



Risk Assessment for Team Bath Rhythmic Gymnastics

This document sets out the requirements to ensure the health, safety and wellbeing of Team Bath Rhythmic Gymnastics Club members (gymnasts, coaches, volunteers, and parents). It is essential the information contained within this document is communicated to all parties and/or groups involved in the activity and that there is continual communication and transparency between the parties/groups.



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Sport	Gymnastics
Discipline	Rhythmic
Activity	Indoor training sessions
Date	September 2020
Location	Bath University STV
Compiled by	Team Bath Rhythmic Gymnastics: Ursula Cook (Welfare) & Sarah Moon (Chair) 28th August 2020
Activity Format	<p>Use of STV gym for rhythmic gymnastics training.</p> <p>Team Bath Rhythmic Gymnastics will use current BG guidelines on spacing and interactions for rhythmic gymnastics.</p> <p>Staggered start and finish time to allow for social distancing. Gymnasts and coaches only allowed into gym to reduce footfall and maintain social distancing.</p> <p>Hand sanitiser at main entrance. Squad gymnasts to wear toe shoes or socks. Hair tied up, jewellery removed and usual gymnastic clothing to be worn. Gymnasts to bring own yoga mat or towel for floor work, to place onto the carpet. Gymnasts to use own apparatus throughout, parents responsible for cleaning this before and after sessions. Where apparatus is borrowed from the club, it will be cleaned before and after each session; apparatus with one gymnast only during that session.</p> <p>Activities to be within gymnasts' abilities, groupings based on age and experience.</p>

The measures below should be used to rate the risks linked to indoor gymnastics activity in the specific environment in which the activity will take place.

Worst Case Outcome					Likelihood					Risk Rating (Outcome x Likelihood)		
5	4	3	2	1	5	4	3	2	1	High	Medium	Low
Fatality	Severe Injury	Lost time Injury	Minor Injury	No Injury	Very likely	Likely	Possible	Unlikely	Remote	13-25	9-12	1-8
single or multiple	fracture, hospitalisation >24 hrs, incapacitation >4 weeks	strain, sprain, incapacitation > 3 days	small cut, abrasion, basic first aid required		occurs frequently	recurrent but not frequent	could occur, but uncommon	occurs rarely	almost never	STOP THE ACTIVITY Identify new controls. Activity must not proceed until risks are reduced to a low or medium level	Continue, but implement additional reasonably practicable controls where possible and monitor regularly	Continue, but review periodically to ensure controls remain effective

Likelihood↓	Outcome→	Trivial	Minor	Moderate	Serious	Fatal
Remote		1	2	3	4	5
Unlikely		2	4	6	8	10
Possible		3	6	9	12	15
Likely		4	8	12	16	20
Very likely		5	10	15	20	25

Team Bath Rhythmic Gymnastics indoor training at the STV – September 2020

Persons affected by the Activity?	Identified hazards	Control Measures Already in Place	Outcome	Likelihood	Risk Rating	Further Action Required? Yes/No
1. Gymnasts, coaches, parents/carers, STV staff, athletes	Returning to training after a prolonged period away from activity <ul style="list-style-type: none"> • Injury as a result of reduced fitness levels • Mental preparation • Contracting or spreading Covid-19 	<ul style="list-style-type: none"> • New training plan established to include programming that support all activity groups considering fitness, flexibility, conditioning, and safe progressions. • Training plan agreed with coaches and regular meetings scheduled to reflect and adapt safe and progressive planning to support the gymnast's ability level. • Staff trained to recognise Covid-19 symptoms and follow the correct procedure if identified. • Anyone showing symptoms is sent home for isolation and follow the Governments 'Test and Trace' system. • Covid-19 signage is displayed including social distancing. Gymnasts and coaches informed about operational logistics and new increased hygiene measures. • All to follow Government guidance relating to household members and isolation if symptoms are showing. 	3	3	9	No
2. Gymnasts, coaches, parents/carers, STV staff, athletes	Entry and exit to the STV and gym <ul style="list-style-type: none"> • Failure to follow Government guidelines • Large gatherings within the entrance/exit to the gym. • Contracting or spreading Covid-19 in common use high traffic areas. 	<ul style="list-style-type: none"> • Gymnasts and coaches adhere to government rules on social distancing when travelling to/from the activity and should not come within the 2m social distancing range of anyone outside their household whilst travelling to/from the activity. • Club to provide hand sanitiser at gym entrance, gymnasts to hand sanitise on entry. • Staggered start and finish time to allow for hand sanitiser and socially distanced entry to site. • Parents and gymnasts encouraged to arrive on time, not early or late, in order to reduce crowding inside STV. • Parents to drop-off and pick-up gymnasts from bottom corridor outside gym. Parents to leave promptly via bottom exit and not wait and watch on balcony. • Coaches will sign gymnasts in/out in the gym to ensure register is accurate. All have access to Class4Kids (secure data platform) and will phone parents to collect if required. • STV signage in place to show entry/exit points and one way system. • Coaches will bring gymnast groups into corridor to meet parents/carers. 	4	3	12	No

