

Welsh Squad Risk Assessment Alert Level Zero

Weightlifting Wales is committed to conducting a comprehensive risk assessment for their squad training, in line with the latest Government guidance for Wales (7th 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 squad risk assessment

Person responsible: Simon Roach	Place: Caerphilly Barbell Bangor University	Assessed By: Simon Roach, Ania Negele, Christie Williams
	Activity: Welsh Development squad	Assessment date:

Activity	Hazard	Who might be harmed and how	Current measures to mitigate risk	Person responsible	Actions required to mitigate the risk
Squad training day – non residential	Coaches, athletes, parents and staff at venue introducing Covid 19 into the event	Coaches, Athletes, Parents, Staff at venue	<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"> Encourage and support coaches to get 2 doses of the <u>vaccine</u> Regular awareness with coaches Signs for participants <p>• Advise everyone to complete a lateral flow test 2 days before.</p> <ul style="list-style-type: none"> All persons attending complete the Weightlifting Wales Online Covid self-assessment prior to arrival. Communicate with all attending clearly and regularly, making them aware in advance of the measures in place and guidelines they are asked to 	Covid Officer RDO	<p>Communication via email and social media prior to 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> <p>Covid officer present throughout the day monitoring and supervising to encourage people are following controls</p>

	Continued...		<p>follow.</p> <ul style="list-style-type: none"> • Encourage all attendees to check in use the venues NHS COVID-19 app • Ensure an appropriate booking system is in place for record-keeping of all attendees <p><u>Face coverings</u></p> <ul style="list-style-type: none"> • Face coverings will be required by all attendees in all indoor places, unless exercising or exempt. <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"> • 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 		<p>Ensure contact details are recorded for all attendees</p> <p>Athletes may remove their masks while exercising</p> <p>Covid officer present throughout the day monitoring and supervising to encourage people are following controls</p>
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<p>Squad training day – non residential</p>	<p>Contracting or spreading coronavirus by not washing hands or not washing them adequately</p>	<p>Coaches, Athletes, Parents, Staff at venue</p>	<p>Follow HSE guidance on <u>cleaning, hygiene and hand sanitiser</u>:</p> <ul style="list-style-type: none"> • Provide water, soap and paper towels, continuous roller towels or electrical dryers in washing facilities. • Provide information on when and how to wash hands properly. • Provide hand sanitiser on entrance and within the facility • Put signs up to remind people to wash their hands and/or sanitise regularly. • All people attending to use hand sanitiser on entering the venue • Check and replenish hand washing/sanitising facilities regularly 	<p>Covid Officer RDO</p>	<p>Communication via email and social media prior to 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>
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<p>Squad training day – non residential</p>	<p>Getting or spreading coronavirus in commonly used or high traffic areas including pinch points</p>	<p>Coaches, Athletes, Parents, Staff at venue</p>	<p>Identification of ‘higher risk areas’ where larger groups of people may be.</p> <ul style="list-style-type: none"> • Access points • Changing rooms • Toilets • Training area • Educational Workshops <p>• limiting the number of people in the facility, by:-</p> <ul style="list-style-type: none"> - Limiting the number of athletes in the squad session - Limiting the number of coaches - Limiting the number of other who may attend workshops, for example parents. <ul style="list-style-type: none"> • Restrict numbers of people in specified areas, named above • Reducing the number of touch points, such as leaving non-fire doors open. • Frequent cleaning of hand contact surfaces • Signage to encourage social distancing • Where appropriate use of markings to avoid the creation of bottlenecks or adopting a one-in one-out process. 	<p>Covid Officer RDO</p>	<p>Communication via email and social media prior to 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>
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Continued...	Continued...	<p><u>Access points</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> • Discourage attendees from congregating in groups. • Where possible 1 way in and 1 way out system • Inform athletes to come already changed. • Encourage social distancing 	<p>Covid Officer</p> <p>RDO</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>
Continued...	Continued...	<p><u>Changing rooms</u></p> <p><u>Control measures</u></p> <p>Where possible, attendees 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</p>	<p>Covid Officer</p> <p>RDO</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</p>

