

# Fusion Cheerleaders - Indoor risk assessment

## Covid 19

<b><u>Organisation/Company</u></b>	Fusion Cheerleaders
<b><u>Nature of Activity</u></b>	Cheerleading / Tumbling / Dance
<b><u>Venue</u></b>	Knole Academy, The Weald Sports Centre
<b><u>Assessed By</u></b>	Connie Shaw
<b><u>Date of Assessment</u></b>	26/08/2020
<b><u>Review Date</u></b>	

### KEY

Likelihood	Severity
1. Very Unlikely	1. Very Unlikely 1. Minor/First Aid
2. Unlikely	2. RIDDOR 3-Day
3. Likely	3. RIDDOR Major Injury
4. Very Likely	4. Death or very serious injury to one person
5. Almost Inevitable	5. Death or serious injury to many persons

### Action Level

1- 4 LOW no further controls required

5 -7 MED – justify /review for each event day

8+ HIGH –immediate action/ further controls needed

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<u>Potential Hazard/ Risk</u>	<u>Consequence</u>	<u>Who is at risk?</u>	<u>Existing control measures</u>	<u>Further Controls and Actions required</u>	<u>Risk</u>
<p>The venue will be inadequately prepared in terms of hygiene before activities return and during activities.</p> <p>Staff are unprepared training and resource wise to undertake cleaning and sanitising of equipment and gym areas (including PPE)</p>	<p>Risk of infection is increased due to unclean surfaces harbouring germs.</p>	<p>Athletes Staff Coaches</p>	<p>Deep clean of venue by professional cleaners prior to return / staff to come in and clean equipment, clear and organize all gym areas, disinfect mats under instruction.</p> <p>Maintenance of a robust daily cleaning schedule including monitoring and cleaning before, during and after sessions.</p> <p>Appropriate cleaning products and PPE purchased (both product type and quantity)</p>	<p>Clear training / instructions to staff as to their role and responsibility in the preparation and cleaning of the gym and equipment.</p> <p>Additional contracts for staff outlining their roles and responsibilities.</p> <p>Purchase cleaning products and PPE</p>	<p>LOW</p>

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<p>Access to the venue:</p> <p>The venue won't be able to facilitate social distancing measures for athletes and parents accessing the gym and car parking facilities</p>	<p>Increased risk of infection transmission due to lack of social distancing.</p>	<p>Athletes Parents / Guardians</p>	<p>Limit the number of participants in each class</p> <p>Parents should wait in their cars until the very last minute for drop off and pick up to avoid unnecessary contact.</p> <p>Signage will clearly indicate entrances and exits for cars and athletes.</p> <p>Social distancing markers on the floor will show where athletes must wait to enter and how to move around the mat.</p> <p>Stop all non-essential visitors.</p> <p>Reduce the number of people in attendance at the gym.</p> <p>Hand sanitiser stations on entry/exit and around the gym</p>	<p>Monitor access points. Consider changing the number of access points, either increase to reduce congestion or decrease to enable monitoring.</p> <p>Decide how you will organise limited class sizes and inform athletes of their new class times.</p> <p>Consider wet weather contingency if asking athletes to wait outside for long periods.</p> <p>Ensure all measures are clearly communicated to athletes and parents (say how you will do this.</p>	<p>LOW</p>
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<p>The venue will be inadequately prepared for social distancing measures</p>	<p>Increased risk of infection due to lack of social distancing.</p>	<p>Athletes Staff Coaches</p>	<p>Markers will be placed on the floor panels 1m apart and athletes will remain on their marker throughout the class.</p> <p>Signage on the floor and walls will indicate the traffic flow for people moving around the gym.</p> <p>All coaches and staff to be trained on all procedures.</p>	<p>Ensure markers are effective (not tape that will constantly peel off the floor).</p> <p>Create signage.</p> <p>Ensure all measures are clearly communicated to athletes and parents.</p>	<p>MEDIUM</p>
<p>The venue will be inadequately prepared in terms of toilette facilities</p>	<p>Risk of infection is increased due to surfaces harbouring germs.</p> <p>Inability to maintain social distancing measures in the toilette facilities.</p>	<p>Athletes Staff Coaches</p>	<p>Max number of athletes using toilette facilities at the same time (number to be determined based on venue size)</p> <p>Signage on doors and walls reminding athletes to wash hands thoroughly using soap and water for 20 seconds.</p> <p>Ask athletes to go to the toilet before they arrive at the gym to minimise the use of the washroom facilities</p>	<p>Clear training / instructions to staff as to their role and responsibility in supervising and maintaining the cleaning of toilette facilities.</p> <p>Use alcohol-based hand sanitiser if soap and water is not available.</p> <p>Ensure all measures are clearly communicated to athletes and parents.</p> <p>Consider shorter sessions and therefore no break times.</p>	<p>LOW</p>

