



Elevate Elite C.I.C. COVID-19 Risk Assessment

Organisation/Company: Elevate Elite C.I.C.
 Nature of Activity: Gymnastics / Cheerleading / Tumbling / Dance
 Indoor Venue: Sports Hall B, Iveshead School, Forest Street, Shepshed, Leicestershire, LE12 9DB
 Assessed By: Hannah Bottomley & Emma Kirk (Club Directors & COVID-19 Officers)
 Date of Assessment: 22/07/2021
 Review Date: Ongoing during COVID-19 pandemic

Elevate Elite C.I.C. has undertaken this risk assessment for cheerleading and gymnastics classes. As of 19th July 2021 there are now very few legally required COVID-19 restrictions, however it is still our responsibility to minimise (where possible) the risks of COVID-19 transmission within our club and to the wider community. This document details the actions we are taking in order to operate in as safe a way as possible with regards to COVID-19. Relevant government and NGB guidance documents which have been consulted to create this risk assessment, include:

Guidance on coronavirus (COVID-19) measures for grassroots sport participants, providers and facility operators: <https://tinyurl.com/49fwtjw>
 British Gymnastics Guidance from the 19th July: <https://tinyurl.com/6z4umnje>
 NHS COVID-19 Advice: <https://tinyurl.com/85j4stcj>

Key:

| Likelihood: | Severity: |
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| 1. Very unlikely | 1. Very minor |
| 2. Unlikely | 2. Minor / First Aid |
| 3. Possible | 3. Significant illness / injury |
| 4. Likely | 4. Major illness / injury |
| 5. Very probable | 5. Death / Major illness or injury to multiple persons |

P = Probability of illness / injury, S = Likely severity should illness / injury occur, R = Risk rating (PxS)

General Principles:

- No person who is presenting symptoms of Covid-19 should come to sessions unless they have received a negative test result. No person who has tested positive for Covid-19, is to come to sessions until the required isolation period is completed. Likewise if anyone is required to self-isolate due to being a contact of a positive case, or due to travel, then they should not come to sessions until the required isolation period is completed.
- Whilst social distancing and face coverings are no longer legal requirements, Elevate Elite C.I.C. will continue to allow space for people to social distance and wear face coverings (when possible) should they so wish.
- Elevate Elite C.I.C. will adhere to all policies and risk assessments from Iveshead School relating to the hire of their facilities.

Risk Assessment:

| Hazard | Who might be harmed and how? | Risk without control measures | | | Control Measures | Risk with control measures | | | Further Action Required |
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| | | P | S | R | | P | S | R | |
| Participants and parents accessing and leaving the venue are unable to socially distance. | Large amounts of people in the entranceway to the venue would increase the risk of infection being spread. There is a risk of infection to participants, coaches, parents and the wider public due to a lack of social distancing. | 4 | 4 | 16 | Parents and participants will be asked to arrive for pick up / drop off as close to their session start / finish time as possible. Parents will be asked to generally avoid entering the building or waiting in the entrance hall. Where possible, staggered session start / finish times with a gap of at least 15 minutes between different sessions will be used. | 2 | 4 | 8 | All participants, parents and coaches to be reminded not to congregate in the entranceway to the building. |
| Participants, coaches and any spectators are unable to socially distance due to large amounts of people inside the venue, or inappropriate setup of equipment stations. | There is a risk of infection to participants, coaches and the wider public due to both droplet and 'aerosol' spread of COVID-19. Those who are more vulnerable, or just wish to be more careful, may not be able to choose to socially distance to protect themselves. | 4 | 4 | 16 | The size of Sports Hall B at Iveshead School is approximately 6000sq ft. Whilst it is no longer a requirement for there to be 100sq ft of space per person, we will avoid having more than 100 people in the venue at one time (allowing for a minimum of 60sq ft per person). Equipment stations will be sufficiently spread out to avoid different groups | 2 | 4 | 10 | For any sessions where parents are allowed to watch in larger numbers (e.g. a showcase) we will encourage use of face coverings. |

