



WEIGHTLIFTING WALES
CODI PWYSAU CYMRU

Risk assessment for clubs Indoor Weightlifting

14th September 2020 - Version 3



Risk assessment

Weightlifting indoors

A guide for academies and clubs to modify and amend to suit their needs in line with Weightlifting Wales return to play for clubs and Welsh Government guidance.

Disclaimer

Please note that the subject matter covered in this guidance is in no way exhaustive and the material does not stand on its own nor is intended to be relied upon as a substitute for obtaining specific Government or legal advice. Individual circumstances will differ. The information contained in this guidance is given in good faith but any liability of Weightlifting Wales or its professional advisors (including their respective members or employees) to you or any third party which may arise out of the reliance by you or any other party of the contents of this guidance is hereby excluded to the fullest extent permitted by law. Weightlifting Wales and its professional advisors accept no duty of care or liability for any loss occasioned, whether caused by negligence or otherwise, to any person acting or refraining from actions as a result of any material in this guidance. We would strongly recommend that you consult professional advisors on specific issues before acting or refraining from action on any of the contents of this guidance.

Current Law & Guidance

1. Principal Guidance

Welsh Government

Sport, recreation and leisure: guidance for a phased return

<https://gov.wales/sport-recreation-and-leisure-guidance-phased-return>

Test, Trace, Protect Policy & Strategy

<https://gov.wales/test-trace-protect>

Apply for a coronavirus test: guidance

<https://gov.wales/apply-coronavirus-test>

Workplace guidance for employers and employees: COVID19

<https://gov.wales/workplace-guidance-employers-and-employees-covid19>

Public Health Wales

Test, trace, protect: coronavirus

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/guidance-accordion/test-trace-protect-coronavirus/>

2. Laws

The Health Protection (Coronavirus Restrictions) (No. 2) (Wales) Regulations 2020

<https://gov.wales/health-protection-coronavirus-restrictions-no-2-wales-regulations-2020>

The Management of Health and Safety at Work Regulations 1999

<https://www.legislation.gov.uk/uksi/1999/3242/contents/made>

The Data Protection Act 2018

<https://www.legislation.gov.uk/ukpga/2018/12/contents/enacted>

The General Data Protection Regulation (GDPR)

<https://eur-lex.europa.eu/legal-content/EN/TXT/?qid=1532348683434&uri=CELEX:02016R0679-20160504>

Person responsible:	Place:	Assessed By:
Coach:	Activity: Indoor Weightlifting	Re-assessment date:

Risk = severity x likelihood		Severity of harm		
		(1) Slight (All other injuries and illnesses)	(2) Serious (Over 3 day injury or serious illness)	(3) Major (Death or major injury)
Likelihood of occurrence				
(1) Low (Harm will seldom occur)		Low (1)	Low (2)	Medium (3)
(2) Medium (Harm likely to occur)		Low (2)	Medium (4)	High (6)
(3) High (Harm certain to occur)		Medium (3)	High (6)	High (9)

