

## Risk assessment for Covid – 19: Scotland - Coaching

<b>Name of Club/Squad</b>			
<b>Name of person completing this form</b>		<b>Position of person completing this form (coach, organiser)</b>	
<b>Venue for session / event / activity</b>		<b>Date for session / event / activity</b>	
<b>Name of person in charge of session / event / activity</b>			
<b>Risk assessment signed</b>		<b>Date prepared:</b>	
<b>Name of Club Covid - 19 Officer</b>		<b>Sign &amp; Date</b>	
<b>Club Committee member assessment checked &amp; approved (ESW trained) or Board member for ScotJos</b>	<b>Name &amp; position:</b>		
	<b>Sign &amp; Date:</b>		

This assessment is in addition to the normal risk assessment: it requires three signatures (electronic signature is acceptable): the coach, the Covid-19 officer and a member of the club committee.

The hazard posed by Covid – 19 to people involved in orienteering events and activities is transfer of the virus between people present. General precautions are focussed on reducing the risk to people mainly by reducing the 'R' number.

Event/activity risk assessments need to include consideration of coronavirus infection while this is a realistic risk.

The context for this document is that Scotland is in Phase 3 of lockdown relaxation; local and regional events are allowed and coaching is permitted but with restrictions on how many people may attend. The assessment provided here is for the activity of coaching and it includes suggestions as to how risks may be controlled – there are likely to be other options. Mention of SI

equipment is included in case this gear is in use – if it is not then those specific risks are absent and the precautions are not required.

### **Summary of hazards, risks and key precautions**

Hazard: People catching Covid-19 with potentially serious health consequences.

Risks: Transmission of the virus from other people, and transmission of the virus from contact with contaminated objects.

Subsidiary risks: Contact with chemicals used in sterilising objects, including inhalation/ingestion, splashes in eyes and skin sensitivity to prolonged contact.

Key precautions:

1. Avoid contact with others (including potentially exhaled virus) and equipment,
2. Disinfect items that might be contaminated or self after potential contamination.

Previous requirements around distancing and age variations have largely been removed for outdoor coaching. The key number is that the maximum size of a group is 30. Within the group while coaching is in progress then approaching inside 2m to other members is permitted. Members of the group should not mingle with members of other groups. Maintaining some distance from others and avoiding physical contact is recommended.

Please note that British Orienteering recommended practice when coaching juniors is to have a second adult present.

Coach to coached ratios:

- Adults: the recommended ratio is a maximum of 1 coach to 10 participants.
- Juniors: The recommended ratio is 1:7 but up to 1:10 is acceptable particularly if there is at least one adult helper present.

### **More detail about possible exposures and precautions**

Hazards	Possible outcome / injury including note on severity and likelihood of occurrence	Mitigation - What control measure?	Mitigation - Person responsible for delivery
<b>Covid -19 infection</b>			
Participants bringing the infection	Potential transmission to others with variable consequences but could be fatal. Potential further transmission by people after leaving the event	<ol style="list-style-type: none"> <li>1. Communicate to participants (including coaches and helpers) that people currently exhibiting one or more Covid-19 symptom must not attend even when accompanying someone else or assist in setting up exercises.</li> <li>2. Also state that people in Covid -19 related quarantine/isolation must not attend.</li> <li>3. Mention that people in the higher risk categories, as set out by British Orienteering and Government, need to be aware that attending places them at increased risk.</li> </ol>	<ol style="list-style-type: none"> <li>1. Organiser</li> <li>2. Organiser</li> <li>3. Organiser</li> </ol>
Participant to participant and participant to/from members of the public transfer of infection through contact <ul style="list-style-type: none"> <li>• Social interactions at start &amp; close of day, and during breaks</li> </ul>	Failure of physical distancing requirements leading to the same consequences as above	<ol style="list-style-type: none"> <li>4. Keep numbers at manageable levels for avoiding group limits being exceeded in the group being coached (including the number of coaches). Particularly with junior coaching inform parents that persons delivering and collecting participants need to remain well clear of coaching groups to avoid them being part of the numbers counted for coaching.</li> <li>5. Also communicate in advance that the 2m distance rule applies before and after the activity including where people gather, and any walking to and from the starts &amp; finishes.</li> <li>6. Supply hand sanitiser for use by participants.</li> <li>7. Upgrade record keeping for people attending to include contact details that might be required for 'Test and Locate' (name, phone numbers and email addresses.</li> <li>8. Communicate to competitors in advance that the 2m rule must be observed with members of the public. Particular</li> </ol>	<ol style="list-style-type: none"> <li>4. Organiser</li> <li>5. Organiser</li> <li>6. Organiser</li> <li>7. Organiser</li> <li>8. Organiser</li> </ol>

