

Rochford & District Swimming Club (RADS) Covid-19 Risk Assessment.
Updated 8/10/2020

This Risk Assessment has been completed by Kimberley Lee Shelley, Covid-19 Lead for the Return to training of Rochford & District Swimming Club with the support of the Committee.

This Risk Assessment has been compiled with consideration under both Swim England's return to training and Fusion Lifestyle guidance related to Covid-19.

We ask that all of our members, parents/guardians, coaches and volunteers read and take on board all of the contents within this document, they are documented to ensure that we keep all of our members, coaches and volunteers as Covid safe as possible.

Each training session will be overseen by 1 to 2 Covid Liaison officers or the Covid Lead. They will be on poolside at every training session to ensure that all of our members, coaches and volunteers are acting in accordance with the protocols set out in this document.

Amendments may be made to the protocols set out in this document as time goes on. We will be constantly checking and reviewing all of the government guidelines via Swim England and Fusion Lifestyle to ensure that everything contained within this document and the behaviours expected by our members, coaches and volunteers is completely up to date and that we are acting as 'Covid safely' as possible. All amendments will be shared with members, coaches and volunteers immediately.

Training resumed on Sunday 27th September 2020.

Name of Club: ROCHFORD & DISTRICT SWIMMING Facility: Clements Hall Leisure Centre. Fusion Lifestyle		Name of Risk Assessor: KIMBERLEY LEE SHELLEY		Date of Risk Assessment Review: 08/10/2020 Review Date of Risk assessment: 01/11/2020		
What are the hazards?	Who might be harmed	Description of potential problems	Risk rating before controls	Controls Considered	Risk rating after controls	Actioned by who?
Spread of COVID-19 Coronavirus. (RADS CV/1)	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers • Covid Lead • Covid Liaisons • Committee members • Facility staff • Facility members • General public 	The World Health Organisation declared the outbreak of COVID-19 a pandemic on the 11 th March 2020, this meant that COVID-19 had spread worldwide. The UK was placed into full lockdown on the 23 rd March 2020, with many restrictions being implemented in the days prior to this. The restrictions imposed on us as residents of the UK have gradually been relaxed. The reopening of pools on the 25 th July 2020 gave RADS the green light to implement the plans to re-open and for our members to resume training. We have taken time and an incredible amount of planning to ensure that RADS can operate as safely and as COVID secure as possible when we reopened on the 27 th September 2020. We have had to put measures into place to ensure the safety of our staff and members along with the staff and members of Clements Hall is our highest priority.	HIGH	<ul style="list-style-type: none"> • Full Risk assessment for a return to training at Clements Hall carried out by RADS COVID-19 LEAD and shared with members. • Hand washing & Sanitizing. • Information provided to members including: 'Return to training Covid-19 & Risk Awareness Declaration' and 'Pre-training Covid-19 health screen forms' which must be completed and returned before any athlete is allowed to resume training. • Facility use protocol (please see PowerPoint presentation) • Equipment. (please see PowerPoint presentation and Risk assessment point CV/11) • Rules on poolside. Rules in the pool (Please see PowerPoint presentation and Risk assessment point CV/10) • Social Distancing, ensure that you remain 2m (1m+ where 2m is not viable) outside the facility, inside the facility and in the pool. • The use of face coverings is now mandatory when walking through the entrance/exit hall of the leisure centre. 	LOW	Covid Lead
Maintaining social distancing. (RADS CV/2)	<ul style="list-style-type: none"> • Athletes • Parents/Guardians • Coaches • Volunteers 	To stop the spread of Coronavirus we must all avoid close contact with anyone we do not live with. Try to stay at least 2m (1M+	HIGH	<ul style="list-style-type: none"> • Car park rules. (Please see Risk assessment point CV/6) • Signage. (Please follow the signs in Clements Hall to ensure you follow the one-way system) 	MEDIUM	Covid Lead and/or liaison officer. Coaches/Volunteers

