

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:

Old Colfeians RFU

COMPLETED BY:

Angie Elder Club CSO

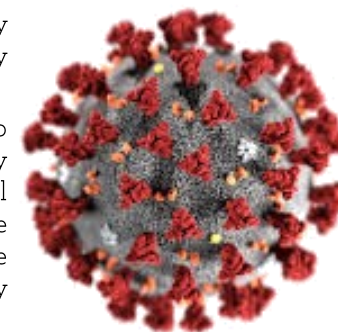
DATE COMPLETED:

July 2020 (Updated 10/8/20)

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. 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	Yes. Hand washing is available in Main club toilets. However to avoid bottlenecking and gathering we are instructing players to Hand Sanitise instead.
Stringent hand washing taking place	Players are advised to hand sanitise upon arrival, during 15 min sessions and upon exit. Handwashing can take place if attending the toilet.
Gel sanitiser readily available and used regularly	Yes, located in Entrance area, Toilets and bar area. Individual players are instructed to bring their own supply.
Disposable towels available and used to wipe sweat off face	Yes, in toilet areas. Not on pitches currently. Encourage players to bring a small hand towel to remain in their bag.
Gel sanitiser in any area where washing facilities not readily available	Yes located in Entrance foyer and Bar area.
Equipment cleaned and disinfected before and after use	Yes. Balls washed at the end of each 15 min set as per rfu guidelines. To reduce risk, minimise number of balls available.
Equipment stored securely	Yes. Balls are age groups specific and are stored in a secure/locked container.
Minimise sharing of kit / equipment	Balls are age group specific. Choose match shirt reversal as 1st bib option. If bibs are required they are specific to the individual & must not be swapped/shared & must be taken home by a nominated person for washing after session
No sharing of water bottles	Players instructed to bring their own and no team bottles are available.
No close physical contact	In line with Guidance as of August 7th, we are following the Stage C and Ready4Rugby guidelines.
No hand shaking	Individual awareness not to shake hands upon meeting up is taking place and being promoted. No interclub matches at present therefore no post match hand shaking risk.
No huddles	Coaches/Team Managers/First Aiders to monitor and direct players to keep social distancing where possible.
No touching face	Monitored as close as possible by Coaches/Team Managers/First Aiders to remind players to refrain from doing so and why.
If space allows, increase social distancing between players during heavy exertion	Groups attendance is being time staggard to maximise pitch space available. Coaches to spread out when doing specific fitness drills.
Is there an effective action plan in place to deal with someone with suspected symptoms, should it be necessary?	Yes, See club protocol on website and follow NHS guidance.
Ensure guidance signage is clearly visible	Yes, signs are positioned on Entrance, Exit and all other parts of the clubhouse.