<ul style="list-style-type: none"> <li>Missing person search coordination</li> </ul>		<p>care is required around avoiding people at stiles and gates. Also avoid contact with dogs.</p> <p>9. Run a system where a record is kept of all participants in each group starting and their return and therefore who is still out on exercises.</p> <p>10. If someone is missing assemble the search team and explain the need for team members to maintain 2m separation from members of the public during the search.</p>	<p>9. Organiser</p> <p>10. Organiser</p>
<p><b>Disinfect items and people</b></p> <p>There are a number of ways of achieving disinfection of equipment:  Contact with a suitable disinfectant (a solution containing at least 60% of either ethyl or isopropyl alcohol).  Quarantine the equipment and leave it untouched for 72 hours.  Thorough washing with soap and water.</p> <p>Alcohol based disinfectants tend to have a dehydrating effect.</p> <p>There is a balance to be struck between the immediacy of chemical treatment and the potential exposure of individuals while applying the chemicals (both to the virus and to the chemicals). Remember that it is important to avoid inhalation of disinfectant chemicals and also getting any in eyes.</p>			
<p>Equipment to person transfer and person to equipment to person transfer of virus:</p> <ul style="list-style-type: none"> <li>Pre-event preparation.</li> </ul>	<p>Transfer of the virus via equipment has the same possible consequences as direct transfer between people</p>	<p>11. Obtain and sort out equipment ready for use in the event at least 72 hours before the event - wear disposable gloves while handling the equipment.</p> <p>12. Ensure that anyone using sanitiser/disinfecting equipment understands the risks from the chemicals and required precautions.</p> <p>13. Ensure that helpers, officials and first aiders know how to remove gloves without coming into contact with the outer surfaces after use, and they know where to dispose of used gloves.</p> <p>14. Ensure that the first aid kit includes face masks, disposable gloves and hand sanitiser and the first aider uses mask and gloves and provides a mask for each person requiring treatment. They should also use hand sanitiser after</p>	<p>11. Organiser</p> <p>12. Organiser</p> <p>13. Organiser</p> <p>14. Organiser</p>

		treating anyone. Further first aid advice can be found at <a href="https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/">https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/</a>	
<ul style="list-style-type: none"> <li>• Course preparation</li> </ul>		<p>15. Wear disposable gloves when putting out kites and SI boxes (if in use) or spray with sanitiser when in position.</p> <p>16. Keep the SI boxes away from the kites so that participants are able to punch without coming into contact with the kites if SI boxes are in use.</p>	<p>15. Organiser</p> <p>16. Organiser</p>
<ul style="list-style-type: none"> <li>• Participant contacts</li> </ul>		<p>17. Remind participants to avoid unnecessary contact with items such as fences and gateposts.</p> <p>18. Remind participants with ordinary dibbers to minimise their hand contact with the SI boxes if they are being used.</p>	<p>17. Organiser</p> <p>18. Organiser</p>
<ul style="list-style-type: none"> <li>• Collecting in gear</li> </ul>		<p>19. Supply control collectors with bags for SI boxes and kites/canes along with disposable gloves for them to wear. Inform them that they need to minimise contact between the equipment and unprotected skin.</p> <p>20. Disinfect the start, finish and download boxes in situ and then collect them in if they are in use.</p> <p>21. If any SI boxes need interrogating, disinfect them first.</p>	<p>19. Organiser</p> <p>20. Organiser</p> <p>21. Organiser</p>
<ul style="list-style-type: none"> <li>• Processing equipment and storage</li> </ul>		<p>22. Wear disposable gloves while handling equipment that has been used in an activity. Quarantine it for 72 hours.</p> <p>23. If equipment needs to be re-used or issued within 72 hours, disinfect the equipment.</p>	<p>22. Organiser</p> <p>23. Organiser</p>