



Power Athletics Risk Assessment INDOOR CLASS COVID-19 Prevention

Power Athletics Cheerleading

Date of Next Review: 1st December 2020 (Unless guidance or Tier change)

Reviewed by: Sian Young on 23/10/2020

Each Risk/Hazard in this document has been identified as a possible increased risk of the spread of COVID-19 and the steps we are implementing to reduce the risk of spread. This should be read alongside our regular risk assessment for classes and the Sport Cheer England return to play guidelines.

General

Hazard	Hazard Level Rating (1 – Low, 5 – High)	Hazard reduction and control measures	Risk rating After Measures (1 – Low, 5 – High)
Communication	4	To reduce the risk of mis-communication which causes procedures in this document to not be followed a copy of this will be made available to all coaches and volunteers. Parents/Athletes will receive detailed instructions and their obligations to ensure all control measures are followed. We will also create signs and marking appropriate for the environment the class is being held.	1
Safeguarding	4	We will continue to follow our safeguarding and attendance policies to ensure all athletes are protected throughout this time. Our welfare officer will be available via phone and email to all members. We will reduce all unnecessary meetings and see if we can do these by phone or zoom if possible. If not possible meetings must be socially distanced and in an outdoor setting if possible.	1
First Aid	5	Everyone that requires first aid treatment will receive treatment. A minor incidence that is not deemed	2

		urgent will be passed onto a member of the athlete's household to monitor. If urgent care is required, we will minimise the number of coaches and athletes involved and ensure PPE is used by first aider and also Face coverings used during treatment for athletes.	
Toilets	4	Athletes will be asked to go to the toilet before classes at their own home. If required during the session athletes must sanitise their hands before leaving the gym and upon their return. Only 1 athlete will be allowed at a time, if a younger athlete would like to go a coach must go with them following social distancing to ensure safety of the athlete and that they are washing hands and sanitising.	1
Food/Drink	3	To reduce the risk of cross contamination we will not allow athletes to consume food during training unless for medical need. Any drinks should be brought in from home. All drinks should be Clearly marked with athletes' name and no sharing of water or water bottles is allowed. Athletes will also not be allowed to use the water fountains on site.	1
Ventilation	3	All windows and the fire door will be open in the gym to increase the ventilation of the space.	2
Class Sizes	5	Maximum athletes allowed in the gym at one time is 24 to allow for social distancing. Social distancing must be used at all times (see stunting and spotting exceptions). No mixing between classes (follow drop off/pick up guidelines).	2

		<p>Athletes who are classed as extremely clinically vulnerable by the government must not attend in-person classes, unless cleared by their GP.</p> <p>Athletes considered at higher risk due to age, sex and ethnicity should be spread between the classes with no more than 2 per small group.</p>	
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Gymnasium SDCC

Risk	Risk Level Rating (1 - Low, 5 - High)	Risk reduction and control measures	Risk rating After Measures (1 – Low, 5 – High)
Athlete arrival & exit	5	<p>All classes will have limited numbers of athletes so reduced numbers of parents arriving to drop off and collect.</p> <p>Only 2 classes allowed in the gym at one time max, any 1:1 privates must be conducted when there is less than 18 other people (athletes/coaches) in the room with only 1 other class in and have a different start & finish time to the class running.</p> <p>All athletes and parents are required to wear face covering while walking through the school building. Once arrived at the gym – the athlete may remove their face covering once temperature checked have been done. Parent must leave through fire exit after athlete has been dropped off.</p> <p>Athletes 11years and older do not require a parent to enter school building unless it is their first session. This will reduce number of parents walking through the school.</p> <p>Everyone must use the main entrance which will be marked to start their session. Exit will be through the fire exit at the side of</p>	1

		<p>the gym, this also means that parents can stay outside when collecting athletes.</p> <p>Athletes must enter one at a time and have temp check before they can remove their masks. When exiting, they will leave one at a time with all their belongings.</p> <p>Social distancing must be followed by all athletes meaning they must observed a minimum of 1m+ between themselves while wearing masks.</p> <p>Athletes cannot arrive more than 5mins before or after their designated start time to avoid mixing, this is the same for pick up.</p> <p>While waiting to come into the gym and for checks, social distancing of 2m+ must be used.</p> <p>Athletes cannot be picked up late.</p> <p>Hands must be sanitised before entering/leaving school buildings and the gym.</p>	
Coaches	4	Coaches must wear appropriate PPE during classes.	1
Athletes/coaches showing symptoms at home	5	<p>No athletes will be allowed at classes if they are showing symptoms. We will use a non-contact thermometer to check temps of all coaches and athletes before sessions.</p> <p>Anyone showing symptoms will be told to go home and get tested.</p>	1
Athletes/coaches presenting symptoms during sessions	5	<p>Athlete will be isolated from the others within the gym. Any athletes/coaches that spent close contact time with them will be asked to isolate until test results have returned.</p> <p>All equipment will be cleaned by coaches wearing PPE and/or professional cleaners.</p>	2
Athletes/coaches develop symptoms within 48 hours after the session	5	We will use Coacha Track and Trace to contact all members that have attended a class with them while keeping athlete with symptoms anonymous. If contacted by NHS Track and Trace we will give details of all	2

		athletes that attended classes together including coaches, permission for this to be included in our athlete waiver for participation.	
Athlete belongings	4	<p>Athlete must arrive in their training attire and only bring a bottle of water (clearly marked with their name), cheer shoes (if required) and any medical equipment they need. They will leave their equipment in their designated area in baskets along with their outside shoes. At the end of their session they must collect all belongings before they leave. Any belongings left behind will be thrown away before the next class.</p> <p>Only once they have left their belongings in their area will they be able to move onto their designated floor space</p>	1
Social Interaction	5	<p>Social distancing must be used at all time unless specific conditions are met (see stunting and spotting).</p> <p>No spotting allowed during Cheer4Fun or jump/stretch classes.</p> <p>Coaches must wear mask while in close contact with athletes</p>	1
During classes	5	All athletes will be given a marker to stand at the beginning of the session once they have left their belongings in their designated space. They will be guided by markers and coaches throughout the session to keep to social distancing,	1
Equipment Use	4	<p>One athlete per station, all stations to be 1m+ apart from their closest points of use. Athletes must sanitise their hands before use, between groups all equipment must be cleaned, any wipes used must be disposed of before the next class uses equipment.</p>	1
Stunting	5	SportCheer England return to play guidelines are followed. No more than 6 athletes may be involved in stunt the stunts and must be consistent members each group.	2

		<p>No more than 15mins of stunting with adequate breaks for sanitizing.</p> <p>Face Masks must be worn by coaches and any athletes over the age of 4years during this time.</p> <p>All athletes must sanitize their hands, arms and leg unless covered by clothing before and after contact.</p>	
Spotting	5	<p>Every effort must be made to avoid spotting in class planning, if it is required for the safety of the athlete then SportCheer England return to play guidelines are followed.</p> <p>Safety spotting ONLY. No heavy spotting of skills is allowed.</p> <p>Face Masks must be worn by coaches and athlete and coach must sanitize before contact.</p>	2