

## Events Risk Assessment Alert Level Zero

Weightlifting Wales is committed to conducting a comprehensive risk assessment for their events, in line with the latest Government guidance for Wales (7<sup>th</sup> August 2021) and with oversight from the National Governing Body Coronavirus Medical Officer.

Regulation 16 of the [Health Protection \(Coronavirus Restrictions\) \(No. 5\) \(Wales\) Regulations 2020](#) imposes obligations on people responsible for premises that are open to the public or where work takes place:

- to minimise the risk of exposure to coronavirus on the premises, and
- to minimise the risk of spread of coronavirus by those who have been on the premises.

Weightlifting Wales will minimise the risk by taking the following steps, which are based on the “hierarchy of controls” principles (referred to above):

- step 1: undertake a specific assessment of the risk of exposure to coronavirus at their premises (and to consult persons working on the premises or representatives of those persons in doing so)
- step 2: provide information to those entering or working at the premises about how to minimise the risk of exposure to coronavirus. This includes, in particular, information to all those working on the premises about their risk of exposure to coronavirus identified in the risk assessment and the measures to be taken to minimise this risk
- step 3: ensure that reasonable measures are taken to minimise risk of exposure to the virus on the premises

## Latest Government guidance for Wales – Alert level 0 (7 August 2021)

From Saturday 7 August 2021

### Complete the move to alert level 0:

- remove legal restrictions on the number of people who can meet indoors, including in private homes, public places or at events
- all businesses and premises can open, including nightclubs
- people should still work from home wherever possible
- face coverings will remain a legal requirement indoors, with the exception of hospitality premises. This will be kept under review.
- fully vaccinated adults, under 18s and vaccine trial participants will not need to self-isolate if they are in a close contact of someone with coronavirus.

### Alert level 0: Summary

At Alert Level Zero, from 7 August 2021, there are no legal limits on the number of people who can meet, including in private homes, public places or at events. In addition all businesses and premises may be open.

However, we have not yet reached a position where we can remove all protections and – in line with the [latest scientific and public health advice](#) – we are keeping some key rules in place in law. In these respects collective responsibility is needed rather than personal choice.

1. Businesses, employers and other organisations must continue to undertake a specific coronavirus risk assessment and take reasonable measures to minimise exposure to, and the spread of, coronavirus.
2. Everyone must continue to [self-isolate](#) for 10 days if they test positive for COVID-19. If you are a close contact of someone who has tested positive and you are aged 18 or over and not fully vaccinated, you must also self-isolate for 10 days.
3. Adults and children over 12 must continue to wear [face-coverings](#) in indoor public places, with the exception of hospitality settings such as restaurants, pubs, cafes or nightclubs.

## Welsh Government guidance

<https://gov.wales/coronavirus-law>

<https://gov.wales/alert-level-0>

<https://gov.wales/alert-level-0-summary>

<https://gov.wales/alert-level-0-frequently-asked-questions>

<https://gov.wales/alert-level-0-guidance-public>

<https://gov.wales/alert-level-0-guidance-employers-businesses-and-organisations>

<https://gov.wales/reasonable-measures-action-cards-businesses-and-organisations-coronavirus>

<https://gov.wales/reasonable-measures-minimise-risk-coronavirus-workplaces-and-open-premises-guidance-enforcement>

<https://gov.wales/public-premises-and-workplace-covid-19-risk-assessment>

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

<https://www.hse.gov.uk/simple-health-safety/risk/index.htm>

More information on [Keep Wales safe at work](#)

HSE's [core guidance on managing risk](#).

