

# Welsh Athletics Covid-19 Risk Assessment

Venue / location / name of the facility	
Name of person conducting Risk Assessment (eg. coach/leader):	
Date Risk Assessment was carried out:	

What are the hazards?	Who might be harmed?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by who?	Action by when?	Done
Spread of Covid-19 Coronavirus	<p>Coach, athlete</p> <p>Vulnerable groups – Elderly, Pregnant, those with existing underlying health conditions.</p> <p>Anyone else who physically comes in contact with other people in relation to your activity</p>	<p><b>Hand Washing</b> Hand washing facilities in place (with soap and warm water) Stringent hand washing taking place. Gel sanitisers in any area where hand washing facilities not available.</p> <p><b>Cleaning</b> Frequently cleaning and disinfecting equipment and surfaces that are touched regularly</p>	Medium	<p>Coaches and athletes to be reminded on a regular basis to wash their hands for 20 seconds with water and soap and the importance of proper drying with disposable towels. Also reminded to catch coughs and sneezes in tissues – Follow ‘Catch it, Bin it, Kill it’ and to avoid touching face, eyes, nose or mouth with unclean hands.</p> <p>To help reduce the spread of coronavirus (Covid-19) reminding everyone of the advice from Public Health Wales.</p> <p>Ensure any use of equipment is restricted to one athlete while being used and that thorough cleaning is carried out prior to and after any training session.</p>	Low	ALL		
Travel to venue.	All participants	Travel alone or with a member of your household. Avoid sharing transport or giving lifts.	Medium	<p><u>Remain in car until session is due to start. Ensure that social distancing guidelines are followed (2m).</u></p> <p>Parents are asked to either remain in transport or observe from a safe distance following social distancing guidelines.</p> <p>Entry to track is through main gate, exit via gate near to Astroturf pitch – ONE WAY SYSTEM.</p>	Low	ALL		

Warm-up/ Warm down	All participants	Maintain social distance and respect the rights of all users.	Medium	<p>Usual 2 lap jog warm up in pairs with 2m distance.</p> <p><u>Move to the inside of the track when passing others.</u> It is our responsibility to ensure safety of ourselves and others.</p> <p>Care should be taken when transitioning to drills, maintain distance, <u>no sharing of drinks.</u> <u>Any discarded layers into bags.</u></p>	Low	ALL		
Main session	All participants	Maintain social distance and respect the rights of all users.	Medium	<p>Reps done in LANES (2,4,6) with 2m distance. 30 seconds between groups. <u>Athletes behind are responsible for maintaining the 2m if passing</u> (again on the inside). Maintain social distance during recovery. Water consumed to be swallowed – NO SPITTING OUT.</p>	Low	ALL		
Toilet Breaks	Participants / Centre staff	Follow advice on notices inside centre	High	<p><u>Only one athlete at a time to enter building to access facilities.</u> Respect others, follow 2m rule.</p> <p><u>Avoid touching surfaces</u> wherever possible. Wash hands thoroughly before exiting (minimum 20 secs). <u>Use hand sanitiser before re-joining session.</u></p>	Medium	ALL		
Injury /Niggles / Feeling unwell	Athletes/ Coach	Usual stretching and warm-up protocols.	High	<p><u>STOP IMMEDIATELY</u> on feeling any discomfort. Raise your hand, walk (by the shortest route) towards coaching position.</p> <p>If this is not possible, stay where you are and wait for assistance. You will be provided with PPE (ie mask and gloves) before any first aid is administered.</p> <p>Same protocol to be followed if you feel unwell.</p>	Medium	ALL		

Departure after session	All parties	Return to vehicle immediately following end of session.	Medium	Maintain 2m distance. Avoid staying to socialise. Take any water bottles etc with you.	Low	ALL		
Register	All parties	Record kept of all participants at each session.	High	<p>Following any session if you feel unwell (COVID symptoms). You are asked to communicate this privately to your Coach.</p> <p>Coach will then inform other athletes who have attended session to allow for self-isolation.</p> <p>Coach reserves the right to share such information with authorities involved in Track &amp; Trace as appropriate.</p>	Medium	ALL		

**Important note for Welsh Athletics affiliated clubs:** UKA provide a Health and Safety Helpline, supported by the Royal Society for the Prevention of Accidents. If clubs need support with producing a policy or risk assessments you can call 0121 248 2235 or email [athleticsafety@RoSPA.com](mailto:athleticsafety@RoSPA.com)