

Risk Assessment Form - Ludlow College

Risk Assessment Number: 7 LC	Date of Assessment: 19/08/2020	Additional Information check sheet/risk assessments required.		
Task / Work Activity / Work Area Assessed: Gymnastics Activities, Ludlow College Sports Hall	Assessment carried out by: Caroline George	Substances Hazardous to Health: Manual Handling: Display Screen Equipment: New and Expectant Mothers: Young Persons: Covid – 19	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	

Worst Case Outcome					Likelihood					Risk Rating (Outcome x Likelihood)		
5	4	3	2	1	5	4	3	2	1	High	Medium	Low
Fatality	Severe Injury	Lost time Injury	Minor Injury	No Injury	Certain	Very likely	Likely	Unlikely	Remote	13-25	5-12	1-4

Persons affected by the Activity	Identified Hazards	Control Measures Already in Place	Outcome	Likelihood	Risk Rating	Further action required? Yes/No
1. Coaches Parents / carers Children Gymnasts	Car parking Accident or injury due to: High levels of vehicles and people <i>Spread of Covid</i>	<ul style="list-style-type: none"> • A reminder on the notice board, newsletters and on social media to use common courtesy when using the car park. • Car park should only be used for drop off and pick up purposes. And not to take advantage of the free car park. • <i>Further control measures will include:</i> <ul style="list-style-type: none"> • <i>One-way system for pedestrians through the car park.</i> 	5	1	5	Yes Add sign posts with one-way system
2. Coaches Parents / carers Children Gymnasts	Mass gathering within the corridor to entrance / exit of the sports hall. Accident or injury due to; Over crowding Tripping Falling on steps	<ul style="list-style-type: none"> • Classes to have a different start to the previous group finish time. • Coaches register gymnasts in the sports hall to reduce waiting time in the corridor. • Signage in place to remind parents not to block the corridor 	4	2	8	Yes Update parents of new entry and exit procedures

	<i>Spread of Covid</i>	<ul style="list-style-type: none"> • <i>Further control measures will include:</i> <ul style="list-style-type: none"> - <i>No parents in the building to reduce foot fall</i> - <i>Social distancing markers when queuing</i> - <i>One-way system through fire doors</i> - <i>Hand washing / sanitising station</i> 				
3. Coaches and Gymnasts	<p>Ratios, number of participants, overcrowding gymnasts / groups on one apparatus</p> <p><i>Spread of Covid from shared equipment</i></p>	<ul style="list-style-type: none"> • Equipment rota and session plans • Communication between coaches and participants at the start of session / rotations • Staff training / meetings and updates of any changes • Individual record and achievement cards • Set groups <ul style="list-style-type: none"> • <i>Further control measures will include:</i> <ul style="list-style-type: none"> - <i>Restricted numbers government guidelines of 9.29m2 per person for indoor sporting activities, splitting the sports hall in to 3 zones / badminton courts, there will be no more than 15 people per zone / badminton court (BG guidelines) resulting in maximum of 45 people per class / in the sports hall at any one time.</i> - <i>Gymnasts will be allocated a mat each and only use that mat during their class, mats will be socially distanced apart and clean before and after each class.</i> - <i>There will be two main stations with in each zone, gymnasts will have an allotted amount of time on each main station, sanitising their hands before and after their allotted time and then return to their allocated mats. Touch points will be cleaned between gymnasts.</i> - <i>Smaller group sizes from 8 gymnasts to 5 or 6 gymnasts in each group. No more than two groups per zone. Gymnasts will remain in their zone throughout the session.</i> 	3	1	3	No

		<ul style="list-style-type: none"> - <i>No hands-on coaching just instruction and demonstration of British Gymnastics approved moves and skills.</i> - <i>Hand sanitising after each rotation</i> - <i>Personal equipment, no sharing of personal equipment.</i> - <i>Floor markings and poster reminding gymnasts and coaching of social distance guideline at all times.</i> - <i>Coaches to wear face visors if they are less than 2m away from Gymnasts. For example, first aid or passing in the corridors.</i> 				
4. Coaches and gymnasts	<i>WC use, Spread of Covid</i>	<ul style="list-style-type: none"> • <i>Further control measures will include:</i> <ul style="list-style-type: none"> - <i>Doors in corridor to be propped open with a secure doorstop to reduce touch points.</i> - <i>Walk on the left side of the corridor, floor markings.</i> - <i>Touch points in WC to be clean between classes.</i> • <i>Coaches to wear face visors in corridors.</i> 	1	2	2	
5. Gymnasts and coaches	<p>Accident or injury occurring from Tripping over or falling from equipment</p> <p><i>Spread of Covid</i></p>	<ul style="list-style-type: none"> • A reminder to gymnasts not to run and look where they are going. • Gymnasts to only complete skills they have been instructed to do. • Rules and regulations in membership pack and on website. • Session plan with clear instructions of safety mats and gymnastics equipment. • Coaches support and instructions • Staff meeting and training • Correct height and level for gymnasts age and ability <p><i>Further control measures will include:</i></p> <p><i>-set up and stand back coaching style less hands on support with increased matting around equipment</i></p>	2	3	6	No

		<i>-Simple skill sets and conditioning.</i>				
6. Coaches	Accident or injury during set up, pack away or adjusting equipment <i>Spread of Covid</i>	<ul style="list-style-type: none"> • Staff training • Using two or more coaches to lift or move heavy equipment • Clear instruction of set up and pack away procedures <p><i>Further control measures will include:</i></p> <ul style="list-style-type: none"> - <i>No gymnast to help tidy the sports hall after classes</i> 	3	2	6	Yes Staff training update
7. Coaches	<i>Cleaning of equipment to prevent spread of Covid accident or injury caused by chemicals</i>	<ul style="list-style-type: none"> • Staff training • PPE • COSHH separate risk assessment • Before and after each class no gymnasts in the sports hall. 	2	1	3	Yes Staff training