	<ul style="list-style-type: none"> • Covid Lead • Covid Liaisons • Committee members • Facility staff • Facility users 	where 2m is not viable) away from anyone you do not live with.		<ul style="list-style-type: none"> • Restricted lane usage. There will be a maximum of 8 athletes per double lane to ensure that each athlete has the required space to socially distance from all other athletes. • Pool and poolside etiquette, please ensure that you remain socially distant from all other athletes and coaches at all times. • Coaches, the Covid Lead and/or Covid Liaison officers should regularly reiterate safety and social distancing information. This should happen at the start of every training session and if anyone is seen breaching the guidelines 		
Returning to training for Athletes, coaches & Volunteers (RADS CV/3)	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers • Covid Lead • Covid Liaisons 	<ul style="list-style-type: none"> • All athletes, coaches, Volunteers, the Covid Lead and any Covid Liaisons must ensure they are fit and well to return before the commencement of their first session. By attending subsequent sessions each individual is confirming by their attendance that they are free of symptoms of Coronavirus. 	HIGH	<ul style="list-style-type: none"> • Completion of 'Return to training Covid-19 and risk Awareness declaration' and 'Pre-training Covid19 health screen' forms (available to download on the RADS Facebook page, website and within the email sent to all members) to be completed and individuals to discuss any underlying health conditions which may put them at increased risk with their medical practitioner. Failure to provide signed copies of both forms will mean that the individual will not be permitted to enter Clements Hall to return to training. • We will maintain records of all athletes and coaches in attendance at every training session. • The Covid Lead and/or the Covid liaison has the right to refuse entry to training to any athlete or Coach they believe may have symptoms of COVID-19 or who are returning to training to early 	LOW	Covid Lead and/or liaison officer

				after having COVID-19. There is no right to appeal these decisions.		
Someone becomes unwell during session (RADS CV/4)	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers • Committee members • Covid Lead • Covid Liaisons 	<ul style="list-style-type: none"> • There is a risk to all athletes, coaches and RADS staff and volunteers along with Facility staff and Facility users should an individual show symptom of Coronavirus during a training session. The risk to all other people present must be reduced as much as possible, as quickly as possible. 	HIGH	<ul style="list-style-type: none"> • Immediately isolate the individual to the First Aid room. If this is already in use please use the corner of the pool hall, next to the water fountain by the training pool. Any persons tending to the individuals with suspected symptoms must use PPE, Masks and Gloves will be readily available on poolside and will be with the Covid Liaison on duty during each session. • The Covid liaison on duty must Contact Parent/Guardian or next of kin immediately (all contact details will be checked prior to commencement of first training session back) and will be readily available in the RADS office. • The Covid Liaison on duty must Contact the Covid Lead as soon as possible. (Kimberley Shelley 07951696841) • The Covid Lead must inform the Pool operator as soon as possible. • The Covid Lead will investigate who the individual may have come into contact with, with the assistance of the Covid Liaison on duty at the time and the Coach/Volunteer in charge of the individual's lane/bubble. These details will be recorded by the Covid Lead in the event that the NHS track and trace contact the club should the individual test positive for COVID-19. • The individual will need to self-isolate and book a Covid test on the government website or by calling 119. They must remain at 	MEDIUM	Covid Lead and/or Liaison officer Coaches/ Volunteers