As above	As above	As above	<p><u>Arriving at training venue / club. Car park, access and exit</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> • Discourage members, coaches, volunteers and spectators from congregating in groups • Spaces to be left between cars where possible • Social distancing advice applies • Spaces to be left for access queues • Where possible 1 way in and 1 way out system indicated by arrows • Inform members to come already changed • Encourage social distancing on exit <p>All venues must have entry and exit and parking arrangements to venues that ensures social distancing can be maintained and that allow for the 2m physical distancing rules to be implemented at all times.</p> <p>Venues must display the appropriate signage to facilitate at all points throughout the facility and car park.</p> <p>Venues will implement traffic flow systems where possible and appropriate.</p> <p>Venues will outline physically distanced areas for members, coaches and spectators.</p> <p>Venues will ensure that all accessible provision within the site and the facility are available.</p>	(1)	<p>Plan early and prepare the car park, access and exit routes inline with the control measure</p> <p>Outdoor signage – consider wording could be weightlifting “At bars length - so, think about your social distancing and avoid chatting in groups’</p> <p>Additional signage for access and exit</p> <p>Queue measures for access</p> <p>Communicate with members clearly and regularly, making them aware in advance of the measures in place and guidelines they are asked to follow.</p>
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As above	As above	As above	<p><u>Face coverings</u></p> <p><u>Control measure</u></p> <ul style="list-style-type: none"> • Face coverings will be required in all indoor public places, for both customers and staff working in those indoor public areas • All those who attend a club, including participants, coaches, volunteers, spectators must wear a mask in the following areas: • While entering the club • Reception areas • Corridors • Toilets and changing areas • Other public areas within the club • Face masks must be kept on dependant on what is being done. Face masks must be worn while preparing to exercise, changing or undertaking any activity that isn't strenuous, especially when in close contact with other people. <p>The requirement will apply to everyone aged 11 and over – including customers and staff. However, you may have a reasonable excuse not to wear a face covering if (for example):</p> <ul style="list-style-type: none"> • you are not able to put on or to wear a face covering because of a physical or mental illness, or because of a disability or impairment; • you are accompanying somebody who relies on lip reading where they need to communicate; or • you are escaping from a threat or danger and don't have a face covering 	(1)	<p>Communicate with members clearly and regularly, making them aware in advance of the measures in place and guidelines they are asked to follow.</p> <p>Ensure members wear face masks at the appropriate times</p> <p>FAQ's regarding face coverings. https://gov.wales/face-coverings-frequently-asked-questions</p>
As above	As above	As above	<p><u>Social distancing during training</u></p> <p><u>Control measure</u></p> <ul style="list-style-type: none"> • A facility must ensure their maximum capacity is no more than 30 people per room as long as the space is large enough to accommodate a maximum of 30 whilst adhering to the 2m social distance regulation. • The activity consists of one person per 9m squared • Activities in the training environment which require close personal contact must be avoided. • Socially distance training areas should be marked out ensuring at least 2m can always be maintained between individuals. 	(1)	<p>Plan early and prepare training areas inline with the control measure</p> <p>Communicate with members clearly and regularly, making them aware in advance of the measures in place and guidelines they are asked to follow.</p>

			<ul style="list-style-type: none"> • Training areas 9m squared • Consider implementing coaching areas which allows coaches to instruct while maintaining social distancing rules. • Encourage coaches to check all guidance that has been published, especially concerning social distancing and hygiene and any athlete specific guidance. • The approach to coaching will be socially distanced communication, delivering cues, verbal corrections, and encouragement. There should be no physical contact and breaking of the 2m social distancing perimeter unless it is an emergency. • Face coverings and gloves are not mandatory for coaches to wear during a session. • The approach to coaching will be socially distanced communication, delivering cues, verbal corrections, and encouragement. There should be no physical contact and breaking of the 2m social distancing perimeter unless it is an emergency. • Lifters should not share a bar or weights and this equipment should be thoroughly cleaned after each use. • Spotting is to be discouraged, due to its violation of the 2m social distancing rules. • Loading the bar for athletes should be carried out carefully controlled with 2m social distancing observed and appropriate cleaning protocols implemented. • Athletes should use only their own equipment including shoes, belt, wrist straps etc. • Athletes should bring their own chalk to the gym in a clear plastic bag with their name on it and this must not be shared with anyone else. • The attitude of all involved in return to training should be, 'Get in, train and get out' – athletes should be prepared for training prior to arrival at venue (minimise use and avoid gathering). • It is down to the individual to take reasonable personal responsibility when taking part in physical activity. 		
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		<p><u>Social distancing during rest periods and after training</u></p> <p><u>Control measure</u></p> <ul style="list-style-type: none"> • All participants must remain socially distanced during rest periods. • Water bottles or other refreshment containers, should in no circumstances be shared. • After activity participants must maintain social and physical distancing for social interaction. 	(1)	<p>Communicate with members clearly and regularly, making them aware in advance of the measures in place and guidelines they are asked to follow.</p>
		<p><u>Use of equipment and cleaning the training areas, equipment and common touch points</u></p> <p><u>Control measure</u></p> <ul style="list-style-type: none"> • Ensure no person shares equipment through a single session. • One person should use one set of equipment contained in the persons dedicated working / training area / 9m squared • It is important to state from the outset that social distancing and thorough, frequent hand washing remains the best health protection and defence against cross contamination. • Rigorous cleaning procedures should be designed and implemented upon opening. • Equipment must be cleaned to the appropriate standard before use. Check the latest guidance on cleaning and advice from the Welsh Government. • Lifters should not share a bar or weights and this equipment should be thoroughly cleaned after each use. • Prior to a session starting, all equipment should be thoroughly cleaned before use using appropriate cleaning materials. • At the completion of each session all used equipment will be thoroughly cleaned using appropriate cleaning materials. Having a gap between sessions will allow this cleaning to take place. • All platforms should be disinfected and allowed time to dry between sessions. • Clean all common touchpoint surfaces (gates, door 	(1)	<p>Prepare cleaning protocol inline with control measure</p> <p>Communicate with members clearly and regularly, making them aware in advance of the measures in place and guidelines they are asked to follow.</p> <p>Check the latest guidance on cleaning and advice from the Welsh Government.</p> <p>https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings</p> <p>Identify all high touch surfaces – e.g door knobs, hand rails, light switches</p> <p>Remove all high touch surfaces that can be reasonably be removed – e.g. vending machines, water coolers, chairs in reception area</p> <p>Ensure regular cleaning and disinfecting regime of high touch surfaces that cannot be removed</p> <p>Ensure regular cleaning and disinfecting regime of equipment</p>

