



RISK ASSESSMENT
COVID – 19 Specific

Work Undertaken	All Gymnastic Classes
Assessor	
Assessment Date	
Review Date	
Site Closure Date	
Site Opening Date	

Hazard	Who is at Risk?	Existing Control Measure	Severity (15)	Likelihood (1-5)	Risk Rating	Measure(s) Required
Anyone attending the gym who have Covid 19 or have been in contact within the last two weeks with an infected person. There is a clear risk of this person spreading Covid 19	Everyone in the gym	Parents fully aware they must notify Deal Gymnastics Club direct of any anyone who has Covid 19 or who has been in contact with Covid 19. They will not be permitted to attend the gym under any circumstances.	5	1	LOW	The hazard is controlled as far as reasonably practical
Anyone attending the gym who have possible Covid 19 symptoms but who do not yet know if they have Covid 19 or think that they have another condition or illness. They could have Covid-19 and could spread the illness if given access to the gym.	Everyone in the gym	Parents fully aware they must notify Deal Gymnastics Club direct of any anyone who has Covid 19 or who has been in contact with Covid 19. They will not be permitted to attend the gym under any circumstances.	5	1	LOW	The hazard is controlled as far as reasonably practical
Anyone attending the gym who are A-Symptomatic and do not display any symptoms but can spread the illness.	Everyone in the gym	Numbers of gymnasts coming into the gym to participate will be limited. Although there is no guarantee that a gymnast is not A-symptomatic, we are taking all precautions as advised by our Governing Body and other agencies. Parents will not be permitted in the gym to view until the pandemic restrictions are lifted.	5	2	MED	The hazard is controlled as far as reasonably practical
A gymnast could report as Covid 19 positive in the	Everyone in the gym	Each session will be treated as a 'bubble'. If a gymnast is Covid-19 in the future the	5	1	LOW	The hazard is controlled as far as

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future. Continued participation could spread the disease to others.		class can be contacted and informed that they must self-isolate. All those affected will be excluded from the gym until their self-isolation period is over. Classes will be separated by time allowing time for circulation spaces to clear preventing the 1+m social distancing rule being breached.				reasonably practical
Failure to socially distance when moving around the gym or waiting to use equipment. This could result in Covid 19 being potentially spread.	Everyone in the gym	We have marked out the 1+m separation as required under official guidelines. We have established a one-way system within the gym. Our staff will always enforce social distancing . We will reduce the number of people in the building. Parents will be excluded from the building.	5	1	LOW	The hazard is controlled as far as reasonably practical
Parents collecting around entrance and exit doors which may promote the spread of Covid 19	Those in the gym	Parents are informed that they must socially distance when dropping off and picking up gymnasts. They will not be allowed in the building Advised to wait in cars. Coaches will see gymnasts safely out of the building.	5	1	LOW	The hazard is controlled as far as reasonably practical
Covid 19 being spread from frequent touch items such as door handles, toilet flushes and other	Everyone in the gym	All frequent touch fixtures will be disinfected between classes. To limit the number of frequent touch items affected we will ensure cloakroom	5	1	LOW	The hazard is controlled as far as reasonably practical

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communal area fixtures.		doors are open during sessions to allow gymnasts easy access to the toilets. Gymnasts will arrive in their training kit so that they only need to remove their tracksuits and shoes.				
Covid 19 being spread by the failure of social distancing during the gymnastics class.	Everyone in the gym	The gym will be set out so that gymnasts are 1+ meters apart. There will be clearly marked areas and this will be enforced by our coaches. Where circuits or other specific apparatus is being used, we will again follow the guidance issued.	5	1	LOW	The hazard is controlled as far as reasonably practical
Failure of hand hygiene resulting in Covid 19 spread.	Everyone in the gym	All gymnasts will be reminded of hand hygiene and that the virus lives in our airways and can be spread to them by touching our faces with their hands if they are contaminated with Covid 19. If they do touch their faces when training, we will ask them to sanitise their hands. Hand hygiene will be enforced. Everyone entering the building will have to sanitise their hands before entering the gym hall. We will introduce additional hand hygiene during the session. This will be done by introducing hand sanitising at if gymnasts move around the gym to change equipment/ moving to another station. All gymnasts will sanitise	5	1	LOW	The hazard is controlled as far as reasonably practical

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		their hands on leaving the gym.				
Equipment becoming contaminated during use and hence spreading Covid 19.	Everyone in the gym	Equipment will be sanitised between classes. Bars will be sanitised between restricted small 'bubbles' of gymnasts. Only Beams that are fitted with Covid 19 Safety Covers which can be wiped down and sanitised. Vault fitted with a Covid 19 Safety Cover and cleaned accordingly. Safety mats blocks etc. will be sanitised after use.				The hazard is controlled as far as reasonably practical
Coaches coming into close contact with gymnasts	Everyone in the gym	There will be no supporting of gymnasts at any level	5	3	HIGH	There is no hazard to control
Covid 19 being spread from bodily fluids such as urine and blood.	Everyone in the gym	If an accident has taken place, the area is to be cleared. The first aider is to ensure that they use barrier gloves and if CPR is needed the current British Heart Foundation guidance is followed. If the first aider feels at risk, they are at liberty to refuse to administer first aid. Where possible the casualty is to be instructed to self-treat, i.e. hold this bandage here and lift your arm. Therefore, the first aider does not come into contact with blood. When fluids are being cleaned up, the area will be disinfected and allowed a contact time of	5	1	LOW	The hazard is controlled as far as reasonably practical

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		at least 10 mins. The area will then be checked to see if completely dry before using the area.				
Fire emergency causing social distancing to be compromised. Potentially resulting in Covid 19 being spread	Everyone in the gym	If the fire alarm is sounded, we will evacuate the building maintaining a 1+ distancing if it safe to do so. If fire or smoke are seen or felt the building will be evacuated as quickly as possible regardless of social distancing. The consequences of fire outweighs the potential harm Covid 19 might do. Once the gym has been cleared social distancing will be maintained at the assembly point. If social distancing has been compromised those who have been involved are to be segregated from those who were able to evacuate while observing social distancing. It is likely that if someone has been in a fire and seen the fire or smelt smoke that they will need medical screening by the ambulance service even if they are not admitted to hospital.	5	1	LOW	The hazard is controlled as is reasonably practical