

Risk assessment for clubs

Outdoor Weightlifting activities



Risk assessment

Outdoor Weightlifting activities

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

Person responsible:	Place:	Assessed By:
Coach:	Activity: Outdoor Weightlifting sessions / fitness classes	Re-assessment date:

<u>Risk = severity x likelihood</u>	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)

Activity	Hazard	Who might be harmed and how	Current measures to mitigate risk	Risk = severity x likelihood	Risk assessment (L,M,A,I)	Actions required to mitigate the risk
Clubs returning to training - outdoor	Health risk of infection – Covid – 19 Global pandemics.	<i>Staff, visitors, members, contractors, vulnerable persons, over 70s, under 70s with long term underlying health conditions eg asthma, COPD, pregnant women</i>	<p>Identification of 'higher risk areas' where larger groups of people may be.</p> <ul style="list-style-type: none"> • Prior to arrival at the club • Car park • Access points • Other areas where queues may form • Around the training area • Changing rooms • Toilets <p><u>Prior to arrival at the club</u> for all members, coaches, volunteers and spectators</p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> • Members, coaches, volunteers and spectators to have completed a pre attendance symptom questionnaire • Members, coaches, volunteers and spectators with symptoms not to enter the facility and report to the Club Covid Officer and contact Welsh Government's Test, Trace, Protect • Members, coaches, volunteers and spectators to travel separately to the club unless living in the same household • Members, coaches, volunteers and spectators to wash hands or sanitise on arrival to the club 			<p>Continue to monitor the news and public health advice</p> <p>Continue to monitor Weightlifting Wales and Welsh Government guidelines</p> <p>Key coaches and Covid officer to complete Covid training Such as AWARENESS COURSE FOR THE LEISURE INDUSTRY</p> <p>Communicate with members clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and guidelines they are asked to follow.</p> <p>Online booking system and pre attendance symptom questionnaire</p> <p>Club to appoint a Club Covid Officer</p>

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>	6-10 Low Risk	<p>Club plans early and prepares 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 you are putting in place at your venue, and guidelines they are asked to follow.</p>
As above	As above	As above	<p><u>Social distancing during training – All participants including coaches</u></p> <p><u>Control measure</u></p> <ul style="list-style-type: none"> • The activity consists of no more than 30 persons. • Activities in the training environment which require close personal contact must be avoided. • Socially distance training areas should be marked out ensuring at 		<p>Club plans early and prepares training areas inline with the control measure</p>

			<p>least 2m can always be maintained between individuals.</p> <ul style="list-style-type: none"> • Training areas 3m x 3m • 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. 		<p>Communicate with members clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and guidelines they are asked to follow.</p>
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			<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 / grid of 3m x 3m. • 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 		<p>Prepare cleaning protocol inline with control measure</p> <p>Communicate with members clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and guidelines they are asked to follow.</p> <p>Check the latest guidance on cleaning and advice from the Welsh Government.</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. 		<p>Good practice ensures at least one first aid coach or volunteer present during training sessions.</p> <p>Where facilities remain closed, exceptions must be made for essential activity such as provision of first-aid or access to essential equipment.</p> <p>Communicate with members clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and guidelines they are asked to follow.</p>

		<p><u>Spectators</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> Spectators should be limited at this stage 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 outdoor activity, where a limit of no more than 30 persons applies. 		<p>Communicate with members clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and guidelines they are asked to follow.</p>
		<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>		<p>Contact and work with facility provider</p>
		<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. Use of changing and shower facilities is not allowed at this stage. 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>		<p>Where a member needs to access the facility 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 you are putting in place at your venue, and guidelines they are asked to follow.</p>

			<p>Toilets</p> <p>Control measures</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. 		<p>Where a member needs to access the facility for use of 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 you are putting in place at your venue, and guidelines they are asked to follow.</p>
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Key pieces of Welsh Government guidance

- [Unlocking our society and economy: continuing the conversation](#)
- [Leading Wales out of the coronavirus pandemic – a framework for recovery](#)
- [Coronavirus regulations: frequently asked questions](#)
- [Coronavirus \(Covid-19\): employers and businesses guidance](#)
- [Coronavirus and personal protective equipment \(PPE\)](#)
- [Coronavirus social distancing guidance](#)
- [Coronavirus: Leaving home to exercise: guidance](#)
- [Face coverings: frequently asked questions](#)
- [Self-isolation: stay at home guidance for households with possible coronavirus](#)
- [Taking all reasonable measures to maintain physical distancing in the workplace](#)
- [Taking all reasonable measures to maintain physical distancing in the workplace – supplementary guidance](#)
- [Travelling safely \(coronavirus\): guidance for the public](#)
- [Shielding and protecting people defined on medical grounds as extremely vulnerable from coronavirus](#)
- [Test, Trace, Protect protocols](#)
- [Test, Trace, Protect guidance for employers](#)