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| ... continued from page 2 | | | | | of participants being crowded together. We will also continue to not generally allow parents to spectate, to avoid crowding around the edges of the sports hall. There will be some exceptions to this (e.g. for preschool aged or disabled children). | | | | |
| Lack of ventilation within the venue. | There is a risk of infection to participants, coaches and the wider public due to 'aerosol' spread of COVID-19. This is particularly a risk if an inside space is crowded and not well ventilated. | 3 | 4 | 12 | Doors will be left open when possible to ensure good ventilation through the building, which minimizes the risk of airborne spread of COVID-19. | 2 | 4 | 8 | |
| Participants and parents/guardians who are new to cheerleading may not be aware of the close contact nature of the sport. | There is a risk that a participant who is more vulnerable to COVID-19 (or lives with someone who is) takes part in all of the close contact elements of cheerleading without their parent/guardian being aware of this or fully understanding the risks. This could lead to a more vulnerable person becoming seriously ill. | 4 | 5 | 20 | Our updated COVID-19 policies will be shared with all participants or their parents/guardians. We will make sure they are fully aware of the close contact nature of cheerleading stunts, gymnastics pairs balances and spotting of tumbling skills, so that they have the option to 'opt out' if they so wish. | 2 | 5 | 10 | Coaches will generally avoid 'excessively' supporting skills apart from where necessary for safety reasons. Participants will be encouraged to work on progressions using equipment where possible. |
| Inadequate personal hygiene and hand washing by participants and coaches. | There is a risk of infection to participants, coaches and the wider public due to the spread of infection via unclean hands. | 3 | 4 | 12 | Participants and coaches to continue to be encouraged to wash or sanitize their hands before, during and after all sessions – especially before and after any close contact. | 2 | 4 | 8 | Coaches to ensure that there are adequate supplies of soap and hand sanitizer at the venue at all times. |

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| Inadequate hygiene and cleaning measures surrounding 'high touch' surfaces and equipment. | There is a risk of infection to participants, coaches and the wider public due to the spread of infection via unclean surfaces. | 3 | 4 | 12 | The latest scientific advice is that transmission of COVID-19 via surfaces is very unlikely https://tinyurl.com/2h4294pa . However, in order to further minimize this risk, 'high touch' equipment (such as door handles, gymnastics bars, vaults, tumble blocks, handheld equipment such as pom poms, ribbons, balls etc.) will be regularly cleaned, especially between different sessions. Participants to be discouraged from sharing drinks, or other personal items such as handguards or wrist supports. | 2 | 4 | 8 | Coaches to ensure that there are adequate supplies of cleaning materials at the venue at all times. Encourage all participants to clearly label any drinks or personal items to avoid mix-ups. |
| A participant, coach or spectator presents with COVID-19 symptoms during a session. | Potential transmission of COVID-19, resulting in people contracting the virus. Heightened risk to the individual if they are not treated in a timely manner. | 3 | 4 | 12 | All coaches to be familiar with the main symptoms of COVID-19 and will act accordingly if anyone develops possible COVID-19 symptoms during a session. The person with symptoms should: <ul style="list-style-type: none"> - Be isolated in an area away from others whilst parents are contacted. - Return home as soon as possible. - Avoid touching anything. - They must then follow the guidance on testing and self-isolation and not return to sessions until they have received a negative test result. - If the test result is positive, see steps we will take below. | 2 | 4 | 8 | Make sure that all participants, particularly children, are reminded to communicate with an adult if they start to feel unwell. |
| A participant, coach or spectator who has been to a session recently, tests positive for COVID-19. | Higher risk of infection to participants, coaches and the general public. | 3 | 4 | 12 | Co-operate with the NHS track and trace service if necessary to provide any relevant details. Contact parents/guardians of all those who had been at the same | 2 | 4 | 8 | Ensure all contact details are up to date for effective contact tracing. |

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| ... continued from page 4. | | | | | <p>session as the infected person so that they can take additional steps if necessary.</p> <p>Remind those affected they must follow any instructions given to them by the NHS track and trace service, including isolating for 10 days if necessary.</p> <p>After 16th August 2021, all children under 18 and all adults who have been fully vaccinated will no longer be required to self-isolate if they are a contact of a positive case. However we will encourage all those who have been in close contact with the infected person to take regular daily tests and be extra vigilant for any possible symptoms developing.</p> <p>The venue to be informed of the positive case so that they can carry out any additional steps such as deep cleaning if they so wish.</p> | | | | <p>Consider additional cleaning of equipment and reducing close contact for a period of 10 days at the session where the infected person was present, as participants in that group may be at an increased risk of being infected.</p> |
| <p>In the event that a child or coach who has been to a session is infected with COVID-19, multiple close contacts between participants and coaches could cause a large outbreak.</p> | <p>Higher risk of infection to large numbers of participants, coaches, family members and the wider public.</p> | 3 | 4 | 12 | <p>Whilst there are no longer and limits of group sizes, for the time being, group sizes will be limited to 25 and in most cases will be smaller than this. Sessions will in most cases be fairly fixed with the same children and coaches attending the same sessions each week.</p> <p>We will aim to keep participants with the same small groups for any close contact (e.g. stunts or balances) during each session. This is to reduce the amount of 'close contacts' they have should there be anyone test positive for COVID-19.</p> | 2 | 4 | 8 | <p>We will ask all participants and their parents/guardians to consider if they are happy with the risk of attending of multiple sessions per week where there is close contact involved.</p> <p>For coaches who work with multiple groups and a large amount of participants, we will encourage them to test for COVID-19 regularly.</p> |