			<p>handles, handrails etc) regularly, wearing disposable gloves and face coverings. Cleaning of all contact gym equipment after each session should be implemented including high risk contamination equipment such as Barbell, Weight Discs and Collars. Gloves should be worn whilst disinfecting equipment in order to minimise contact between skin and cleaning chemicals.</p> <ul style="list-style-type: none"> The use of chalk bins is not advised due to the risk of contamination. 		
			<p><u>Injury treatment</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> Injuries during training should still be treated as participant wellbeing is utmost. The best way to protect yourself and others is through rigorous cleaning, personal hygiene and regular hand hygiene. An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, is recommended. Face coverings are also advisable when undertaking treatment. After contact with an injured participant, clean your hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact or the minimum 2 metre social distancing was maintained. Avoid touching your mouth, eyes and nose. Physios or their equivalent, should keep a record of each participant they have come into contact with for track and trace purposes. 	(2)	<p>Good practice ensures at least one first aid coach or volunteer present during training sessions.</p> <p>Ensure provision of first-aid</p> <p>Communicate with members clearly and regularly, making them aware in advance of the measures in place and guidelines they are asked to follow.</p>

		<p><u>Managing a Covid-19 incident</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> Someone who has been at your site informs you that they think they have Covid-19 or have symptoms. 	(2)	<p>What should you do?</p> <p>Ensure members are aware what to do if they begin to have Covid-19 symptoms.</p> <p>Communicate with members clearly and regularly, making them aware in advance of the measures in place and guidelines they are asked to follow.</p> <ul style="list-style-type: none"> Tell them to contact the Coronavirus NHS service for help and advice. Do not record any details about them as this may be unlawful. Do not spread any gossip. You should inform your organisation's Coronavirus Officer. Coronavirus Officers should contact the Coronavirus 111 service for advice if they are unsure. Notify the NGB Coronavirus Officer of the situation but do not disclose any known details of any individual. <u>DO NOT contact other people who may have been at the session. You are not allowed to do this lawfully. Let the TTPS do their job.</u> Seek advice from your Coronavirus Officer about extra cleaning that may be required. <p>Display clear messaging to individuals that anyone displaying symptoms of Coronavirus should not turn up for training or to play.</p>
		<p><u>Managing a Covid-19 incident</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> Someone who is at your site informs you that they think they have Covid-19 or have symptoms while taking part 	(2)	<p>What should you do?</p> <p>Ensure members are aware what to do if they begin to have Covid-19 symptoms at the facility / training venue.</p> <p>Communicate with members clearly and regularly, making them aware in advance of the measures in place and guidelines they are asked to follow.</p> <ul style="list-style-type: none"> Participant to inform the coach, or accountable officer immediately and go home avoid touching anything, and wash their hands regularly cough or sneeze into a tissue and put it in a bin, or if they do not have tissues, cough and sneeze into the crook of their elbow avoid using public transport to travel home, if possible Participant should contact Coronavirus 111 services Coronavirus Officers should contact the Coronavirus 111 service for advice if they are unsure.

