

North Shields Polytechnic AC Track Covid-19 Risk Assessment Form. Updated 18th June 2021

Venue:		Churchill Playing Fields running track	
Address: (Include postcode)		Churchill Playing Fields Hartley Avenue WHITLEY BAY NE26 3NS	
Group:		North Shields Polytechnic AC	Location of first-aid kit: In club house and on the track
Date: & Time Time:		NSP Club sessions: Tuesday / Thursday 1700 - 2000 Saturday/Sunday 1000 - 1200 (weekend times may vary)	Location of Defibrillator In club house
			Location of telephone: In club house /each coach has a mobile phone
Participants:	Number:	Fluctuates week to week depending on attendance	Location of toilets: In club house / public toilets at Churchill (or adjoining public toilets-daytime)
	Age:	Junior and Adult groups	Location of changing rooms: In club house
	Ability:	Mixed	Location of first-aid kit: In club house
Number of NSP coaches who will have access to the facility		27 coaches along with numerous volunteers and run leaders (track and field)	NSP Trustee(s) responsible for the track Greg Penn 07546160913/penn.greg@gmail.com NSP Chairperson John Sutcliffe NSP Covid 19 Coordinator Clare Winter (07970658860 / email clareswift2@icloud.com)

Risk Assessment Form

Location & Description of Hazard:	People at Risk:	Level of Risk (High/Medium/Low):	Action(s) to Mitigate/ Remove Risk:	Responsibility	Residual Risk: After resolution	Dates Reviewed
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Covid-19 prevention	athletes, coaches, parents of junior athletes	Likelihood: Med Impact: High	<p>-Ensure the coach to junior athlete ratio does not exceed ratios in accordance with government, EA and BTF guidance for Junior sessions. This will be regulated by a booking system/rota.</p> <p>-Ensure adult sessions are run in accordance with EA guidance for ratio coach /leader: runner ratio.</p> <p>-All athletes and coaches to distance from each other in accordance with government, EA and BTF guidance. Sessions will be designed to accommodate this requirement (at least 1m+).</p> <p>-Coaches must ensure they have a log of athletes who have attended each coached session, sufficient to meet test and trace requirements.</p> <p>-During the NSP club session times the track entrance gate (a touch point) will be left open, or opened by the coach. Signage will remind athletes and visitors of social distancing requirements. Exiting the track via the separate gate (near the containers) is recommended to avoid mixing of athletes and/or parents.</p> <p>-All athletes and coaches to wash / sanitise hands before arrival.</p> <p>-All athletes will be asked to ensure minimal personal equipment is brought to track sessions, however where this is unavoidable, they will be required to sanitise equipment they bring to the session which is likely to be handled. When Club equipment is used, it should be handled by coaches only and hands sanitised after use, and equipment wiped clean.</p> <p>-Hand sanitiser to be made available by coaches and athletes during the session. Dispensers are kept by the clubhouse door.</p> <p>-If athletes should require a water bottle they must only touch and drink from their own bottle.</p> <p>-All athletes to understand the 'aerosol effect' and be aware of strategies they can use to avoid it (i.e. when overtaking). This should extend to turning away from others when heavy breathing after exertion and coughing/sneezing into the elbow. Covid prevention track etiquette to be outlined at sessions in the facility by coaches.</p> <p>-Athletes attending the session will be encouraged to arrive already dressed for the session, if outer garments are removed they must be placed away from the track or other facilities as well as other athlete's belongings.</p> <p>-All track facilities and club owned equipment, where used should be cleaned thoroughly using antibacterial wipes after use / between athletes in accordance with EA guidance: https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/</p> <p>-Coaches should try to avoid touching athletes' equipment as far as possible. If a coach handles an athlete's equipment they should sanitise their hands afterwards.</p> <p>-Coaches & athletes to sanitise their hands at the end of the session.</p> <p>-No athlete or coach should attend the session if they display any of the symptoms of Covid-19, or indeed if a household / bubble member has symptoms.</p> <p>-If an athlete sustains a minor injury during the session then they should be directed for appropriate self-care (e.g. antiseptic wipe, plaster). The incident should be recorded via the incident reporting procedure in place at the club.</p> <p>-If an athlete sustains a more serious injury that requires immediate intervention then those responding should wear appropriate PPE and assess whether the athlete needs to go home or requires emergency treatment. The incident should be recorded via the incident reporting procedure in place at the club.</p> <p>-Once a coached session has taken place there must be sufficient time between the next scheduled coached session to allow athletes time to leave and arrive without compromising social distancing / covid security. It is recommended that this is a minimum of 5 minutes. Exit via the far container gate should avoid congestion.</p> <p>-Any parent's or visitors choosing to watch the activities on the track must stand outside of the track area on the other side of the fence to ensure social distancing. Appropriate signage should reinforce this requirement. This also applies to the car park and remains the responsibility of all those visiting the track.</p>	All coaches, trustee team & adult athletes	Likelihood: low Impact: high	In line with Government & EA / BTF guidance, and no later than 30th September 2021.
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			<p>High Jump</p> <ul style="list-style-type: none">- Athletes to follow hygiene guidelines for cleaning hands prior to any training starting.- Only the Coaches should clean all jumps equipment before and after use.- Coaches should ensure they maintain social distancing at all times with any athlete they are coaching, as well as maintain social distancing from any other coaches and athletes using adjacent space.- The mattress, stands and high jump bar should only be moved and adjusted by the coach.			
			<p>Long Jump:</p> <ul style="list-style-type: none">- Athletes to follow hygiene guidelines for cleaning hands prior to any training starting.- Coaches should ensure they maintain social distancing at all times with any athlete they are coaching, as well as maintain social distancing from any other coaches and athletes using adjacent space.-Coaches must supervise movement of the covers and sanitise hands after contact.			

