

Covid-19 Risk Assessment for Training Sessions

Name of Club:	Barrow ASC				
Date risk assessment carried out:	3/9/2020	Person:	Amy Caine (Covid lead)	Review date:	3/10/2020

Spread of Covid-19 Coronavirus	Who may be harmed	Risk before measures	Measures in place	Risk after measures	Action by
Carpark	<ul style="list-style-type: none"> • Swimmers • Parents • Guardians • Coaches • Volunteers 	High	<ul style="list-style-type: none"> • Child to be dropped off and parents/guardians will not enter the building • Everyone to maintain social distancing measures outside the building 	Low	Life Leisure Club
Facility entrance and reception area	<ul style="list-style-type: none"> • Swimmers • Coaches • Volunteers • Staff 	High	<ul style="list-style-type: none"> • Social distancing entry via reception and café into poolside area • Hand sanitiser to be used on entry by all • Arrival to be no more than 10 minutes prior to session. Life Leisure manage entry. 	Low	Covid lead/ Life Leisure Club
Changing rooms	<ul style="list-style-type: none"> • Swimmers • Public 	High	<ul style="list-style-type: none"> • Changing rooms to be used by one quad per session and cleaned regularly 	Low	Life Leisure Club

Health screening	<ul style="list-style-type: none"> • Swimmers • Coaches • Volunteers 	High	<ul style="list-style-type: none"> • Completion of health screening before training restarts • Temperature will be taken on arrival • Parents to inform of any health changes within the family prior to training session • Parents not to send children when awaiting test results • Club track and trace register to be completed at every session 	Low	Covid Lead
Someone becomes unwell during session	<ul style="list-style-type: none"> • Swimmers • Coaches • Volunteers • Staff 	High	<ul style="list-style-type: none"> • Contact parent guardian and isolate individual in first aid room or other suitable area. Use appropriate PPE supplied by Barrow ASC. • Request parent/guardian to seek Covid testing • Covid lead for action re: Government guidelines for testing and track and trace 	Low	Covid liaison/Life leisure staff/Covid lead
Poolside	<ul style="list-style-type: none"> • Swimmers • Coaches • Volunteers 	High	<ul style="list-style-type: none"> • Social distancing protocols to be followed at all times • Swimmers belongings to be kept to essential items only and stored separately from other swimmers. • Swimmers to have own water bottle, easily identifiable and not to be shared with others. • No club members other than coaches/assistants assigned to training session to be present at poolside • Clear sit out areas identified for swimmers who cannot complete the set without resting • One-way system in place for walking around the pool 	Medium	Lead Coach/covid liaison/Covid Lead
During activity	<ul style="list-style-type: none"> • Swimmers • Coaches 	High	<ul style="list-style-type: none"> • Appropriate training to achieve social distancing protocols. 	Medium	Lead Coaches/Lead Covid

	<ul style="list-style-type: none"> • Volunteers 		<ul style="list-style-type: none"> • Number of swimmers per lane to comply with SE Guidelines • Configure groups within the lane to minimise the number of swimmers per end. • Sessions designed to minimise lane end resting as per SE Guidelines. • If swimmers are not capable of completing the set they will be expected to exit the pool and sit in the designated rest area. • When completing a repeat the second swimmer at each end will stop at the flags. • All lanes will swim clockwise to minimise the risk of swimmers in adjacent lanes swimming beside each other and stopping close together. • No side by side kicking with boards will take place. • Pre and post pool exercise will not take place poolside. 		
Hygiene measures	<ul style="list-style-type: none"> • Swimmers • Coaches • Volunteers 	High	<ul style="list-style-type: none"> • Covid-19 rules communicated to all members in advance. • Hand hygiene recommendations before and after entry to Life Leisure Club • Recommend Life Leisure toilet facilities only be used in an emergency • Hand hygiene measures in place if toilet facilities are required to be used during training 	Medium	Club Committee/Covid Lead/Life Leisure Club
Spectators	<ul style="list-style-type: none"> • Parents • Guardians 	High	<ul style="list-style-type: none"> • Club advised parents/guardians watching from the café is not allowed. 	Low	Club Committee/Covid Lead
Equipment	<ul style="list-style-type: none"> • Swimmers 	High	<ul style="list-style-type: none"> • Cleaning protocols for equipment in line with Life 	Medium	Covid

	<ul style="list-style-type: none"> • Coaches • Volunteers 		Leisure Club guidance if use permitted		lead/Coaches/Life Leisure Club
Exit	<ul style="list-style-type: none"> • Swimmers • Coaches • Volunteers • Parents 	High	<ul style="list-style-type: none"> • Swimmers to leave facility as soon as possible. • One-way system in place • Exit is via the rear doors following social distancing. • Recommend child sanitises hands on exit • Timed break between sessions to allow squad entry and exit to enable the maintaining of social distancing rules at all times. • Parents/guardians must not enter the facility and collect their child from the rear entrance of Life Leisure 	Low	Coaches/Covid Lead/Life Leisure Club