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<p>The venue will be inadequately prepared in terms of changing facilities</p>	<p>Risk of infection is increased due to surfaces harbouring germs.</p> <p>Inability to maintain social distancing measures in the toilette facilities</p>	<p>Athletes</p>	<p>Changing facilities will be closed. Athletes will be asked to come to class already changed</p>	<p>Ensure all measures are clearly communicated to athletes and parents.</p>	<p>LOW</p>
<p>The activity/class timetable will not allow for safe social distancing between teams entering and exiting the floor / hallways / gym.</p>	<p>Increased risk of infection due to lack of social distancing</p>	<p>Athletes Staff Coaches Parents / Guardians</p>	<p>Reduce the number of classes offered to allow time for required cleaning between classes</p>	<p>Ensure all measures are clearly communicated to athletes and parents.</p>	<p>LOW</p>
<p>Staff and coaches will not know how to keep themselves safe from exposure to COVID-19</p>	<p>Staff and coaches increasing their risk of infection, or the spread of an infection to themselves or others.</p>	<p>Staff Coaches</p>	<p>Clear training and communication with staff on their roles, protocol and any PPE measures.</p> <p>No spotting, handshakes, hi5's or hugs</p>	<p>Meetings to provide feedback and reviewing practices.</p> <p>Trial processes on test classes before rolling out to all classes.</p>	<p>MEDIUM</p>

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<p>Staff and coaches will not know what to do if an athlete or parent presents with Covid-19 symptoms</p> <p><a href="https://www.nhs.uk/conditions/coronavirus-covid-19/">https://www.nhs.uk/conditions/coronavirus-covid-19/</a></p>	<p>Potential transmission of COVID-19, resulting in people contracting the virus.</p> <p>Heightened risk to the individual if they are not treated in a timely manner</p>	<p>Athletes Staff Coaches Parents</p>	<p>If an athlete develops a high temperature or a persistent cough while at the gym, they should:</p> <ul style="list-style-type: none"> <li>-Return home immediately</li> <li>-Avoid touching anything</li> <li>-They must then follow the guidance on self-isolation and not return to the gym until their period of self-isolation has been completed.</li> <li>-All athletes in the same session as that athlete will be asked to return home immediately and self-isolate for 14 days.</li> </ul> <p>Staff to clean all areas where the athlete has been, following their removal from the gym, wearing PPE and under instruction.</p>	<p>Create action flow chart Identify a location within the gym where an athlete or staff member can safely isolate until someone is able to collect them / a medical professional can assess them.</p> <p>Provide training to ensure coaches and staff are confident in identifying symptoms and the protocol for dealing with such a situation.</p> <p>Communicate clearly to athletes and parents that if they show any signs of Covid-19 they are to stay home and isolate for 14 days (as per NHS guidelines)</p>	<p>MEDIUM</p>
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<p>An athlete or staff member who has been to the gym tests positive for Covid-19</p>	<p>High increased risk of infection to athletes, staff and coaches</p>	<p>Athletes Staff Coaches</p>	<p>Ensure all athletes contact details are up to date for contact tracing and contact all those who had been in the gym with the infected person.</p> <p>Use the NHS track and trace service to inform them of the incident and provide any relevant details.</p> <p>Make clear to athletes and staff who have been in contact with the effected athlete that they must not attend the gym and isolate for 14 days</p>		<p>MEDIUM</p>
<p>Athletes will be unclear on how to behave in class, and do not understand or follow the social distancing measures, markers and traffic flow created</p>	<p>Athletes increasing their risk of infection, or the spread of an infection to themselves or others</p>	<p>Athletes Staff Coaches</p>	<p>All attending athletes are sent clear guidance on the measures that will be in place.</p> <p>No stunting, pyramids, spotting, handshakes, hi5's or hugs.</p> <p>Signage on walls and markers on the floor to indicate instructions athletes should follow.</p>	<p>Create clear communication channels and ensure all attending athletes have received the information before attending.</p> <p>Consider further measures, such as limiting the amount of time an athlete can be on site. 2 hours?</p>	<p>LOW</p>

