



PRE/POST SESSION RISK ASSESSMENT GUIDELINES

The aim of these risk assessment guidelines is to provide a simple way for you as coaches and Covid Coordinators to operate in a way that keeps everyone safe with minimal risk of infection.

By following these basic steps and practicing good risk management your club can reduce the amount of time, effort and energy required to maintain a safe environment. These guidelines are not intended to be a perfect solution for the prevention of COVID 19 – merely a guide to give gyms a solid foundation for identifying risks and making improvements to their practice. By doing this and getting it right you will inevitably reduce the risk of having to postpone or cancel future activities. In general, you are looking for risks of coronavirus spread over and above usual considerations of a Gym. You should consider potential pinch points for crowding or gathering especially if doing several sessions back to back, contact with general public is both a risk to them as well as coaches so has to be minimised and may be trickier in a public facility. Is it possible to create a one-way flow in and out of the Gyms to avoid breaching 2m social distancing? This is especially important if running several sessions.

BEFORE SESSION

Prior to each session, the following must be completed:

Full Gym Risk Assessment has been completed and signed off by Covid Safety Coordinator	
Club has informed Boxing Scotland of COVID Coordinator	
Covid Coordinator has completed online training	
Emergency Action Plan is up to date	
Participants informed to use own gloves and come ready for training – no changing facilities	
Participants have completed a Test and Protect (track and trace system)	
All participants, existing and new, have completed PAR Q – Before starting their first session	
Remind participants to arrive early to complete forms, ideally, they should be given allocated arrival times (staggered) and training zones	
Encourage active transport, car sharing cannot occur out with households	
Public transport if needed, should be easy to avoid lengthy delays and potential for “gathering” Think about pinch points	



Pre-session briefing to participants on social distancing and bubbles	
<p>Suggested posters in gym NO:</p> <ul style="list-style-type: none"> • spitting • shouting across the gym • music in the gym 	
Equipment cleaning and hand sanitisation stations are set up with appropriate signage and adequate supplies for the session	
must bring own water bottle and towel	
All gates and entry points are open and cleaned regularly	
Has there been a minimum 15-minute cleaning window allowed between sessions?	

DURING SESSION

During a session the following must be undertaken:

All participants use hand sanitiser/wash hands	
All participants are advised/reminded of which training zone is theirs (if appropriate)	
No sharing of towels and water bottles	
Participants to leave session promptly by advised exit	
Hand sanitise on exit	
No music	
Maintain physical distancing	



POST SESSION

After each session coach(es) are required to complete the following steps:

Clean all equipment down and their wash hands	
Ensure all rubbish is bagged and placed in a bin	
If anything has happened during the session that hasn't been covered by initial risk assessment/check list then please highlight this to Boxing Scotland so they can amend practice for future sessions	
Have you left enough time between sessions to ensure your premises can be cleaned after each class? a minimum of 15-minute cleaning window	
Is there easy placement of hygiene stations for hand and equipment cleansing	
Is it possible to site posters to remind all Gym members and volunteers about COVID hygiene and social distancing reminders?	

Signed:.....

Name:.....

On Behalf of:.....BC

Date:.....