					<p>If a symptomatic person has been inside the facility, ensure deep cleaning of all surfaces and equipment the symptomatic person has been in contact with</p> <p>Display clear messaging to individuals that anyone displaying symptoms of Coronavirus should not turn up for training or to play.</p>
			<p><u>Returning to activity after illness or from self or household isolation due to suspected or confirmed cases of Coronavirus or other Coronavirus related reasons (such as having to isolate as part of a household where a member(s) was suspected or confirmed as having Coronavirus)</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> The government advice requires any participant to be judged as fit to participate in an activity after a period of illness, especially if it has been Covid-19 related. This will apply if the club is aware of the participants period of illness. It is acceptable for the participant to confirm that they have consulted a medical professional such as their GP practice, and they have been told it is OK for them to return to activities. 	(1)	<p>All participants must seek medical advice before returning to training following isolation due to suspected or confirmed cases of Coronavirus.</p> <p>As with all participants a pre screening questionnaire must be completed before all training sessions</p> <p>An example of graduated return to play for athletes maybe viewed https://www.weightlifting.wales/wp-content/uploads/2020/03/Graduated-return-to-play-for-performance-athletes.pdf</p> <p>Communicate with members clearly and regularly, making them aware in advance of the measures in place and guidelines they are asked to follow.</p>
			<p><u>Test, Trace, Protect and Taking bookings</u></p> <p><u>Control measures</u></p> <p>Clubs, coaches and activity organisers must be aware of the Welsh Government's Test, Trace, Protect strategy and of their organisation's requirements to comply with that strategy, as well as the associated GDPR implications of retaining and making available people's personal</p>	(1)	<p>Ensure an appropriate booking system is in place for:-</p> <ol style="list-style-type: none"> Implementing an appropriate and thorough record-keeping system to support the Welsh Government's Test, Trace, Protect strategy in terms of coaches on duty at the club, and individuals training to ensure they can be traced, contacted, advised to self-isolate and tested accordingly for Coronavirus in the event of them having used the facilities, or been working at the venue, at the same time as an individual, or staff member, who has since tested positive for Coronavirus. To reserve time slots in advance, in order to ensure no more than the maximum number of individuals are in the facility during any time period.

			<p>information as needed. Activity organisers should support Test, Trace, Protect by collecting information on participants at training.</p>		<p>Ensure that members are duly advised of the need and reasons under GDPR rules for their personal information to be retained, and the duration required, to support the Welsh Government's Test, Trace, Protect strategy.</p> <p>What should you do?</p> <ul style="list-style-type: none"> • Ensure that regular participants' (club members etc.) contact details are up to date and that they include a current telephone number. • Permitted events must be <i>organised</i>, ensure bookings for the session. This will mean you can get contact details for the booking and will help ensure that sessions are not oversubscribed by limiting available slots. Remember to take the number of staff away from the session limit • Don't mention consent to pass details to the TTPS. • It is a decision of the club if they wish to advise participants that their details will be passed to the TTPS in the event of a Covid incident. You will need to balance whether this will cause fear and put people off or instil confidence. You do not need to advise participants under the data protection law that allows you to pass their details without consent. • Be sure that guardians have permitted their charges to attend any session where this is appropriate and that you have the guardians contact information. You will not need the child's contact details if you have the guardian's. • Ensure that a register of who attends is kept by staff in attendance. • Ensure the register is retained and kept secure for as long as you deem necessary – this must be at least 21 days to be of use. We would recommend that you keep this data for no less than 6 months. You should seek guidance from your insurers on this. <p>Communicate with members clearly and regularly, making them aware in advance of the measures in place and guidelines they are asked to follow.</p>
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			<p><u>Pre-attendance official symptom check</u></p> <p><u>Control measures</u></p> <p>All participants, volunteers and spectators must undergo a self-assessment for any COVID-19 symptoms. No-one should leave home to participate in sport if they, or someone they live with, is symptomatic - or suspects they may have been exposed to the virus. They should immediately self-isolate (as well as their household and extended household), follow the Welsh Government's self-isolation guidelines, and apply for a Coronavirus test.</p> <p>Self-isolation: explanatory diagram</p> <p>Symptoms and self-isolation for contact tracing</p>	(1)	<p>Communicate with members clearly and regularly, making them aware in advance of the measures in place and guidelines they are asked to follow.</p> <p>Set up a self-assessment for COVID-19.</p> <p>All participants and those attending in all capacities will need to complete a self-assessment for every session, including coaches, volunteers and spectators.</p> <p>Activity organisers should ensure, upon arrival, that participants have completed a self-assessment for COVID-19 symptoms. Entry should be refused to anyone who is unable to provide assurance that they have done so and that to the best of their knowledge it is safe for them to take part.</p> <p>Participants will be made aware of any increased risk associated with taking part in activity, based on the assessment undertaken by the club. They should also be strongly advised to follow Welsh Government advice on how to protect yourself and others from coronavirus outside the sports setting, to reduce the risk to their fellow participants when they do attend.</p> <p>Dos and Don'ts</p> <ul style="list-style-type: none"> • DO NOT take people's temperatures! • DO NOT ask intrusive health questions • DO NOT 'diagnose' people's 'symptoms' • DO have plenty of signage at your locations about social distancing, educating on the symptoms of Covid-19 and advising on how people can get a test organised or what to do if they think they may have been infected. Don't assume everyone will have seen this information elsewhere. It never hurts to remind everyone. • DO ask staff to stay at home if they think there is a reasonable risk that they have been infected or been in contact with someone who has been infected. Tell them to report their absence in the usual way and seek help about a Covid test from the online service of NHS 111. • DO provide signs that ask people not to enter the premises if they think they may be infectious or have had contact with someone who has got Covid-19. Again, provide help information on your signs so they can get help.
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		<p><u>Ventilation</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> Ensure, where possible, that windows and doors to the exterior on the opposite side of a building are opened to create air flow, as this is most effective at clearing microdroplet airborne particles created when someone sneezes or shouts. 	(1)	<p>Maximise air flow by keeping doors and windows open.</p>
		<p><u>Spectators</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> Spectators should be limited to only those persons who need to attend, e.g. parents or guardians of children who require their attendance for health or safeguarding reasons. All spectators are to remain socially and physically distanced from each other and from the area of training whilst attending sessions, including accessing and leaving the venue, use of any facilities and whilst watching. Anyone in the area of training, or closer to it than social distancing rules would permit, will count towards the total number people considered to be gathered for the organised activity. 	(1)	<p>Communicate with members clearly and regularly, making them aware in advance of the measures in place and guidelines they are asked to follow.</p>
		<p><u>Visitors to site</u></p> <p><u>Control measures</u></p> <p>During the restrictions to the workplace of employees, visitors coming to your site should be avoided where possible. It is important though to ensure that repairs and maintenance are carried out and this is a typical unavoidable case where you will have a visitor.</p>	(1)	<p>What should you do:</p> <ul style="list-style-type: none"> Get contact details for visitors and keep them secure but not in a visitor's book. Record who they are visiting, the reason for the visit and where they are going. Be sure to log when they leave site as well as when they arrive. Handle the data in the same way you will for other attendance records.

