

## 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"> <li>• 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</li> <li>• Advise those feeling unwell to consider their participation</li> <li>• Check for injuries that could affect participation</li> <li>• Explain what feelings are to be expected when performing certain movements or activities after a period of inactivity</li> <li>• Mention frequently the need to avoid certain activities if injured</li> </ul>
Illness (specifically Coronavirus) as a result of attending the session	<ul style="list-style-type: none"> <li>• Adhere to <a href="#">government guidance</a> and your specific sport advice for returning to face to face activity</li> <li>• Reinforce the importance of not attending if participants are feeling unwell or displaying any symptoms of the coronavirus</li> <li>• Consider how the participants will travel to and from the session – are they able to do so safely?</li> <li>• Apply the social distancing measures to arrival/departure procedures as well as 'in session' activities</li> <li>• Consider session timings to allow for safe transition between groups if more than one group are attending</li> <li>• Ensure you have appropriate processes in place for using changing, toilet facilities if available (<a href="#">Sport England hygiene guidance</a>)</li> <li>• Encourage regular hand washing/sanitising where possible (encourage participants to bring their own)</li> <li>• 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)</li> </ul>

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