Team Bath Rhythmic Gymnastics indoor training at the STV – September 2020

Persons affected by the Activity?	Identified hazards	Control Measures Already in Place	Outcome	Likelihood	Risk Rating	Further Action Required? Yes/No
3. STV staff, coaches.	<p>Session preparation: carpets and apparatus</p> <ul style="list-style-type: none"> • Failure to follow Government guidelines • Suspected case of Covid infection. • Contracting or spreading Covid-19 in common use high traffic areas. • Injury as a result of heavy lifting 	<ul style="list-style-type: none"> • TBRG has allowed extra time at start and end of the day for getting out/putting away carpets. • Coaches will set up and put down the gym, with some helpers. • All will hand sanitise before, during, after setting up/putting away. • There will be a maximum of 3 people moving carpets, 4m wide carpets will have one at each end and one in middle (= 2m distance). Only the two end people will roll the carpet. • Carpet rolls are left tied (as per usual operating) for STV staff to lift off/onto trolley. • The metal poles to be wiped before/after handling. • One person at a time is allowed into the cupboard to collect the correct apparatus. • RG apparatus and speakers to be cleaned before and after use. 	3	3	9	
4. Gymnasts, coaches.	<p>Session participation within the gym</p> <ul style="list-style-type: none"> • Failure to follow Government guidelines • Suspected case of Covid infection. • Contracting or spreading Covid-19 in common use high traffic areas. 	<ul style="list-style-type: none"> • All Coaches briefed and understand the Government Guidelines and British Gymnastics directive for indoor coaching. • Ratios of coaches/ supervisory adults and participants meets the Government and British Gymnastics Guidelines. Max of 3 groups at any one time, maximum total of 30 gymnasts. 1 coach per group (15 max), with additional coach within sight of the activity but not part of the group. • Social distancing will continue to be the expectation. • Club to provide hand sanitiser at gym entrance, gymnasts to hand sanitise on entry and reminded to hand sanitise regularly. • Ensuring that there is no swapping between groups. Once an activity group has been set up, they will remain in this group. • Club to mark 2m gaps, as suitable positions for gymnasts' bags/kit storage at side of gym. • Carpets will be hoovered and cleaned with antibacterial spray at the beginning of each day and between sessions. • Use of equipment/apparatus: <ul style="list-style-type: none"> • Gymnasts to bring own equipment – no sharing or touching of each other's apparatus and equipment. 	3	3	9	

Team Bath Rhythmic Gymnastics indoor training at the STV – September 2020

Persons affected by the Activity?	Identified hazards	Control Measures Already in Place	Outcome	Likelihood	Risk Rating	Further Action Required? Yes/No
4. ...cont/ Gymnasts, coaches.	<p>...cont/ Session participation within the gym</p> <ul style="list-style-type: none"> • Failure to follow Government guidelines. • Suspected case of Covid infection. • Contracting or spreading Covid-19 in common use high traffic areas. 	<p>...cont/ Use of equipment/apparatus:</p> <ul style="list-style-type: none"> • Any gymnast who needs to borrow club apparatus will do so for the duration of the session. Apparatus will be sanitised before/after borrowing. • Gymnasts to bring yoga mats to perform floor work on, in order to help maintain social distancing, to be placed on top of the carpet • Any large apparatus that is used will be cleaned before and after each gymnast. • Hand apparatus including but not limited to: balls, hoops, ribbons, ropes, clubs, beanbags. • “Clean as you go” approach in which everyone involved is made aware in preparation for their activity. • Equipment cleaned after each session. <p>• Rhythmic gymnastics activities:</p> <ul style="list-style-type: none"> • Gymnasts to have use of individual chair a) to keep their equipment/apparatus distanced and b) to use for ballet, splits and kicks. Chairs to be sanitised at beginning/end of sessions. • All activities to be solo exercises for individual and group squads. • Collaboration and exchange skills will be practised by group gymnasts working individually in their own space, maintaining social distancing at all times. They will throw and catch their own apparatus, in time with each other. • There will be no ‘swapping’ of apparatus. • There will be no supporting of elements, gymnasts must be able to perform progressions of skills by themselves without coach support. <ul style="list-style-type: none"> • Participants to bring their own water in a sealed, named bottle. • No sharing of water bottles will be allowed. • Gymnasts and coaches to bring sufficient water as there will be no access to water fountains at the STV. • Gymnasts will be able to use the STV toilets and must hand sanitise when exiting and re-entering the gym. Younger gymnasts will be escorted by older gymnasts. • Short breaks will take place inside the gym. • Anyone showing Covid symptoms to be sent home for isolation and follow the Government’s ‘Test and Trace’ system. 	3	3	9	

