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Scottish Gymnastics – Flair Gymnastics Club

Risk Assessment for
Endorsed Outdoor Activity – Phase 3 Update



PURPOSE

This document sets out the requirements to ensure the health, safety and wellbeing of Flair Gymnastics Club members (gymnasts, coaches, volunteers, parents). It is essential the information contained within this document is communicated to all parties and/or groups involved in the activity and that there is continual communication and transparency between the parties/groups.

ACTIVITY INFORMATION

SPORT:	Gymnastics
DISCIPLINE:	Women's Artistic / General
ACTIVITY:	Fitness, Conditioning, Flexibility & Endorsed Skills
DATE:	Various Dates beginning 19 th July 2020
LOCATION:	Outdoor Parks, Courts & Pitches, including: <ul style="list-style-type: none">- Cowan Park, Barrhead- Alternatives TBC
ACTIVITY FORMAT:	Group & Individual Cardio Circuit-based Exercises Coach-led preparation & skill practice

EMERGENCY CONTACTS

Title/Position	First Name	Surname	Phone No.
Head Coach	William	Smith	07800940272
Lead Coach	Margo	Pratt	07582114926
Safeguarding Officer	Brian	Nicol	07711320736

PERMISSIBLE ACTIVITY

Permissible insured activity is limited to Scottish Gymnastics endorsed programmes:

- Scottish Gymnastics Skill Awards – adapted for home version Skill Awards on absorb
- GymFIT
- Jump into Gymnastics
- FUNdamentals
- Activities centred around fitness, conditioning, and flexibility
- Dance, Ballet, Choreography

PERMITTED NUMBERS

At all times 2 qualified coaches must be in attendance, with one coach being a minimum level 2 or above to lead the session.

For under 18s up to 24 gymnasts are permitted in a group session – clubs can run multiple group sessions in outdoor venues, 2 coaches must be in attendance for each group of up to 24 gymnasts.

Option 1

Level 2 (or above) coach can supervise up to 16 gymnasts
and a Level 1 coach can supervise up to 8 additional gymnasts.

Option 2

Level 2 coach supervises up to 8 gymnasts
Level 1 coach supervises up to 8 gymnasts
Level 1 coach supervises up to 8 gymnasts

Organised children's activity has had a dispensation on the maximum household rule and coaches can undertake as many sessions with children as they wish in a day.

Over 18s must follow the current government guidelines: coaches can meet with no more than 15 adults from a maximum of 4 other households (or extended households) at any time. Coaches are limited to meeting adults from a maximum of 4 other households in any one day. From 24 August this restriction will be removed to allow coaches to deliver adult sessions to multiple additional households in any one day.

SAFETY INDUCTION

A safety induction will be delivered to all coaches, gymnasts and where necessary parents/carers on arrival to the activity. All gymnasts and parents/carers will be briefed prior to the activity to ensure they understand the activity and expectations to keep everyone safe. Normal consideration should be applied to the attire and jewellery policy within this induction.

FIRST AID

During the activity, First Aid kits will be provided by the club. It is the responsibility of the supervising parent/carer to provide first aid. It is the responsibility of the Head Coach to complete an accident form for any incidents which may occur during the activity and follow the normal reporting procedures.

RISK ASSESSMENT E-LEARNING COURSE

We appreciate that not every club will have a risk assessment expert available. British gymnastics has an e-learning course that you can complete before completing this Risk assessment. Please follow the link to complete the course.

<https://www.british-gymnastics.org/courses/6365/risk-assessment-for-clubs>

RISK ASSESSMENT

Worst Case Outcome					Likelihood					Risk Rating (Outcome X Likelihood)		
10	8	5	3	1	10	8	5	2	1	High	Medium	Low
Fatality	Severe Injury	Lost time Injury	Minor Injury	No Injury	Certain	Very likely	Likely	Unlikely	Remote	50-100	20-49	1-19

What are the hazards?	Who might be harmed and how?	What are you already doing?	Outcome	Likelihood	Risk Rating	Action by whom?	Action by when?	Completed Date
Coach misconduct or failure to follow Government Guidelines	<p>At Risk: Gymnasts & other coaches</p> <p>How?: Put at risk of catching or spreading Covid-19</p>	<p>All Coaches briefed and understand the Government Guidelines and Scottish Gymnastics directive for coaching outside, which includes the code of practice for coaches and officials.</p> <p>If abiding by rules for 'organised children's activity' (see guidance) coaches can undertake as many sessions with children as they wish in a day.</p> <p>At all times, gymnasts, coaches and club personnel should adhere to the Scottish Government physical distancing guidelines.</p> <p>Hand sanitiser will always be available, should be at least 60% alcohol based and detergent wipes are appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standard or any detergent is followed by chlorine releasing agent.</p> <p>Where possible all gymnasts and coaches should avoid using public transport and adhere to Scottish Government physical distancing and travel guidelines.</p>	5 (loss of time injury)	2 (unlikely)	10 (low)	William Smith + COVID Co-ordinator	19/07/2020	