				<p>home and will not be permitted back to training until a negative test result is confirmed.</p> <ul style="list-style-type: none"> • Until the test results are back all other athletes, coaches, Volunteers, Committee members, Covid lead & Covid Liaison can continue as normal as the bubble that the athlete was training in was a training bubble and all athletes will have been maintaining a social distance. If the test is negative then no further action is required and the individual can return to training immediately. If the test is positive then all athletes in the lane/bubble of the infected person will be contacted by the COVID-19 Lead and must self-isolate for 14 days as advised by the Government. 		
<p>Someone becomes unwell and has attended a session in the 14 days prior to feeling unwell (RADS CV/5)</p>	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers • Covid Lead • Covid Liaisons 	<ul style="list-style-type: none"> • An individual may develop symptoms a number of days after their last training session. Current estimates give an average incubation period of 5 days (range 1-11days) as at (3rd Feb 2020) Therefore the individual could have been in the incubation period whilst attending their training session. 	HIGH	<ul style="list-style-type: none"> • The individual or parent/guardian if the individual is under 16 years of age must inform the Covid Lead (Kimberley Shelley 07951696841) immediately. The Covid Lead must inform the RADS Committee as soon as possible. • The Covid Lead must inform the Pool operator (Fusion Lifestyle) as soon as possible. • The Covid Lead will investigate who the individual may have come into contact with, with the assistance of the Covid Liaison(s) on duty at the time when the individual attended any training sessions in the 14days prior to feeling unwell and the Coach/Volunteer in charge of the individuals lane/bubble. These details will be recorded by the Covid Lead in the event that the NHS track and trace contact the 	LOW	Covid Lead

				<p>club should the individual test positive for COVID-19.</p> <ul style="list-style-type: none"> The individual will need to self-isolate and book a Covid test on the government website: https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name or by calling 119. They must remain at home and will not be permitted back to training until a negative test result is confirmed. Until the test results are back all other athletes, coaches, Volunteers, Committee members, Covid lead & Covid Liaison can continue as normal as the bubble that the athlete was training in was a training bubble and all athletes will have been maintaining a social distance. If the test is negative then no further action is required and the individual can return to training immediately. If the test is positive then all athletes in the lane/bubble of the infected person will be contacted by the COVID-19 Lead and must self-isolate for 14 days as advised by the Government. 		
Car Park (RADS CV/6)	<ul style="list-style-type: none"> Athletes Parents/Guardians Coaches Volunteers Fusion staff Committee members Covid Lead Covid Liaisons 	<ul style="list-style-type: none"> Vehicles may be parked too close to each other therefore not allowing suitable space between cars to adhere to social distancing guidelines whilst getting in and out of the car. 	MEDIUM	<ul style="list-style-type: none"> All members, parents/guardians, coaches & volunteers informed to park cars with suitable distance between each car to ensure that when entering and exiting the car they are able to adhere to social distancing. 	LOW	Covid Lead and/or Liaison officer Coaches/ Volunteers
Spectators (RADS CV/7)	<ul style="list-style-type: none"> Parents/Guardians 	<ul style="list-style-type: none"> There is a higher chance of the risk of the spread of infection when increasing 	HIGH	<ul style="list-style-type: none"> No spectators will be allowed to sit in the spectator area in the 	LOW	Covid Lead and/or Liaison officer

		<p>the amount of people allowed into the building.</p> <ul style="list-style-type: none"> The spectator area is fairly small, with rows of seating arranged close together meaning that it is very difficult to maintain a social distance. 		<p>pool hall under any circumstance until further notice.</p> <ul style="list-style-type: none"> Parents are allowed to wait in the café whilst their child is swimming. Parents are only permitted to use the plastic white chairs. Parents must not use the fabric chairs or sofas which have been stored behind the partitions, nor are parents permitted to spectate through the glass or doors between the café and pool hall due to the cleaning required. 		Coaches/ Volunteers
Facility entrance. (RADS CV/8)	<ul style="list-style-type: none"> Athletes Parents/Guardians Coaches Volunteers Committee members Covid Lead Covid Liaison Fusion Staff Fusion members 	<ul style="list-style-type: none"> Congregation of people Lack of social distancing Potential for passing on Covid19 Entrance and exit shared with the general public, Fusion members and Fusion staff 	HIGH	<ul style="list-style-type: none"> MONDAY & FRIDAY MORNING SWIMMERS ONLY Please queue up outside the main entrance according to your lane 10 minutes before your session is due to start. You will be greeted by a member of RADS staff and Covid Liaisons. Any athletes under the age of 16 will then pass from being under the care and supervision of their parents/guardians to being under that of the RADS staff/volunteers on duty during that session. Entrance to the main centre will only be permitted when the Duty manager/staff member of Fusion indicates that it is safe to do so. TUESDAY & THURSDAY EVENING SWIMMERS ONLY All members including parents/guardians of athletes under 16 years of age to arrive 10 minutes prior to the start of their session and wait outside the fire doors to the cafe maintaining 	LOW	Covid Lead and/or Liaison officer Coaches/ Volunteers