## **2. UK Active guidance**

<https://www.ukactive.com/wp-content/uploads/2018/05/Guidance-for-moving-to-Level-0-in-Wales-from-7th-August.pdf>

### 3. Weightlifting Wales events risk assessment

Person responsible: Simon Roach and Justin Head	Place: Bangor University	Assessed By: Simon Roach – Strategy and Development manager; And Covid Officer Justin Head – Events Manager
	Activity: Welsh Senior Championships	Assessment date: 29 <sup>th</sup> November 2021

Activity	Hazard	Who might be harmed and how	Current measures to mitigate risk	Person responsible	Actions required to mitigate the risk
Indoor Weightlifting Event	Staff, members or spectators introducing Covid 19 into the event	Staff Members Spectators  <i>(Members inclusive of athletes, coaches, technical officials, directors)</i>	<p>Follow the <u>self-isolation guidance</u> and don't come to the setting if you are symptomatic, have tested positive for Covid 19 or have been identified by TTP as a close contact.</p> <ul style="list-style-type: none"> <li>Encourage and support staff to get 2 doses of the <u>vaccine and Booster</u></li> <li>Regular awareness with staff</li> <li>Signs for staff, members and spectators</li> <li><b>Advise everyone to complete a lateral flow test 2 days before.</b></li> <li>All persons attending (staff, members and spectators) complete the</li> </ul>	Covid Officer  Events Manager	<p>Communication via email and social media two weeks prior to the event, with reminders one week before and day before the event.</p> <p>Signage at event</p> <p>Monitor all persons attending complete the Online Covid self-assessment Questionnaire.</p> <p>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 attend</p>

	Continued...		<p>Weightlifting Wales Online Covid self-assessment prior to arrival.</p> <ul style="list-style-type: none"> <li>• Communicate with all attending clearly and regularly, making them aware in advance of the measures in place and guidelines they are asked to follow.</li> <li>• Encourage all attendees to check in use the venues NHS COVID-19 app</li> <li>• Ensure an appropriate booking system is in place for record-keeping of all attendees</li> </ul> <p><u>Face coverings</u></p> <ul style="list-style-type: none"> <li>• Face coverings will be required by all attendees in all indoor places</li> <li>• All those who attend the Venue, including Athletes, coaches, technical officials, spectators and staff must wear a mask unless exercising or exempt.</li> </ul> <p>The requirement will apply to everyone aged 11 and over – including Athletes, coaches, technical officials, spectators 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"> <li>• 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;</li> </ul>		<p>Covid officer present throughout the day monitoring and supervising to encourage people are following controls</p> <p>Ensure contact details are recorded for all attendees</p> <p>In the warm-up area and field of play, athletes may remove their mask to perform the lift and while exercising</p> <p>Covid officer present throughout the day monitoring and supervising to encourage people are following controls</p>
--	--------------	--	--	--	--

			<ul style="list-style-type: none"> <li>• you are accompanying somebody who relies on lip reading where they need to communicate; or</li> <li>• you are escaping from a threat or danger and don't have a face covering</li> </ul>		
Indoor Weightlifting Event	Contracting or spreading coronavirus by not washing hands or not washing them adequately	Staff Members Spectators <i>(Members inclusive of athletes, coaches, technical officials, directors)</i>	<p>Follow HSE guidance on <u>cleaning, hygiene and hand sanitiser</u>:</p> <ul style="list-style-type: none"> <li>• Provide water, soap and paper towels, continuous roller towels or electrical dryers in washing facilities.</li> <li>• Provide information on when and how to wash hands properly.</li> <li>• Provide hand sanitiser on entrance and within the facility</li> <li>• Put signs up to remind people to wash their hands and/or sanitise regularly.</li> <li>• All people attending to use hand sanitiser on entering the venue</li> <li>• Check and replenish hand washing/sanitising facilities regularly</li> </ul>	Covid Officer  Events Manager	<p>Communication via email and social media two weeks prior to the event, with reminders one week before and day before the event.</p> <p>Signage at event</p> <p>Covid officer present throughout the day monitoring and supervising to encourage people are following controls</p>