			<p>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 sports, clubs and facilities.</p> <p>Traffic flow systems where possible and appropriate.</p>		supervising to encourage people are following controls
	Continued...	Continued...	<p><u>Toilets</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> • Toilets will need to be open. • Toilets should be cleaned regularly in line with Welsh Government guidance for sports, clubs and facilities. • Signage encouraging all attendees to limit numbers 	<p>Covid Officer</p> <p>RDO</p>	<p>Signage at event</p> <p>Monitoring and supervision to make sure people are following controls</p>

			<ul style="list-style-type: none"> Traffic flow systems where possible and appropriate. 		
	Continued...	Continued...	<p><u>Training area</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> Athletes designated to allocated, socially distance training grid One set of equipment per athlete / training grid. 	<p>Covid Officer</p> <p>RDO</p>	<p>Signage at event</p> <p>Covid officer present throughout the day monitoring and supervising to encourage people are following controls</p>
	Continued...	Continued...	<p><u>Educational Workshops</u></p> <p><u>Control measures</u></p> <ul style="list-style-type: none"> Limit numbers per workshop Encourage athletes and parents to social distance Where there is seating, arrange seated area to encourage social distancing 	<p>Covid Officer</p> <p>RDO</p>	<p>Signage at event</p> <p>Monitoring and supervision to make sure people are following controls</p>

<p>Squad training day – non residential</p>	<p>Getting or spreading coronavirus by not cleaning surfaces, equipment and work stations</p>	<p>Coaches, Athletes, Parents, Staff at venue</p>	<p><u>General control measures</u></p> <ul style="list-style-type: none"> • Reducing the number of touch points, such as leaving non-fire doors open. • Frequent cleaning of hand contact surfaces <p><u>Training areas</u></p> <ul style="list-style-type: none"> • Training area to contain enough equipment for one set of weights per athlete • Non sharing of equipment throughout a session • Equipment to be cleaned following training session to the appropriate standard. Guidance on cleaning • No common chalk bins provided. Athletes use their own hand chalk. 	<p>Covid Officer RDO</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>
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Squad training day – non residential	Poorly ventilated spaces leading to risks of coronavirus spreading	Coaches, Athletes, Parents, Staff at venue	<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 ventilation and air conditioning during the coronavirus (COVID-19) pandemic.</p>	Covid Officer ERDO	Pre facility visit to plan steps to be taken to keep spaces well ventilated
Squad training day – non residential	Increased risk of infection and complications for workers who are clinically extremely vulnerable and workers in higher-risk groups	Coaches, Athletes, Parents, Staff at venue	Identify who in the work force/coaches could be clinically extremely vulnerable and follow the government guidance. Follow guidance on protecting vulnerable workers during the pandemic on how to support workers in higher-risk groups and those who are clinically extremely vulnerable.	Covid Officer RDO	Stay up to date with Guidance on who is clinically extremely vulnerable and what further support may be available from Public Health Wales

Squad training day – non residential	Injury treatment	Coaches, Athletes, Parents, Staff at venue	<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. 	RDO First Aider	<p>Good practice ensures at least one first aid qualified coach, or member of WW staff or volunteer present during the squad</p> <p>First-aid equipment provided</p>
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Squad training day – non residential	Covid 19 incident	Coaches, Athletes, Parents, Staff at venue	<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. 	Covid Officer RDO	<p>Ensure attendees are aware what to do if they begin to have Covid-19 symptoms.</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</p>
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	Continued...	Continued...	<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 	<p>Covid Officer</p> <p>RDO</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"> 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</p>
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Squad training day – non residential	Third party own facilities	Coaches, Athletes, Parents, Staff at venue	<p><u>Facility usage</u></p> <p><u>Control measures</u></p> <p>Where Weightlifting Wales replies 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</p>	RDO	<p>Liaise with facility provider</p> <p>Pre visit to review risk assessment</p> <p>Pre visit to plan and put in place measures</p>
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