participants swimming	Coaching team to contact each other via phone or virtual to arrange cover for sessions.	If there is a risk that the coaching levels are not adequate for the numbers of swimmers that will be present the decision should be made to notify the parents and cancel session until the coaching team is resourced adequately.	Coaching Team	All sessions	Yes
General hazards for swimming activities.	All participants swimming	Covered under normal club risk assessment	Covered under normal club risk assessment	Covered under normal club risk assessment	Covered under existing risk assessment	Yes

Signed by:	<i>D Punton</i>
Position:	Consett ASC - Chairman
Date:	13/08/2020