Indoor Weightlifting Event	Getting or spreading coronavirus in commonly used or high traffic areas including pinch points	Staff Members Spectators <i>(Members inclusive of athletes, coaches, technical officials, directors)</i>	<p>Identification of 'higher risk areas' where larger groups of people may be.</p> <ul style="list-style-type: none"> <li>• Access points</li> <li>• Changing rooms</li> <li>• Toilets</li> <li>• Warm up area</li> <li>• Field of play</li> <li>• Spectating area</li> </ul> <ul style="list-style-type: none"> <li>• limiting the number of people in the facility, by:- <ul style="list-style-type: none"> <li>- Limiting the number of competition entries</li> <li>- Limiting the number of athletes per Weightlifting Session</li> <li>- Limiting the number of coaches to a maximum of one per athlete</li> <li>- Limiting the number of spectators</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• Restrict numbers of people in specified areas, named above</li> <li>• Reducing the number of touch points,</li> </ul>	Covid Officer  Events Manager	<p>Communication via email and social media two weeks prior to the event, with reminders one week before and day before the event.</p> <p>Signage at event</p> <p>Monitoring and supervision to make sure people are following controls</p> <p>Covid officer present throughout the day monitoring and supervising to encourage people are following controls</p>

			<p>such as leaving non-fire doors open.</p> <ul style="list-style-type: none"> <li>• Frequent cleaning of hand contact surfaces</li> <li>• Signage to encourage social distancing</li> <li>• Where appropriate use of markings to avoid the creation of bottlenecks or adopting a one-in one-out process.</li> </ul>		
	Continued...	Continued...	<p><u>Access points</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> <li>• Staggered session times</li> <li>• Discourage Athletes, coaches, technical officials, spectators and staff from congregating in groups.</li> <li>• Where possible 1 way in and 1 way out system</li> <li>• Inform members to come already changed.</li> <li>• Encourage social distancing</li> </ul>	<p>Covid Officer</p> <p>Events Manager</p>	<p>Communication via email and social media two weeks prior to the event, with reminders one week before and day before the event.</p> <p>Signage at event - Additional signage for access points</p> <p>Monitoring and supervision to make sure people are following controls</p> <p>Covid officer present throughout the day monitoring and supervising to encourage people are following controls</p>

	Continued...	Continued...	<p><u>Changing rooms</u></p> <p><u>Control measures</u></p> <p>Where possible, Athletes, coaches, technical officials, spectators and staff 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> <p>Signage encouraging all attendees to limit numbers in changing rooms</p> <p>Changing rooms should be cleaned regularly in line with Welsh Government guidance for <a href="#">sports, clubs and facilities</a>.</p>	<p>Covid Officer</p> <p>Events Manager</p>	<p>Communication via email and social media two weeks prior to the event, with reminders one week before and day before the event.</p> <p>Signage at event</p> <p>Monitoring and supervision to make sure people are following controls</p> <p>Covid officer present throughout the day monitoring and supervising to encourage people are following controls</p>

			Traffic flow systems where possible and appropriate.		
	Continued...	Continued...	<p><u>Toilets</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> <li>• Toilets will need to be open.</li> <li>• Toilets should be cleaned regularly in line with Welsh Government guidance for <a href="#">sports, clubs and facilities</a>.</li> <li>• Signage encouraging all attendees to limit numbers</li> <li>• Traffic flow systems where possible and appropriate.</li> </ul>	<p>Covid Officer</p> <p>Events Manager</p>	<p>Communication via email and social media two weeks prior to the event, with reminders one week before and day before the event.</p> <p>Signage at event</p> <p>Monitoring and supervision to make sure people are following controls</p>

Continued...	Continued...	Continued...	<p><u>Warm up area</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> <li>• Athletes will be designated to allocated, socially distance training grids</li> <li>• One set of equipment per athlete / training grid.</li> <li>• Maximum of one coach per athlete</li> </ul>	<p>Covid Officer</p> <p>Events Manager</p>	<p>The competition manager and or Covid officer allocates warm up grids to lifters and their coaches.</p> <p>Accreditations must be worn by athletes and coaches, indicating which session they are participating in.</p> <p>Timed Starts - Only athletes and coaches accredited to enter the warm-up area will be allowed entry and at the allocated sessions times.</p> <p>The Technical Controller will monitor the warm-up area. Supported by the Covid officer.</p> <p>Communication via email and social media two weeks prior to the event, with reminders one week before and day before the event.</p>
Continued...	Continued...	Continued...	<p><u>Field of play</u></p> <p><u>Control measures</u></p> <p><u>Platform</u></p> <ul style="list-style-type: none"> <li>• Athletes do not need to wear masks on the platform.</li> <li>• Coaches should continue to wear masks</li> <li>• Athletes should wear masks from the warm-up area to the field of play and return.</li> </ul> <p><u>Competition Table.</u></p> <ul style="list-style-type: none"> <li>• Where possible minimum staff used. MC, Marshal and Scoreboard.</li> </ul>	<p>Covid Officer</p> <p>Events Manager</p>	<p>Communication via email and social media two weeks prior to the event, with reminders one week before and day before the event.</p> <p>Signage at event</p> <p>Covid officer present throughout the day monitoring and supervising to encourage people are following controls</p>

