

# 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:**

**Cranleigh RFC**

**COMPLETED BY:**

**Nic Churchill**

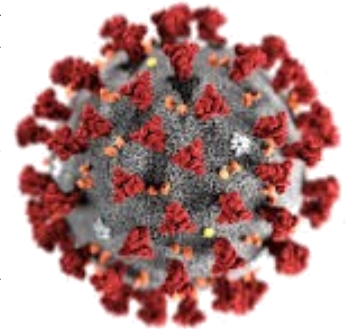
**DATE COMPLETED:**

**1st September 2020**

## 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](http://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	Wash basins in toilets and buckets of soap and water in various locations around training area.
Stringent hand washing taking place	Players asked to wash hands before and after training, as well as sanitise every 15 minutes during training session.
Gel sanitiser readily available and used regularly	Gel sanitiser positioned around training area and players requested to use every 15 minutes.
Disposable towels available and used to wipe sweat off face	Disposable towels/ Kitchen roll available at gel sanitiser points.
Gel sanitiser in any area where washing facilities not readily available	Gel sanitiser positioned on access doorway to clubhouse and 2 additional points around training pitch.
Equipment cleaned and disinfected before and after use	All shared equipment cleaned after each individual use and every 15 minutes for balls.
Equipment stored securely	Equipment stored away in locked container, once cleaned at the end of training session.
Minimise sharing of kit / equipment	Equipment sharing minimised and bibs worn only once by one single player (washed after every use).
No sharing of water bottles	Players asked to bring their own water bottle to each session and not to share.
No close physical contact	Stage D now permits limited contact training, however only 1v1 (Tackling) or 2v2 (Rucking), in small groups of up to 6 players and for a maximum of 15 minutes per session.
No hand shaking	Hand shaking not permitted and actively discouraged.
No huddles	No huddles between players and/or coaches. Coach feedback given in a socially distanced circle/group.
No touching face	Touching of face actively discouraged.
If space allows, increase social distancing between players during heavy exertion	Fitness and conditioning blocks planned with appropriate spacing between players.
Is there an effective action plan in place to deal with someone with suspected symptoms, should it be necessary?	Any player failing symptom check can not attend training. Any player showing symptoms would be immediately isolated and RFU/Government protocols followed.
Ensure guidance signage is clearly visible	Clubhouse clearly displays all social distancing and hand sanitisation guidelines, as well as track & trace check-in information.