				<p>a social distance or 2m (1m+ if 2m is not viable).</p> <ul style="list-style-type: none"> • A member or members of RADS staff/volunteer or Covid Liaison on duty will meet all athletes at the fire exit to the café where they will be checked on the register and organised into their lanes in the café. • Any athletes under the age of 16 will then pass from being under the care and supervision of their parents/guardians to being under that of the RADS staff/volunteers on duty during that session. • Entrance to the main centre will only be permitted when the Duty manager/staff member of Fusion indicates that it is safe to do so. • Parents are welcome to wait in the café during their children's swim session (please see RADS CV/7) <p>SUNDAY SWIMMERS only...</p> <ul style="list-style-type: none"> • All members including parents/guardians of athletes under 16 years of age to arrive 10 minutes prior to the start of their session and wait outside the fire doors to the cafe maintaining a social distance or 2m (1m+ if 2m is not viable). • A member or members of RADS staff/volunteer or Covid Liaison on duty will meet all athletes at the fire exit to the café where they will be checked on the register and organised into their lanes in the café. • Any athletes under the age of 16 will then pass from being under the care and supervision of their parents/guardians to being under that of the RADS staff/volunteers on duty during that session. 		
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				<ul style="list-style-type: none"> Entrance to the main centre will only be permitted when the Duty manager/staff member of Fusion indicates that it is safe to do so. Parents are welcome to wait in the café during their children's swim session (please see RADS CV/7) 		
Facility Reception and walkway to the main pool doors (RADS CV/9)	<ul style="list-style-type: none"> Athletes Coaches Volunteers Committee Members Covid Lead Covid Liaison Fusion Staff Fusion members General public 	<ul style="list-style-type: none"> Congregation of people Lack of social distancing Potential for passing on Covid19 Entrance and exit shared with the general public and Fusion staff Toilets shared with Fusion members and the general public 	HIGH	<ul style="list-style-type: none"> When accompanied by a member of RADS staff/volunteer all athletes will be escorted through the reception area. When entering the building everyone must keep to the right-hand side of the hall following the blue circles until just past the main toilets where the circles will veer left and guide you to the main double doors to the spectator area of the pool hall. Maintaining Social distancing at all times. 	LOW	Covid Lead and/or Liaison officer Coaches/ Volunteers
Poolside (RADS CV/10)	<ul style="list-style-type: none"> Athletes Coaches Volunteers Committee members Covid Lead Covid Liaison Fusion staff Fusion members General public 	<ul style="list-style-type: none"> Congregation of athletes Congregation of staff & volunteers 	HIGH	<p>SUNDAY EVENING, MONDAY & FRIDAY MORNING, TUESDAY & THURSDAY 7.15PM SESSION SWIMMERS ONLY</p> <ul style="list-style-type: none"> On entering the Main pool hall all staff, volunteers and athletes must walk through the spectator area (which will be shut off to any spectators), through the metal gate and onto poolside where all athletes will place any belongings that they have with them on the benches available on poolside. (Please see PowerPoint presentation) <p>TUESDAY & THURSDAY 6.30pm sessions swimmers ONLY</p>	LOW	Covid Lead and/or Liaison officer Coaches/ Volunteers

