**Risk Assessment: Non-Stadium Based Small Group Training Post Covid19. Note: This is the general RA, each coach must also prepare a written RA for each session they run. This must be made available to the committee, athletes and parents.**

**IF ANY**

**ATHLETE, COACH OR FAMILY MEMBER IS SHOWING ANY SYMPTOMS OF COVID 19 THEY MUST NOT ATTEND THE SESSION.**

| **Date:**  | **Assessed by:**  | **Location :** | **Review :** |
| --- | --- | --- | --- |
|  04 / 06 /20 | The SNHAC Committee | Parks, playing fields | 31/10/20 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **What are the Hazards?** | **Who might be harmed and how?** | **What are you already doing?** | **Risk Rating** | **What else can you do to control this risk?** | **Resultant Risk Rating** | **Action by whom** | **Target date** | **Complete** |
| Car parking – is it sufficient to allow for social distancing? | Where parking is limited then it is difficult for anyone to maintain social distancing and the risk of the virus being spread is increased. | * Coaches are using venues which they and / or senior athletes are very familiar with.
* Coaches can advise athletes on suitable locations to park.
 | L | * Where possible coaches to plan sessions at quieter times.
* Coaches to consider alternative backup locations in case of overcrowding.
 | L | All coaches are to ensure that every session they organise away from the track abides by the content of the risk assessment.These actions must be taken before or, where appropriate, during, a session (for example where a session needs to be altered due to large numbers of the general public being present.By coaching the session each coach is confirming that they are familiar with the contents of this risk assessment and have taken all necessary measures. |
| Access | If the access to the site requires touching metal, wooden or plastic gates there is a risk of spreading the virus.Venues may not have access to public toilets and if they do these may be a source of infection. | * Coaches to use locations they are familiar with so they are aware of how the site is accessed and are confident this can be done safely.
* Coaches to advise athletes if there are toilet facilities available.
 | M | * Coaches and athletes to have their own hand sanitizer and make use of this whenever anything is touched.
* Sessions to be kept relatively short to ensure they can be completed without access to toilet facilities.
 | L |
| Surface | If the surface used is grass there is a risk of tripping if it is long or uneven, risk of injury if surface is hard (cement, tarmac). Injury risk if ground is on a slope. | * Athletes to have appropriate footwear for the surface / terrain.
* Coaches to ensure session is appropriate for the surface.
 | M | * Coaches to check that surfaces have not deteriorated following a lack of maintenance during the virus outbreak.
 | L |
| Activity | If the activity is inappropriate for the age / level of development of the athlete then they risk injury. | * Coaches ensure they know which athletes are attending each session and to plan appropriate sessions.
 | M | * Coach to review physical activity completed during a period of lockdown to ensure sessions are still appropriate.
* Coaches to revise sessions to take period of inactivity into account if necessary.
 | L |
| Hygiene | If hygiene is not maintained then the chance of the virus or other contagious illnesses being spread is increased. | * Athletes and coaches to provide all of their own equipment (see equipment) and clothing.
 | H | * All coaches and athletes to provide their own hand sanitizer.
* No sharing of water bottles, coats etc.
 | L |
| Coach – athlete social distancing | If any coach or athlete does not maintain the recommended 2m spacing then the chance of virus transmission is increased. | * Coach to ensure the space available will be large enough to cater for themselves and their group.
* All coaches and athletes to be familiar with Government guidance on social distancing and ensure those guidelines are followed.
 | H | * Coach to have a back up plan if insufficient space is available. This may be an alternative venue or session plan.
* Coach to use visual markers, e.g. cones, to ensure athletes remain appropriately distanced.
* If any athlete refuses to follow guidance then they must be asked to leave the session.
 | L |
| public social distancing | If it is not possible to maintain social distancing between athletes and members of the public then the chance of transmission of the virus is increased.  | * As above – coaches to ensure venue has an appropriate area to ensure distancing is maintained.
* Where possible sessions planned for less busy times and days.
 | H | * If venue is busy then the coach will amend their plans. This may include moving to another part of the venue, changing venue or changing the session.
 | L |
| Hydration | Any athlete or coach who becomes dehydrated is at risk of illness, but due to the virus the sharing of water or use of water fountains is not permitted as it increases risk of virus transmission. | * Coaches to ensure that all athletes have their own water / drinks before the session begins.
 | M | * Athletes to be reminded that in no circumstances should drinks be shared. This also applies to any food they may have.
 | L |
| Access to first aid | With many public building closed due to the virus and emergency services stretched there is a greater risk for athletes who may injure themselves during the session.As training is away from the stadium it may also be harder to contact emergency services. | * All coaches to have at least basic First Aid training.
* Coaches to carry a mobile phone at all times.
 | H | * Coaches to carry a basic first aid kit either with them or in their car if parked nearby.
* Coaches to ensure they have a mobile phone signal before any session begins.
* For under 18s parents must be in the vicinity to carry out first aid if necessary.
 | M |
| Parental supervision/ safeguarding | There is a risk for both the coach and athletes if parents are unaware of their child’s activities or if one adult is alone with a small group of juniors. | * Parents to confirm they are able to stay in the area and inform the coach of any illness or medication requirements.
 | M | * Coaches to arrange for a second adult to either be part of the group or within eye sight of the group at all times.
* Other parents must be within the area of the park in case their child is injured.
 | L |
| Clothing | If any athlete is inappropriately dressed for the terrain or the weather they place themselves at risk and potentially those around them. | * Coaches to ensure athletes are aware of the nature of the session.
* Coaches (and athletes) should check the weather forecast to ensure they are aware of potential temperature, rainfall etc.
 | M | * Coaches will check at the start of a session that each athlete has appropriate clothing such as a raincoat if it is likely to be needed.
 | L |
| Equipment | Sharing equipment is likely to increase the chance of the virus being transmitted.There is a risk to the public if some equipment is used in locations which are accessible to the public. | * Coaches to ensure that equipment is in a good and clean condition before and after use.
* Equipment which may endanger others is not to be used in any location where the general public may have access. This includes any park, playing field or field. This includes, but is not restricted to, all standard throwing equipment.
 | H | * No equipment is to be shared during the virus outbreak.
* All athletes to have their own equipment which they are responsible for maintaining and cleaning.
* Throwing may be possible using Sportshall soft throws equipment. Coaches must still ensure the area is safe for this.
 | L |
| insurance | If there is an accident where coaches and athletes have not followed the guidance in this document, the session specific risk assessment and any guidance from UKA or EA there is a risk that there will be no insurance cover. | * Club to provide the general risk assessment for coaches to follow (this document).
* Coaches to have read the latest information from the governing bodies.
 | M | * Coaches to share all guidance necessary with their athletes.
* Coaches to have completed a risk assessment for each session they run.
 | L |
| Breaching government guidance on physical activity and group sizes. | There is a risk to all involved, athletes and coaches, if they do not follow current guidance on permitted group sizes and physical exercise. | * Coaches to keep abreast of the latest government guidance.
 | M | * Coaches to ensure athletes are “booked” onto sessions to ensure maximum numbers are not exceeded.
 | L |