What are the hazards?	Who might be harmed and how?	What are you already doing?	Outcome	Likelihood	Risk Rating	Action by whom?	Action by when?	Completed Date
Participant misbehaviour, misconduct or failure to follow Government Guidelines	<p>At Risk: Gymnasts and coaches</p> <p>How?: Put at risk of catching or spreading Covid-19</p>	<p>Coaching is permitted in groups of up to 24 under 18s or a maximum of 4 households at any one time for over 18s. Groups should consist of two coaches (minimum one L2 qualified).</p> <p>All gymnasts and supervising adult are reminded of the club's code of conduct & briefed to understand the Government Guidelines.</p> <p>Individual risk assessments carried out by William Smith & Margo Pratt prior to activity and kept on the Flair Gymnastics Club's Google Drive.</p> <p>At all times, gymnasts coaches and club staff should adhere to the Scottish Government physical distancing guidelines.</p> <p>Hand sanitiser always available.</p>	5 (loss of time injury)	2 (unlikely)	10 (low)	William Smith + COVID Co-ordinator	19/07/2020	

What are the hazards?	Who might be harmed and how?	What are you already doing?	Outcome	Likelihood	Risk Rating	Action by whom?	Action by when?	Completed Date
Injury	<p>At Risk: Gymnasts</p> <p>How?: Although managed, gymnastics activities could lead to accidental injury.</p> <p>Examples include: cuts & scrapes (minor) pulled muscles & twisted joints (moderate) bone breaks & lacerations (major)</p>	<p>Up to date medical information obtained for all gymnasts taking part in activity. Parents to be responsible for individual medical needs.</p> <p>First Aid kit available from Club Kit Bag. Coaches to familiarise themselves with the symptoms of Covid-19. Parents must be reminded that if they or their child are showing any symptoms of Covid-19, they do not attend.</p> <p>First aid equipment to be checked and additional nitrile gloves and sanitiser to be made available.</p> <p>The designated First Aider (Margo Pratt), parent or additional adult from the same household as the participant will have first aid responsibilities during the session.</p> <p>People involved in the provision of assistance to others should pay particular attention to sanitation measures immediately afterwards, including washing hands.</p> <p>Only follow Scottish Gymnastics guidance for endorsed outdoor activity, ensuring activity choices are made to minimise the injury and illness risk/NHS burden as a priority consideration.</p> <p>Ensuring local emergency medical cover/assistance can be accessed in the event of a potential life or limb threatening injury requiring immediate extrication and urgent medical care or hospitalisation.</p>	7 (severe injury)	2 (unlikely)	14 (low)	Margo Pratt	19/07/2020	

What are the hazards?	Who might be harmed and how?	What are you already doing?	Outcome	Likelihood	Risk Rating	Action by whom?	Action by when?	Completed Date
Safeguarding	<p>At Risk: Coaches and Gymnasts</p> <p>How?: Gymnasts at risk of inappropriate peer & adult interactions, members of the public viewing / recording activities</p> <p>Coaches at risk of allegations of poor / inappropriate conduct from onlookers, etc.</p>	<p>The coach leading the session must hold a minimum Level 2 qualification and must be qualified to the level of skills being delivered.</p> <p>In Phase 3, Scottish Gymnastics' two coach rule applies.</p> <p>The coach should be mindful that members of the public are likely to have access, even from a distance and would be able to view the children, to take pictures, videos, etc.</p> <p>Adopt a dress code for outside sessions and inform parents that children must be dressed in shorts/leggings and t-shirts, not crop tops, bra tops, etc.</p> <p>It is advised that the supervising adult(s) should be keep an eye on what is going on within the coaching activity as well as in the public space around them. Agreed plan in place to detail action required should any member of the public try to gain access to, and/or disrupt, the training session.</p> <p>The coaches will have up to date safeguarding obtained through Scottish Gymnastics and a valid PVG gained through Scottish Gymnastics.</p>	5 (disruption to participation)	4 (likely)	20 (medium)	Brian Nicol + Assigned Adult Helpers	19/07/2020	14/07/2020

What are the hazards?	Who might be harmed and how?	What are you already doing?	Outcome	Likelihood	Risk Rating	Action by whom?	Action by when?	Completed Date
Slips, trips and falls	<p>At Risk: Gymnasts and Coaches</p> <p>How?: Injury through accident.</p>	<p>Coach to complete visual inspection of activity area for potential hazards on the day of the activity. Hazards could include, but are not limited to:</p> <ul style="list-style-type: none"> • Weather conditions • Wet / Uneven ground • High temperatures • Fallen branches / loose leaves • Litter and debris on ground • Animal excrement • Unknown substances • Dangerous discarded objects <p>Hazards to be removed by coaches in preparation for the activity, if safe to do so. If hazards are uncontrollable or unable to be removed, activity will be postponed or cancelled.</p> <p>Other coaches/supervisory adults are briefed upon arrival of any hazards and establish any necessary rules about hazards. Agreed plan in place detailing action to be taken if a hazard arises during the activity; hazards could include, but are not limited to:</p> <ul style="list-style-type: none"> • Changes in weather conditions • Fallen branches • Animal enters the activity area 	3 (minor injury)	5 (likely)	15 (low)	William Smith	19/07/2020	

What are the hazards?	Who might be harmed and how?	What are you already doing?	Outcome	Likelihood	Risk Rating	Action by whom?	Action by when?	Completed Date
Road Safety	<p>At Risk: Gymnasts & Coaches</p> <p>How?: Injury through accident</p>	<p>If there is a road or car park nearby, coaches will set rules and ensure the safety of gymnasts. Ensure all gymnasts understand the area in which the activity will be taking place. No gymnasts under age 8 allowed unaccompanied next to a road.</p> <p>Clearly communicate rules to gymnasts (and parents prior to activity where necessary) and reinforce on arrival.</p>	8 (severe injury)	2 (unlikely)	16 (low)	William Smith & Margo Pratt	19/07/2020	
Hydration	<p>At Risk: Gymnasts & Coaches</p> <p>How?: Dehydration Cross-Contamination</p>	<p>Gymnasts to have their own source of hydration in a sealed bottle.</p> <p>No sharing of water bottles will be allowed.</p>	3 (minor injury)	2 (unlikely)	6 (low)	William Smith & Margo Pratt	19/07/2020	
Sun damage	<p>At Risk: Gymnasts & Coaches</p> <p>How?: Skin damage due to sun</p>	<p>Gymnasts and coaches to wear sunscreen when necessary. Sunscreen to be applied before activity commences with sufficient time to be active before session begins.</p>	3 (minor injury)	2 (unlikely)	6 (low)	William Smith	19/07/2020	
Clinically or Extremely Vulnerable people	<p>At Risk: Gymnasts & Coaches</p> <p>How?: Serious ill health by transmitting the virus</p>	<p>Gymnasts or coaches deemed 'clinically extremely vulnerable' should continue to follow government advice.</p> <p>Clinically extremely vulnerable individuals or those continuing to live with anyone deemed clinically extremely vulnerable should follow current government advice and not attend sessions.</p>	10 (fatality)	2 (unlikely)	20 (medium)	William Smith	19/07/2020	

What are the hazards?	Who might be harmed and how?	What are you already doing?	Outcome	Likelihood	Risk Rating	Action by whom?	Action by when?	Completed Date
Use of equipment / apparatus	<p>At Risk: Gymnasts, Coaches & Helpers</p> <p>How?: Serious ill health by transmitting the virus to others</p>	<p>Only matting and personal hand apparatus are to be used.</p> <p>Clubs to ensure a cleaning schedule is in place and recorded. Clean as you go policy in place which all coaches and gymnasts are made aware of in preparation for their activity.</p> <p>Mats & equipment cleaned after each activity session. Gymnasts are responsible for the cleaning of their own hand apparatus. No sharing allowed of personal hand apparatus.</p>	10 (fatality)	2 (unlikely)	20 (medium)	William Smith	19/07/2020	
Returning to activity / coaching after isolation	<p>At Risk: Gymnasts & Coaches</p> <p>How?: Poor mental health</p> <p>Serious ill health by transmitting the virus to others</p>	<p>Coaches or gymnasts who are returning to activity from isolation due to suspected or confirmed cases of COVID-19, or for other COVID-19 related reasons, should be medically assessed prior to return to ensure it is safe for them to return to physical activity.</p> <p>Mental wellbeing is discussed and promoted within coach & participant teams; anyone struggling to cope with returning to activity is made aware of available support from peers / coaches / safeguarding team.</p>	10 (fatality)	2 (unlikely)	20 (medium)	William Smith	19/07/2020	