				<ul style="list-style-type: none"> Athletes are to place bags along the back wall on the far side of the training pool, avoiding blocking the first aid room and fire exit. The training pool may be in use therefore please ensure athletes remain socially distant from other facility users. <p>ALL ATHLETES</p> <ul style="list-style-type: none"> All Athletes are required to arrive to their training session 'beach ready' (swimming trunks/costume on under their clothes and will not be permitted to use the changing area or showers prior to training. The pool is 25m by 17.5m and is 1m deep at the shallow end and 2m deep at the deep end. The pool is currently set out with 4 double width lanes with a maximum of 8 swimmers per double lane. This will allow for the ability to better socially distance when passing each other in the water. Along both lengths of the pool there is sufficient width for coaches/volunteers to pass each other whilst maintaining a social distance. 		
Training equipment (RADS CV/11)	<ul style="list-style-type: none"> Athletes Coaches Volunteers 	<ul style="list-style-type: none"> There is a risk of transferring the virus on any equipment shared by athletes or touched by coaches or volunteers Risk of congregation to select equipment from storage box 	HIGH	<ul style="list-style-type: none"> Starting blocks will not be used currently. Athletes are encouraged to bring their own equipment (floats, etc) to use during their training session and must not share their personal equipment with any other athlete. Athletes are encouraged to submerge any equipment used during their training session in the pool water 	MEDIUM	Covid Lead and/or Liaison officer Coaches/ Volunteers

				<p>before exiting the pool hall. Anti-viral wipes will also be available should they wish to use these.</p> <ul style="list-style-type: none"> • RADS coaches will provide equipment to athletes who do not have their own. Coaches lay equipment out at the end of the lane for athletes who do not have their own. All equipment will be submerged in chlorinated water and/or wiped with anti-viral wipes or solution before and after use. Equipment is not permitted to be shared, athletes should ensure that any equipment (floats, etc) is stored with their drinks bottle when not in use to avoid using another athlete's equipment. • All equipment including drinks bottles must be stored alongside the shallow end and must be clearly labelled with the athlete's name. • Athletes are not permitted to leave equipment at the facility. Anything left will be removed by the coach and stored safely. 		
Medication (RADS CV/12)	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers • Covid Lead • Covid Liaisons • Fusion Staff • Fusion Lifeguards 	<ul style="list-style-type: none"> • Some athletes may require regular medication in relation to a condition they have for example asthma, diabetes etc or may carry on epi pen in the event that they have an allergic reaction. RADS staff/volunteers are not permitted to assist in administering any medication of any kind. 	HIGH	<ul style="list-style-type: none"> • Any medication that could be required by each individual must be stored in a waterproof container. The container must be clearly labelled with the athlete's name and place at the shallow end of the pool within the area of their lane. • RADS Staff/volunteers are not permitted to give or assist with medication to any individual. A lifeguard should be alerted in an emergency situation. 	MEDIUM	Covid Lead and/or Liaison officer Coaches/ Volunteers
In Pool training (RADS CV/13)	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers 	<ul style="list-style-type: none"> • Athletes have been away from training with RADS since the last session on the 	HIGH	<ul style="list-style-type: none"> • Coaches and volunteers must deliver training whilst out of the water. They are not permitted to 	LOW	Covid Lead and/or Covid Liaisons