			<ul style="list-style-type: none"> <li>• Encourage social distancing</li> </ul> <p><u>Referees</u></p> <ul style="list-style-type: none"> <li>• Technical Officials allocated as referees and assigned positions, (left side, centre, right side)</li> <li>• Referees will stay in the same position for each session.</li> </ul>		
	Continued...	Continued...	<p><u>Spectating area</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> <li>• Limit numbers of spectators per session</li> <li>• Encourage spectators to social distance</li> <li>• Where there is seating, arrange seated area to encourage social distancing</li> </ul>	<p>Covid Officer</p> <p>Events Manager</p>	<p>Communication via email and social media two weeks prior to the event, with reminders one week before and day before the event.</p> <p>Signage at event</p> <p>Monitoring and supervision to make sure people are following controls</p>

Indoor Weightlifting Event	<b>Getting or spreading coronavirus by not cleaning surfaces, equipment and work stations</b>	Staff Members Spectators <i>(Members inclusive of athletes, coaches, technical officials, directors)</i>	<u>General control measures</u> <ul style="list-style-type: none"> <li>Reducing the number of touch points, such as leaving non-fire doors open.</li> <li>Frequent cleaning of hand contact surfaces</li> </ul> <u>Warm-up</u> <ul style="list-style-type: none"> <li>Warm up area to contain enough equipment for one set of weights per athlete</li> <li>Non sharing of warm up equipment throughout a session</li> <li>Equipment to be cleaned following each session to the appropriate standard. Guidance on <a href="#">cleaning</a></li> <li>No common chalk bins provided. Athletes use their own hand</li> </ul>	Covid Officer  Events Manager	<p>Communication via email and social media two weeks prior to the event, with reminders one week before and day before the event.</p> <p>Signage at event</p> <p>Monitoring and supervision to make sure people are following controls</p> <p>Sufficient cleaning materials and products readily available</p> <p>Covid officer present throughout the day monitoring and supervising to encourage people are following controls</p>

			<p>chalk.</p> <p><u>Officiating tables and equipment</u></p> <ul style="list-style-type: none"> <li>• Equipment and work stations to be cleaned following each session to the appropriate standard. Guidance on <a href="#">cleaning</a></li> </ul> <p><u>Competition platform</u></p> <ul style="list-style-type: none"> <li>• Loaders must wear gloves to handle equipment.</li> <li>• After each use the bar will be cleaned at the front of the platform</li> <li>• Sufficient cleaning materials and products readily available</li> </ul>	<p>Covid Officer</p> <p>Events Manager</p>	<p>Pre-training and advice given to the loading team</p>
--	--	--	---	--	--