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5. Gymnasts, coaches.	<p>Gymnastics activity, although managed, could lead to accidental injury</p> <ul style="list-style-type: none"> Injury as a result of reduced fitness levels. 	<ul style="list-style-type: none"> First aiders to maintain social distancing measures if possible. Where treatment of an injured person doesn't allow this, e.g. in an emergency or serious accident, people do not have to stay 2m apart if it would be unsafe to do so. People involved in the provision of assistance to others should pay particular attention to sanitation measures immediately afterwards, including washing hands. Only follow British Gymnastics guidance for endorsed activity, ensuring activity choices are made to minimise the injury and illness risk/NHS burden as a priority consideration. Ensuring local emergency medical cover/assistance can be accessed in the event of a potential life or limb threatening injury requiring immediate extrication and urgent medical care or hospitalisation. 	5	1	5	
6. Gymnasts, coaches, parents/carers, STV staff, athletes	<p>Crowding on balcony and gym corridor with viewing and waiting</p> <ul style="list-style-type: none"> Failure to follow Government guidelines Suspected case of Covid-19 infection. Contracting or spreading Covid-19 in common use high traffic areas. 	<ul style="list-style-type: none"> Prior to sessions, club to communicate with parents/carers that parental access to STV is for drop-off and pick-up only in order to reduce people traffic and risk of spreading Covid-19. Parents and gymnasts encouraged to arrive on time, not early or late, in order to reduce crowding inside STV. Parents to drop-off and pick-up gymnasts from bottom corridor outside gym. Parents to leave promptly, and not wait and watch on balcony. 	3	3	9	

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Persons affected by the Activity?	Identified hazards	Control Measures Already in Place	Outcome	Likelihood	Risk Rating	Further Action Required? Yes/No
7. Gymnasts, coaches, parents/carers, STV staff, athletes	A person showing potential symptoms of Coronavirus <ul style="list-style-type: none"> Contracting or spreading Covid-19. Failure to follow Government guidelines. 	<ul style="list-style-type: none"> Staff trained to identify the symptoms of Covid-19 and process for minimising the risk of transmission. Ventilated room identified as isolation room (for suspected cases) whilst parent arrives to collect. PPE provided for the purpose of cleaning and first aid. Follow Government guidance relating to household members and isolation if symptoms are showing. Any confirmed cases to be reported to RIDDOR and British Gymnastics. 	4	3	12	
8. Gymnasts, coaches, parents/carers, STV staff, athletes	Emergency procedures <ul style="list-style-type: none"> Injury or death. 	<ul style="list-style-type: none"> Follow STV emergency evacuation plan is as per normal evacuation routes. See here for fire evacuation policy. Adequate operations staff will be on shift at all times to complete a full evacuation. During an evacuation operations staff will kick away all door wedges whilst on their evacuation routes to ensure fire doors are effective in stopping the spread of fire. 	5	1	5	
9. Gymnasts	Safeguarding <ul style="list-style-type: none"> Parents not available to collect gymnasts. Unsafe coaching. 	<ul style="list-style-type: none"> Ensure there are always 2 adults present in a supervisory capacity. 1 coach supervising each group of max 15 gymnasts and additional coach within sight of the activity. These adults will always have sight of the activity. The lead coach is DBS checked and has up to date Safeguarding training. Parents will meet coaches in corridor outside gym at drop-off and pick-up. Gymnasts will remain in corridor until collected. All registers and contact details are up to date. 	1	1	1	
10. Gymnasts, coaches.	Returning to activity/ coaching after isolation. <ul style="list-style-type: none"> Serious ill health Infecting or transmitting the virus to others. 	<ul style="list-style-type: none"> Coaches or participants who are returning to activity from isolation due to suspected or confirmed cases of Covid-19 or other Covid-19 related reasons should be medically assessed to ensure a safe for return to physical activity. 	4	3	12	
11. Gymnasts, coaches.	Clinically or Extremely Vulnerable participants <ul style="list-style-type: none"> Contracting or spreading Covid-19. Failure to follow Government guidelines. 	<ul style="list-style-type: none"> Participants or coaches deemed 'clinically extremely vulnerable' should continue to follow government advice. Clinically extremely vulnerable individuals or those continuing to live with anyone deemed clinically extremely vulnerable should follow current government advice. 	4	3	12	