		<p><u>Facility usage</u></p> <p><u>Control measures</u></p> <p>For sports reliant on third party owned or managed facilities adherence to these guidelines should be worked out collaboratively between club and facility. Facilities operators should refer to our guidance for sports, clubs and facilities, which includes principles to prepare for a safe return to training and play, and the safe management of indoor and outdoor facilities.</p>	(1)	Contact and work with facility provider
		<p><u>Changing rooms and showers</u></p> <p><u>Control measures</u></p> <p>Where possible, members must arrive changed and shower at home. Exceptions may be made where safety and safeguarding measures require their use. E.g. supporting disability athletes, a child needs a change of clothing etc. This should be considered when planning the activity to ensure all reasonable steps are taken to minimise risk.</p>	(1)	<p>Where a member needs to access the changing rooms for an exceptional circumstance, ensure social distancing measures are maintained and cleaning protocols in place</p> <p>Communicate with members clearly and regularly, making them aware in advance of the measures in place and guidelines they are asked to follow</p>
		<p><u>Toilets</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> Toilets will need to be opened for training periods. Toilets should be cleaned regularly in line with Welsh Government guidance for sports, clubs and facilities. Toilet capacity should be managed via entry and exit and to allow for the 2m physical distancing to be maintained. 	(1)	<p>Where a member needs to access the toilets, ensure social distancing measures are maintained and cleaning measures are in place with Welsh Government guidance</p> <p>Communicate with members clearly and regularly, making them aware in advance of the measures in place and guidelines they are asked to follow</p>

Useful links

Social and physical distancing

<https://gov.wales/coronavirus-social-distancing-guidance>

Self-isolation

<https://gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus>

Symptoms

<https://gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus#section-38123>

Test, Trace, Protect

<https://gov.wales/test-trace-protect-coronavirus>

Apply for a test

<https://gov.wales/apply-coronavirus-test>

Shielding

<https://gov.wales/guidance-shielding-and-protecting-people-defined-medical-grounds-extremely-vulnerable-coronavirus-0>

At risk people

<https://gov.wales/people-increased-risk-coronavirus>

Extended households

<https://gov.wales/guidance-extended-households-coronavirus>

Cleaning

<https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings>

HSE guidance (including cleaning, risk assessment etc.)

<https://www.hse.gov.uk/coronavirus/working-safely/index.htm>

Reasonable measures

<https://gov.wales/taking-all-reasonable-measures-minimise-risk-exposure-coronavirus-workplaces-and-premises-open>

Masks

<https://gov.wales/face-coverings-frequently-asked-questions>