

# 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:**

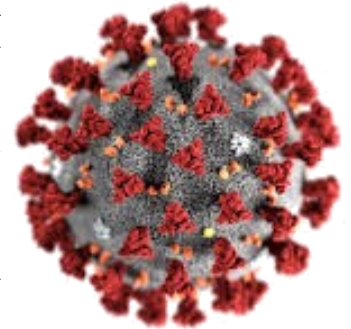
**COMPLETED BY:**

**DATE COMPLETED:**

## 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](http://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

Stringent hand washing taking place

Gel sanitiser readily available and used regularly

Disposable towels available and used to wipe sweat off face

Gel sanitiser in any area where washing facilities not readily available

Equipment cleaned and disinfected before and after use

Equipment stored securely

Minimise sharing of kit / equipment

No sharing of water bottles

No close physical contact

No hand shaking

No huddles

No touching face

If space allows, increase social distancing between players during heavy exertion

Is there an effective action plan in place to deal with someone with suspected symptoms, should it be necessary?

Ensure guidance signage is clearly visible