

COVID-19: PRACTICAL COACHING RISK ASSESSMENT



RISK: Spread of Covid-19

WHO CAN BE AFFECTED:

- Coaches, Players, club members and visitors to your club.
- Vulnerable groups – elderly, pregnant workers, those with existing underlying health conditions.
- Anyone else who physically comes in contact with training groups/individuals

CLUB NAME:

Old Cooperians RFC

COMPLETED BY:

Andy Yarrow – Director of Rugby

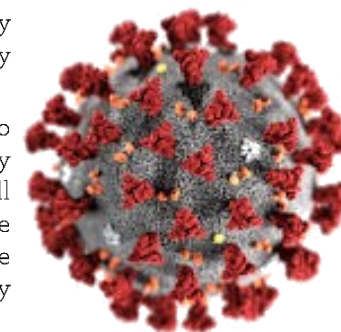
DATE COMPLETED:

7th August 2020

Managing, preventing and controlling risk

The HSE requires businesses, including sports clubs and venues, to identify management responsibilities with regard to managing risks and to put contingency plans in place.

If the club has direct employees then someone competent should be appointed to help meet health and safety duties and take responsibility for controlling any identified risks. This person could be inside or outside of the club or venue. For all clubs, we recommend that someone takes responsibility for coordinating the management of risk and keeps records of the steps taken to mitigate these (businesses with five or more employees are required to keep records of any significant risk and this is good practice for all businesses).



We recommend that all coaches / venues complete a Covid-19 specific risk assessment. Look at how this might apply to your club / coaching sessions, continue by identifying the hazards that are the real priorities in your case and complete the table to suit your environment. This template is to be used as a guide to completing a full risk assessment at your venue in order to safely open up your club. This is not an exhaustive list and we highly recommend that you complete a full risk assessment for your venue and review on a weekly basis.

Covid-19 is a biological hazard, and like any workplace hazard, appropriate control measures will need to be put in place to reduce the risk of someone being infected. Normally, the goal is to eliminate hazards where possible; however, unlike a faulty piece of equipment, the virus cannot simply be removed. Instead, the aim is to introduce suitable and sufficient control measures to reduce the risk of contracting the virus to as low a level as is 'reasonably practicable'. In other words, precautions should be implemented, but the time, cost and effort involved in implementing a control measure should be reasonable, when compared to risk posed by what you are controlling.

If you have any queries visit the RFU Insurance Centre www.englandrugbyinsurance.co.uk. RFU HELPLINE: 0121 698 8001. RFU 24 hour Legal Helpline 0330 3031877.

Things to consider

- You should keep a register of anyone attending a training session to help manage “track and trace” if an infection is reported by someone present.
- Care should be taken with regard to sharing of equipment and other items, such as water bottles. Handling shared items and then touching the face is one way the virus spreads.
- Potentially there is a risk of increased droplet spread when breathing hard during exercise or moving quickly, compared to when people are breathing normally and are stationary or moving slowly. It is sensible wherever possible to maximise the distance between people when doing training.
- Have you considered how COVID-19 affects how you would administer first aid? St John's Ambulance provides advice on what to consider at <https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>
- Remember your safeguarding policy. It is important that everything you do is aligned with existing policies intended to protect members, coaches and employees.
- Finally, what do you do if someone is not complying with the actions you've taken to manage the risks of COVID-19? It is sensible to have agreed actions to deal with unacceptable behaviour before an incident occurs.

Action to be considered	Action taken (to be completed by the club)
Hand washing facilities with soap and water in place	Disabled toilet open with paper towels available
Stringent hand washing taking place	Players & coaches to wash hands before & after training
Gel sanitiser readily available and used regularly	Players & coaches to bring their own sanitizer. Club to also provide sanitiser
Disposable towels available and used to wipe sweat off face	Paper towels available & accessible during breaks in session
Gel sanitiser in any area where washing facilities not readily available	Sanitiser gel kept pitch side & used between activities
Equipment cleaned and disinfected before and after use	Equipment cleaned with anti-bacterial wipes before, during & after session
Equipment stored securely	Equipment stored in an outside container
Minimise sharing of kit / equipment	Equipment kept to a minimal & cleaned for use within bubbles
No sharing of water bottles	Players to bring their own water bottles
No close physical contact	Players kept at a social distance throughout the session
No hand shaking	Players kept at a social distance throughout the session
No huddles	Players kept at a social distance throughout the session
No touching face	Players reminded of this throughout the session
If space allows, increase social distancing between players during heavy exertion	Bubbles spread into the 4 corners of the pitch where possible
Is there an effective action plan in place to deal with someone with suspected symptoms, should it be necessary?	Yes - Symptoms reported to D.O.R. & player will not attend training until they have been tested. If positive player will follow Covid19 guidelines whilst anybody who has trained with the player will also be contacted & told to isolate & seek testing
Ensure guidance signage is clearly visible	School site displays signage