

Introduction

This list of potential risks and control measures has been created to support clubs and organisations as we begin to return to activity in line with [government](#) and sport specific guidance. Existing [risk assessments](#) should be your starting point, these are additional things to consider and you may be able to access sport specific templates from your national governing body.

IMPORTANT NOTE:

- The guidance for returning to activity **DOES NOT** suggest you **HAVE** to return to face to face delivery
- You may decide to wait and/or continue with [online delivery](#) depending on your circumstances
- If you do return to face to face activity remember it is OK to stop, reflect and restart at a later date
- All coaches, volunteers, participants, parents/carers should consider their own readiness to return both physically and emotionally

Potential Hazard	Potential Control Measures
Pre-existing illness, medical conditions or historical injuries made worse by the session	<ul style="list-style-type: none"> • If delivering to known participants – be aware of any particular needs and ensure that activities are appropriate or can be adapted easily in line with the government and sport specific guidance i.e. vulnerable groups • Advise those feeling unwell to consider their participation • Check for injuries that could affect participation • Explain what feelings are to be expected when performing certain movements or activities after a period of inactivity • Mention frequently the need to avoid certain activities if injured
Illness (specifically Coronavirus) as a result of attending the session	<ul style="list-style-type: none"> • Adhere to government guidance and your specific sport advice for returning to face to face activity • Reinforce the importance of not attending if participants are feeling unwell or displaying any symptoms of the coronavirus • Consider how the participants will travel to and from the session – are they able to do so safely? • Apply the social distancing measures to arrival/departure procedures as well as ‘in session’ activities • Consider session timings to allow for safe transition between groups if more than one group are attending • Ensure you have appropriate processes in place for using changing, toilet facilities if available (Sport England hygiene guidance) • Encourage regular hand washing/sanitising where possible (encourage participants to bring their own) • Consider what equipment will be used, how and when it will be cleaned to avoid contamination (if appropriate participants could be encouraged to use their own)

Identifying and Minimising risks (returning to activity)

Physical injuries as a result of the session	<ul style="list-style-type: none"> • Check with your national governing body for guidance on returning to face to face activity • Plan sessions to be delivered appropriate to the space and equipment you have available • Think 'low-risk' when planning your activities to reduce the likelihood of injury and need to administer First Aid* • If you are using an alternative venue ensure the surface and surrounding area is checked before and during every session • Sessions are planned and structured appropriately, with adequate warm up and cool down exercises and training methods being used • Consider the physical fitness levels of participants to reduce the risk of injury especially if they have been inactive for a few months <ul style="list-style-type: none"> ○ Offer alternatives and use shorter intervals of physical work initially ○ Plan regular breaks to rest and rehydrate • If participants are to use their own equipment ensure it is safe to use in the activities you have planned <p>*If you are required to administer First Aid the following Coronavirus guidance from St John Ambulance</p>
The activities, sport-specific training and intensity	<ul style="list-style-type: none"> • Staff to hold the up-to-date coaching qualification for the related activity being delivered • Communicate with participants and parents in advance to ensure that everyone knows what will happen before, during and after (i.e. create a video of what things look like) • Provide opportunities for participants, parents/carers to raise concerns/ask questions about returning to activity • Consider your language and expectations, participants may be experiencing anxiety as they return (offer the opportunity to come and watch before joining in) • Plan how you are going to use the space to enable maximum participation whilst socially distanced • Give yourself more time for set up and clearing away equipment as participants aren't able to help • Ensure the group sizes are suitable for the activity, and that ratios and levels of supervision can be maintained especially if you have more than one 'group' of participants at a session • Think about the session content according to the fitness, skill and motivation levels of the participants returning • Use activities that can be easily demonstrated without close personal contact • Consider the equipment you need (type and amount) for sport specific activities, social distance markings and hygiene (sanitisers etc) <p>See UK Coaching guidance for additional considerations when returning to activity</p> <ul style="list-style-type: none"> • Questions to consider when Planning • Questions to consider when Delivering • Questions to consider when Reviewing <p>NB – you will need to sign in/register for free to access the resources from UK Coaching</p>
Safeguarding	<ul style="list-style-type: none"> • See Safeguarding Children Checklist