

## Covid - 19 Risk Assessment - Outdoor Training - St. Catherines

Class sizes will depend upon government guidance.

Risk / Event	Control Measures
Spread of Covid-19	Participants, instructors, spectators asked to self isolate and get a test if displaying symptoms Anyone arriving to class and exhibiting symptoms to be asked politely to leave Ensure contact details of all participants and spectators are recorded
Spread of Covid-19 through touch points - gates, doors, light switches	Participants to bring hand sanitiser to class and clean hands before class starts Instructor to bring hand sanitiser for those who forget Only instructor to open gates, enter the building, disable alarm and retrieve any equipment needed from the store cupboard Instructor to clean touch points before locking up
Spread of Covid-19 through touch points in bathroom	Participants asked to come dressed for class. No changing facilities Participants encouraged to use the bathroom at home before coming to class Use of disabled access toilet only One in one out system to reduce numbers Cleaning wipes provided by instructor so participants can wipe touch points after use
Lack of toilet paper / hand towels during school summer holidays	Instructor to bring toilet roll and hand towels to reduce the risk of facilities running out
Spread of Covid-19 through lack of social distancing	Class sizes will be limited according to the latest guidance Adult participants will not be able to bring any spectators to class Children may have a parent with them - encouraged to remain in vehicle or bring their own chair and sit far away from the exercising group and at least 2m from other parents Participants unable to perform contact exercises - namely sparring and pad work Pad work may be permitted later in the season, depending on advice from governing bodies. Participants will likely be 'bubbled' with one other training partner.
Spread of Covid-19 through sharing equipment	Participants may not share gloves or water bottles When equipment such as mats / weights / skipping ropes is used, participants will be asked to clean them before they can be used by another participant
Spread of Covid-19 through provision of first aid	Adult participants encouraged to bring their own basic first aid supplies (plasters, antiseptic wipes) Instructor to wear gloves and face mask when providing first aid Injured party asked to wear a mask while first aid is administered
Participants unaware of changes to procedures	Updates and procedures to be send out via email and posted on social media Participants booking into class to be reminded of procedures
Lack of social distancing between classes	Participants asked to arrive no earlier than five minutes before class is due to start A buffer zone of ten minutes between classes to allow one group to leave before another group arrives Participants asked not to wait around after class

## Covid - 19 Risk Assessment - Indoor Training - St. Catherines & Jesmond Pool

Class sizes will depend upon government guidance. Instructors and participants to follow procedures set out by venues as well as those listed below.

Risk / Event	Control Measures
Spread of Covid-19	Participants, instructors, spectators asked to self isolate and get a test if displaying symptoms Anyone arriving to class and exhibiting symptoms to be asked politely to leave Ensure contact details of all participants and spectators are recorded
Spread of Covid-19 through touch points - gates, doors, light switches	Participants to bring hand sanitiser to class and clean hands before class starts Instructor to bring hand sanitiser for those who forget Instructor to clean touch points after class
Spread of Covid-19 through touch points in bathroom	Participants asked to come dressed for class. Avoid using changing facilities Participants encouraged to use the bathroom at home before coming to class Follow venue rules when using toilet facilities Cleaning wipes provided by instructor so participants can wipe touch points after use (ST.C)
Spread of Covid-19 through lack of social distancing	Class sizes will be limited according to the latest guidance Adult participants will not be able to bring any spectators to class Parents of junior participants asked to remain in their vehicle or in the local area after dropping their child at class - spectators only permitted for children with additional needs Participants unable to perform contact exercises - namely sparring and pad work until it is deemed appropriate by the governing bodies. Pad work may be permitted later in the season, depending on advice from governing bodies. Participants will likely be 'bubbled' with one other training partner.
Spread of Covid-19 through sharing equipment	Participants may not share gloves or water bottles When equipment such as mats / weights / skipping ropes is used, participants will be asked to clean them before they can be used by another participant
Spread of Covid-19 through provision of first aid	Adult participants encouraged to bring their own basic first aid supplies (plasters, antiseptic wipes) Instructor to wear gloves and face mask when providing first aid Injured party asked to wear a mask while first aid is administered
Participants unaware of changes to procedures	Updates and procedures to be send out via email and posted on social media Participants booking into class to be reminded of procedures
Lack of social distancing between classes	Participants asked to arrive no earlier than five minutes before class is due to start A buffer zone of ten minutes between classes to allow one group to leave before another group arrives Participants asked not to wait around after class