Indoor Weightlifting Event	<b>Poorly ventilated spaces leading to risks of coronavirus spreading</b>	Staff Members Spectators <i>(Members inclusive of athletes, coaches, technical officials, directors)</i>	<p>Keep spaces well ventilated by opening doors and windows.</p> <p>Identify poorly- ventilated areas in the venue and take steps to improve air flow.</p> <p>Provide additional ventilation if needed - mechanical ventilation for example.</p> <p>Follow guidance on <a href="#">ventilation and air conditioning during the coronavirus (COVID-19) pandemic.</a></p>	Covid Officer  Events Manager	Pre facility visit to plan steps to be taken to keep spaces well ventilated
Indoor Weightlifting Event	<b>Increased risk of infection and complications for workers who are clinically extremely vulnerable and workers in higher-risk groups</b>	Staff Members Spectators <i>(Members inclusive of athletes, coaches, technical officials, directors)</i>	<p>Identify who in the work force could be <a href="#">clinically extremely vulnerable</a> and follow the government guidance. Follow guidance on <a href="#">protecting vulnerable workers during the pandemic</a> on how to support workers in higher-risk groups and those who are clinically extremely vulnerable.</p>	Covid Officer  Events Manager	Stay up to date with <a href="#">Guidance</a> on who is clinically extremely vulnerable and what further support may be available from <a href="#">Public Health Wales</a>

Indoor Weightlifting Event	Injury treatment	Staff Members Spectators  <i>(Members inclusive of athletes, coaches, technical officials, directors)</i>	<p><u>Injury treatment</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> <li>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 <b>cleaning and disinfection</b> of all surfaces and equipment, using standard household cleaning and disinfection products, is recommended. <b>Face coverings</b> are also advisable when undertaking treatment.</li> <li>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</li> </ul>	Paramedic	<p>Good practice ensures at least one first aid qualified coach, or member of WW staff or volunteer present during the event</p> <p>For each event a professional paramedic is hired to provide first-aid and emergency treatment throughout the whole event</p> <p>First-aid equipment provided</p>

			<p>maintained. Avoid touching your mouth, eyes and nose.</p> <ul style="list-style-type: none"> <li>Physios or their equivalent, should keep a record of each participant they have come into contact with for track and trace purposes.</li> </ul>		
Indoor Weightlifting Event	Covid 19 incident	<p>Staff</p> <p>Members</p> <p>Spectators</p> <p><i>(Members inclusive of athletes, coaches, technical officials, directors)</i></p>	<p><u>Managing a Covid-19 incident</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> <li>Someone who has been at your site informs you that they think they have Covid-19 or have symptoms.</li> </ul>	<p>Covid Officer</p> <p>Events Manager</p>	<p>Ensure attendees are aware what to do if they begin to have Covid-19 symptoms.</p> <ul style="list-style-type: none"> <li>Tell them to contact the Coronavirus NHS service for help and advice.</li> <li>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.</li> <li>Coronavirus Officers should contact the Coronavirus 111 service for advice if they are unsure.</li> <li>Notify the NGB Coronavirus Officer of the situation but do not disclose any known details of any individual.</li> <li><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></li> <li>Seek advice from your Coronavirus Officer about extra cleaning that may be required.</li> </ul>

					Display clear messaging to individuals that anyone displaying symptoms of Coronavirus should not turn up
	Continued...	Continued...	<p><u>Managing a Covid-19 incident</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> <li>Someone who is at your site informs you that they think they have Covid-19 or have symptoms while taking part</li> </ul>	<p>Covid Officer</p> <p>Events Manager</p>	<p>Ensure attendees are aware what to do if they begin to have Covid-19 symptoms at the facility / training venue.</p> <ul style="list-style-type: none"> <li>Participant to inform the coach, or accountable officer immediately and go home</li> <li>avoid touching anything, and wash their hands regularly</li> <li>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</li> <li>avoid using public transport to travel home, if possible</li> <li>Participant should contact Coronavirus 111 services</li> <li>Coronavirus Officers should contact the Coronavirus 111 service for advice if they are unsure.</li> </ul> <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>

					Display clear messaging to individuals that anyone displaying symptoms of Coronavirus should not turn up
Indoor Weightlifting Event	Third party own facilities	Staff Members Spectators <i>(Members inclusive of athletes, coaches, technical officials, directors)</i>	<u>Facility usage</u>  <u>Control measures</u>  Where Weightlifting Wales relies on third party owned or managed facilities adherence to these guidelines should be worked out collaboratively between WW and the facility. Facilities operators should refer Welsh Government guidance	Events Manager	Liaise with facility provider  Pre visit to review risk assessment  Pre visit to plan and put in place measures