			<p>Pole Vault: TBC</p> <ul style="list-style-type: none"> - Athletes to follow hygiene guidelines for cleaning hands prior to any training starting. - Coaches and athletes should ensure all poles and personal equipment is used by one athlete and then thoroughly cleaned according to guidance before and after each session. - Coaches should ensure they maintain social distancing at all times with any athlete they are coaching, as well as maintain social distancing from any other coaches and athletes using adjacent space. -Coaches must supervise movement of the covers and set up of equipment and sanitise hands after contact. 			
			<p>Hurdles (sprint)</p> <ul style="list-style-type: none"> - Athletes to follow hygiene guidelines for cleaning hands prior to any training starting. - Coaches only should clean and place hurdles before, during and after use. - Coaches should ensure they maintain social distancing at all times with any athlete they are coaching, as well as maintain social distancing from any other coaches and athletes using adjacent space. - The hurdles should only be moved and positioned by the coach to avoid contamination. 			

Covid-19 symptoms	Coaches, athletes, parents of junior athletes	Likelihood: low Impact: high	<p>-Should an athlete develop C-19 symptoms during a session they should inform their coach and return home. if it is a junior athlete the coach will isolate the child and contact the parent immediately to arrange collection.</p> <p>-Should a coach working with adult athletes develop C-19 symptoms during a session they should inform their group and leave at the earliest opportunity.</p> <p>-Should a junior athlete coach develop C-19 symptoms they should contact another coach / leader or responsible adult (i.e. Trustee or welfare officer) at the club for them to take over responsibility, and then leave at the earliest opportunity. Another coach / responsible adult should then contact the parents of the athletes for them to be collected.</p> <p>-Should a coach test positive for C-19 they should inform the NSP Welfare Officer or a Trustee team member as soon as practically possible.</p> <p>During competition event officials should handle non-personal equipment and practice sanitising and social distancing.</p>	All coaches, trustee team & adult athletes	Likelihood: low Impact: high	As guidance updated
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Insert Diagram(s) of layout of venue with key safety elements marked (this page is intended to be shared between Risk Assessment and EAP):

Track:

