# Risk assessment for running water surf lifesaving sessions, Covid-19

This risk assessment is in addition to the “general risk assessment” and Normal Operating Procedures for teaching 1st aid courses, either as a stand along training session or as part of another award (such as a surf lifesaving award).

## Company name: Portreath SLSC Assessment carried out by: Jack Johns

## Date of next review: 20/03/22 (or following review of Govt guidelines) Date assessment was carried out: 20/03/21

| What are the hazards? | Who might be harmed and how? | What are you already doing tocontrol the risks? | What further action do you need to take to control the risks? | Who needs to carry out the action? | When is the action needed by? | Done |
| --- | --- | --- | --- | --- | --- | --- |
| Infection from training equipment (rescue boards, tubes, ski’s, buoys etc) | Coach, Lifeguard, Instructor, participants, parents/helpers | All equipment will be cleaned with hot soapy water or anti-bacterial cleaning agent prior to and post training session. | There is a designated person who is responsible to insure that If equipment is used by people from different bubbles within 24hr the equipment must be washed between each exchange of participant.  Each participant will be issued with their own specific piece of equipment at the start of the session and must not exchange this unless it is fully cleaned in the de-contamination area.  All participants will be asked to wash their hands or use hand sanitiser on arrival and at departure and again if they enter the club building | Trainer & candidates | Prior, during and after training |  |
| Covid-19 infection: contact with other people and/or surfaces. | Coach, Lifeguard, Instructor, participants, parents/helpers | Regular verbal and social media reminders to keep 2 meter distance.  An online booking system with information about which “bubble” (10 people max) each participant belongs to, where to muster and what to bring (2 x plastic bags for contaminated kit). | Participants will be instructed in how to maintain a high standard of handwashing, with alcohol gel (or wipes if gel unavailable)   They will be provided in addition to handwashing facilities.  Session lead will decontaminate high touch areas at end of session. | Trainer & candidates  Session lead | Prior, during and after training  After session |  |
| **Coughing/sneezing** | Coaches and participants | Initial briefing participants will be reminded to cough/sneeze into a tissue and dispose of this into a bin immediately, washing hands afterwards.  Alternatively coughing/sneezing into the bent elbow if no tissue available. | Observation and reminding | coaches and participants | Ongoing |  |
| Participants showing signs of covid-19 | Coach and candidates | Instructions issued prior to participation will include:  “Where individuals are exhibiting symptoms typical of flu, a cold or have been in close contact with someone who has the COVID-19 infection then they should exclude themselves from the club training sessions. Likewise if an individual has travelled to/from the countries/regions as listed [HERE](https://www.gov.uk/government/publications/covid-19-specified-countries-and-areas/covid-19-specified-countries-and-areas-with-implications-for-returning-travellers-or-visitors-arriving-in-the-uk) they should act on the advice dependent on whether they were a category 1 or 2 traveller. | PAR-Q forms will be issued and only participants who have completed this will be allowed to take part in club training sessions. | Participants and checked by club coach | Ongoing |  |
| ****Transmission from surfaces**** | Coach, Participants and anyone entering the club building | Sanitise all surfaces and door handles before, during and after each session (including toilets).  Ensure there is easy access in the training room to handwashing facilities or hand sanitising gel so that candidates can clean their hands between each activity. | Person in charge of equipment cleaning must check this is completed before and after each training session. | Decontamination person | Directly prior to and after each training session |  |
| **Symptoms during session** | Participants and coach | Any participants displaying symptoms (new continuous cough or high temperature) will be asked to leave. | Contact tracing will then take place to inform everyone who was in the same bubble or could have had contact with this individual about approach action with regards to self-isolation. | Person in charge of session | Ongoing observation |  |
| Exposure to Coronavirus | Coaches and participants | Pre training briefing to include the importance of not:  1. Shaking hands  2. Coaches and participants to maintain a 2-metre distance apart.  3. Handwashing facilities and sanitiser gel provided. | Training equipment laid out to maintain a minimum 2m distance. Practical activity area sufficient to allow minimum 2m distance throughout all parts of the session. | Coaches | Observation of symptoms include a fever, cough, shortness of breath, breathing difficulties, Muscle Pain and Tiredness. Loss of Taste and Smell |  |
| **Transmission of Covid-19 due to increased participation numbers** | Coaches, participants and families | Sessions are delivered in bubbles with allocated coach. All equipment checked and sanitised prior to use.  No sharing of equipment  Coaches managed sessions to maintain min 2meters distance between participants throughout the session.  Ongoing observation and reminding of social distancing undertaken by all responsible adults throughout the session.  Reminders about hygiene and social distance published on club social media pages on a regular basis. | Ongoing observation of groups and reminding of hand hygiene and social distancing throughout the training sessions.  Location and spacing of gathering locations to take account of larger groups sizes. | All coaches, supporters and participants | Ongoing. |  |

More information on managing risk: [www.hse.gov.uk/simple-health-safety/risk/](http://www.hse.gov.uk/simple-health-safety/risk/)

Published by the Health and Safety Executive 10/19