	<ul style="list-style-type: none"> • Fusion Lifeguards 	<p>17th March 2020. Fitness levels will have been affected by this and could result in lanes becoming clogged with athletes.</p> <ul style="list-style-type: none"> • Long sets may result in athletes overtaking each other and therefore becoming too close. • Athletes are used to breathing out at any point during their swim, therefore may breathe over other athletes. • Athletes are used to stopping for rest breaks and to take direction from their coach in large groups. 		<p>enter the water. Should an emergency situation occur the lifeguards will be the only people permitted to enter the water.</p> <ul style="list-style-type: none"> • Pool size is 25m by 17.5m. • The pool will be divided into 4 double width lanes. • There will be a maximum of 8 athletes swimming in each double lane. • Athletes will be placed in lanes according to their ability prior to Lockdown in March 2020. Their allocated lane will be their bubble. • To prevent overtaking sessions should have short rep sets. • On the initial return to training, swimming should be of low-key stroke work to reduce the potential of swimmers breathing hard close to each other. • All athletes are required to maintain socially distanced when swimming both in front and behind and to the side for a short time. • The fastest swimmer in each lane will lead the set, this will be determined by the Coach in charge of each lane. • It will be down to the Coach in charge of each lane to give each athlete the required gaps in start times based on the stroke, ability and speed of the athletes in each training session. • All strokes can be practised. • Each lane will follow the same direction of travel. This will be in a clockwise direction, ensuring athletes use the full width of the double lane. This will mean swimmers will be unable to swim side by side, minimising the risk of transmission 		
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				<ul style="list-style-type: none"> • When practising freestyle, if swimmers need to pass each other they are encouraged to breathe to the opposite side. • Should athletes need to take rest stops or to take direction from the coach, they are advised to stop at the shallow end and must ensure they do not get in the way of athletes who continue to swim, if this is not possible or a number of athletes need to rest, they are advised to exit the water and stand to the side to take their break. • It will be down to the coach's discretion, based on the athlete's ability should they wish to split their lane up so that half start, stop and rest at opposite ends of the pool. If an athlete is directed to start, stop and rest at the deep end then they must ensure that their drink bottle is positioned at the correct end of the pool along with any medication that they may require. 		
Welfare of Coaches, Volunteers, Committee members, Covid lead & Covid Liaison officers (RADS CV/14)	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers • Committee members • Covid Lead • Covid Liaison • Fusion staff 	<ul style="list-style-type: none"> • RADS staff/ volunteers along with the Covid Lead and Liaisons may be infected if they are in close contact with a person or persons who have Coronavirus. • RADS staff/volunteers along with the Covid Lead and Liaisons may come into contact with athletes, fellow coaches/volunteers who may have Coronavirus or symptoms in the event of needing to assist them from their session to isolate after showing symptoms. • Staff/volunteers are not permitted to give first aid or 	HIGH	<ul style="list-style-type: none"> • It is now mandatory to wear face coverings in the entrance/exit hall of Clements hall for everyone over the age of 11. • Should RADS staff/volunteers wish to wear PPE we will provide face coverings and gloves which will be available in the RADS office. • In the event of a suspected Coronavirus case, staff/volunteers are required to ensure they are wearing PPE before assisting with the individual. • All Coaches, Volunteers, Committee members, Covid Lead & Covid Liaisons must 	MEDIUM	Covid Lead and/or Liaison officer Coaches/ Volunteers

		any medical attention or medication to any individual. A lifeguard must be alerted if this is required.		remain socially distanced from one another and the athletes.		
Changing areas (RADS CV/15)	<ul style="list-style-type: none"> • Coaches • Volunteers • Committee members • Covid Lead • Covid Liaison • Fusion staff • Fusion members • General public 	<ul style="list-style-type: none"> • Limited space and changing cubicles available in the Changing village, therefore there is a risk of congregation of athletes • Each touch point in the facility will be cleaned every 60 minutes therefore transmission in the changing rooms is very high risk. • Under 16s may not be aware of the risks when using areas that are not sanitized in between each use by an individual. 	HIGH	<ul style="list-style-type: none"> • Athletes will have access to the first 13 small changing cubicles and central bench directly behind the poolside rinse showers at the end of their training session. (Please see the PowerPoint presentation for details) Caution should be taken if using the cubicles as they are very narrow meaning the doors to each one is very close together and in fact too close to maintain a social distance from one another. • There will be no access permitted to the changing rooms prior to each training session. • There will be access to 2 rinse down showers for Monday & Friday morning sessions ONLY currently, swimmers in these sessions are permitted to use the 2 rinse down showers as most athletes will be going straight to work or school following their training session. Athletes will not be allowed to use any wash products (shampoo, shower gel etc) Ensure that anyone using these showers to adhere to social distancing guidelines and should you wish to sanitize the controls wipes and/or spray will be available from the Covid Liaison(s) on duty at the session. • Swimmers in Tuesday, Thursday and Sunday sessions will not be permitted to use the 2 rinse down showers as this will cause a delay to exiting the facility following their session. These sessions in question will either finish as another session is 	MEDIUM	Covid Lead and/or Liaison officer Coaches/ Volunteers