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<p>Athletes do not follow hygiene requirements as set out in the government guidelines (regarding handwashing, coughing into elbow etc)</p>	<p>Athletes increasing their risk of infection, or the spread of an infection to themselves or others</p>	<p>Athletes Staff Coaches</p>	<p>Additional signage reinforcing measures such as handwashing, coughing into elbow and the 'Catch It. Bin It.</p> <p>Kill It' message to be put up around the gym.</p> <p>Messaging regarding hygiene requirements are sent to athletes ahead of their return.</p> <p>Coaches to remind athletes about hygiene at the start of class</p>	<p>Create signage</p> <p>Ensure there are tissues, bins and hand sanitiser available.</p>	<p>LOW</p>
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<p>During classes athletes will be unable to maintain social distancing</p>	<p>Athletes increasing their risk of infection, or the spread of an infection to themselves or others</p>	<p>Athletes</p>	<p>Social distancing markers on the floor will show athletes how to move around the gym and where to train on the mat.</p> <p>Social distancing rules will be communicated to athletes prior to attending.</p>	<p>Monitor and adjust any measures that are not working to make more effective.</p> <p>Create signage, maps and markers</p> <p>Communicate social distancing rules with athletes ahead of attendance</p>	<p>LOW</p>
<p>During classes coaches will be unable to maintain social distancing</p>	<p>Coaches increasing their risk of infection, or the spread of an infection to themselves or others.</p>	<p>Athletes Staff Coaches</p>	<p>Coaches and staff to pre-plan how they will deliver classes in order to maintain social distancing. If appropriate, PPE to be worn (such as masks)</p>	<p>Plan effective training and delivery strategies.</p>	<p>MEDIUM</p>

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The storage of bags, shoes and water bottles etc will increase the risk of infection transmission	Increased risk of spreading infection	Athletes Staff Coaches	Athletes will be asked to bring the minimum required with them and to come dressed for class.  Water bottles to be kept on the floor next to the athlete in their designated space.  Water bottles to be kept at the front of the mat on designated markers.  No eating in the gym	Ask athletes to clearly mark water bottles with their name	LOW
An area where an athlete presenting with Covid-19 / confirmed Covid-19 has been requires sanitising	Potential transmission of Covid-19, resulting in people contracting the virus.	Athletes Staff Coaches	Area to be evacuated and then either cleaned by staff in appropriate PPE or professional cleaners	Daily checking of the government website for updates and directive on any new required or recommended measures	MEDIUM

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<p>An athlete injures themselves during training, requiring medical assistance</p>	<p>Increased risk of infection, or the spread of an infection between the athlete and attending first aider.</p>	<p>Athletes First Aider</p>	<p>First aiders will be equipped with adequate PPE (facemasks, gloves, mouth shield for CPR)</p> <p>If a First Aider feels uncomfortable to approach the injured athlete, the coach must call the parent for collection or in the case of emergency, 999.</p> <p>Coaches will have athletes contact details and medical notes readily accessible on location to either call parents or assist paramedics with information.</p>	<p>Ensure all athletes contact details and medical notes are up to date and readily accessible on location</p>	<p>MEDIUM</p>
<p>A coach and athlete wish to conduct a 1:1 session, creating associated Safeguarding and Health and Safety</p>	<p>An athlete is placed in a vulnerable position by being alone with a coach.</p> <p>A coach is placed in a vulnerable position by being alone with an athlete.</p> <p>The athlete is injured or becomes unwell and the coach requires assistance</p>	<p>Athlete Coach</p>	<p>We highly recommend the following safeguard measures are put in place for this circumstance: 2 adults will always be present. Either 2 coaches or 1 coach and 1 parent</p>	<p>No further measures required</p>	<p>LOW</p>