

Risk Assessment – Covid-19 (Gymnastics)		30 August 2020	GymKidz Ltd
Responsible Person	Natalie Crosland		
Guidance Material Considered	<ul style="list-style-type: none"> • DfE – Guidance for Full Opening – Schools (7 August, updated 29th August) • guidance on the phased return of sport and recreation and guidance from Sport England for grassroots sport • Advice from organisations such as the Association for Physical Education and the Youth Sport Trust <p>This risk assessment has been prepared, based on the DfE Guidance on the Full Opening of Schools in September 2020, to support the return of extra-curricular gymnastics in schools.</p> <p>We, at GymKidz will regularly check the Government website (GOV.UK) for updates and adjust this risk assessment accordingly in consultation with our governing body.</p> <p>Key principles for supporting safe Gymnastics include:</p> <ul style="list-style-type: none"> • Keeping pupils in consistent groups • Maximising distancing between pupils • Thoroughly cleaning PE equipment between each use by different individual groups 		

Details	
<p>All GymKidz sessions will be planned to ensure guidelines are followed and to drive the importance of healthy, active lifestyles given the circumstances of lock down.</p> <p>We will regularly check the Government website for updates and adjust this risk assessment accordingly.</p> <p>Gymnastics</p> <ul style="list-style-type: none"> • We will work towards the fundamental movement skills in gymnastics with a real emphasis on components of fitness for the sport. • Focusing on skills that do not require ‘support’ from the coach, more focus on preparation of skills, conditioning, core strength & suitable fitness activities in a fun and safe environment. • Small and consistent group sizes to allow for social distancing (SD). • Gymnasts will be briefed on COVID-19 procedure and what is expected of them during their sessions. • GymKidz ensure scrupulous attention is paid to cleaning and hygiene regimes before and after sessions take place. 	<p>Are Control Measures (Y, N, N/A)?</p>

Hazard	Who is at Risk	How Can the Hazards Cause Harm	Control Measures Currently in Place	In Place	Residual Risk Acceptable?
Infection Control (people)	Staff, Pupils, Visitors	Staff contracting COVID 19	<ul style="list-style-type: none"> • Any staff member with symptoms of COVID-19 is sent home to self-isolate for 10 days and instructed to undertake a COVID-19 test. Their household members are required to self-isolate for 14 days. • If the test is positive: <ul style="list-style-type: none"> ○ The staff member remains off for 10 days from the onset of symptoms and after that they can return if they feel well enough. They can return if a cough or anosmia persist beyond this time. ○ The staff member must engage with the NHS Test and Trace programme. ○ The staff member must notify the School immediately. • If the test is returned negative the staff member can return to School when they feel well enough to do so. • Where a staff member indicates that an individual in their household is unwell with symptoms compatible with COVID-19, they must self-isolate for 14 days. Under the Test and Trace programme there is an expectation that their symptomatic household member is tested. If this test result is negative the staff member can return to School if they do not have any COVID-19 related symptoms. 	Y	
		Pupils contracting COVID-19	<ul style="list-style-type: none"> • Any pupil with symptoms of Covid-19 should not attend GymKidz sessions for 10 days and is expected to undertake a test under the NHS Test and Trace programme. The pupil/parents are instructed to notify GymKidz immediately if a positive result is obtained. • Where a pupil indicates an individual in their household is unwell with symptoms compatible with Covid-19, they must self-isolate for 14 days. Under the Test and Trace programme there is an expectation that any symptomatic household member is tested. If this test result is negative the pupil can return to GymKidz if they do not have any COVID-19 related symptoms. • A negative result means the pupil can return to School. 		
Infection Control (practices)	Staff, Pupils, Visitors	Operational practices in place to minimise the risk of the spread of infection	Arriving and departing <ul style="list-style-type: none"> • All non-fire doors will be propped open to limit the number of times they are touched. • Bags and personal belongings should be stowed away in classrooms (before school sessions) prior to arrival in lesson if possible. • Pupils to be reminded at the start of every lesson of the guidance and expectations in place for COVID-19. 	Y	

			<p>Kit and changing</p> <ul style="list-style-type: none"> • Pupils to change in classrooms or hall • Pupils to bring a named water bottle that should be filled before the session. • No spare kit will be offered to those without kit. • 		
			<p>Hygiene</p> <ul style="list-style-type: none"> • All pupils to wash hands/sanitise at the start and end of lessons. Also at key intervals during lessons if required depending on the activity. • Pupils to be reminded not to touch their face – use hand sanitiser if they do. • Sanitiser spray/cloth, hand sanitiser, wipes to wash down equipment. 		
			<p>Space/facilities</p> <ul style="list-style-type: none"> • Mats to be spread 1 meter apart from one another • Keep year groups separate from one another • Doors to be open to allow air flow and ventilation. • Equipment to be spaced to account for social distancing. 		
			<p>Equipment</p> <ul style="list-style-type: none"> • No equipment that requires handling or contact with the head/face should be shared in lessons and pupils must bring their own kit. • Staff and pupils - All equipment must be cleaned using bottle spray/wipes at the end of the lesson and during the lesson if appropriate/needed. • Time must be built into lessons to allow for cleaning before and after each lesson to avoid potential transmission. • Equipment will always be cleaned, but if not it will be quarantine for at least 24 hours (outdoors)/72 hours. 		
First Aid	Pupils		<ul style="list-style-type: none"> • First aider always available during sessions to carry out basic first aid kit. • Any external coaches to send the pupil to the nearest reception to get access to first aid if needed 	Y	

Details of any additional control measures for consideration	Target for completion	Date of completion	Completed By
None	n/a	n/a	n/a

Assessment completed by:	Natalie Crosland (Director GymKidz Ltd)	Date:	30 August 2020	Date of next review:	ongoing
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