				<p>starting or will finish at the same time that the facility will be closing for the day.</p> <ul style="list-style-type: none"> • Sanitizing wipes/spray will be supplied by RADS and available in the changing village for athletes to use on the changing cubicle handles, locks and benches before and after use. • Athletes under the age of 16 and under the supervision of RADS staff/volunteers will be encouraged, if they are using the changing village to sanitize the area before and after use. • When dressed anyone over the age of 16 is free to exit the changing village. • Anyone under the age of 16 will be required to form an orderly, socially distance queue at the changing village exit doors and will have to wait for all members under 16 to be dressed in order to be escorted out of the building accompanied by a member of RADS staff/volunteer • All athletes and RADS staff/volunteers are reminded to remain socially distanced when using the changing village. 		
Toilets (RADS CV16)	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers • Committee members • Covid Lead • Covid Liaison • Fusion staff • Fusion members • General Public 	<ul style="list-style-type: none"> • Toilets in the Main hallway are shared with the general public and only cleaned every 60 minutes, therefore a high risk of transmission of Covid19 • Toilets are located in the Main Hallway (please see PowerPoint presentation) We also have access to a disabled toilet located in the changing village on the right-hand side when entering from the pool hall 	HIGH	<ul style="list-style-type: none"> • It is advised that all athletes, coaches/volunteers, committee members, Covid Lead & Covid Liaisons ensure that they use toilets facilities before they leave home to limit the use of the Facility toilets as much as possible. • Athletes using the main Hallway toilets must be fully dry with a towel around them to exit poolside via the changing village using the one-way system. 	MEDIUM	Covid Lead and/or Liaison officer Coaches/ Volunteers

		<ul style="list-style-type: none"> All under 16s must be escorted to and from the toilet door as they will be under the care of RADS staff/volunteers 		<ul style="list-style-type: none"> Athletes under the age of 16 must be escorted to the toilet door by a member of RADS staff as they are not permitted to be in the building unsupervised. If athletes use the disabled toilet facilities poolside RADS staff/volunteers must inform Fusion staff at the end of the training session to enable them to clean and sanitize the facility. 		
Exiting the building (RADS CV/17)	<ul style="list-style-type: none"> Athletes Coaches Volunteers Committee members Covid Lead Covid Liaison Fusion staff Fusion members General Public 	<ul style="list-style-type: none"> Congregation of people Lack of social distancing Potential for passing on Covid19 Entrance and exit shared with the general public and Fusion staff 	HIGH	<p>MONDAY 7 FRIDAY MORNING SWIMMERS ONLY.....</p> <ul style="list-style-type: none"> Athletes will exit via the fire door at the shallow end of the pool. Parents of athletes under the age of 16 must collect their children from this door. <p>SUNDAY, TUESDAY & THURSDAY SWIMMERS ONLY.....</p> <ul style="list-style-type: none"> All athletes are reminded to follow the one-way system when exiting the building, please walk on the right-hand side of the hall and follow the red circles on the floor to exit the building (Please see PowerPoint presentation for details) All athletes are to remain socially distant when exiting the building. All athletes under the age of 16 will be accompanied by RADS staff/volunteers to the main entrance or via the café to the fire door where they will be handed over to their parents/guardians and signed out on the register. All athletes, staff and volunteers over the age of 11 must wear a face covering in the main hallway unless exempt for medical reasons. 	LOW	Covid Lead and/or Liaison officer Coaches/ Volunteers

Cleaning of poolside (RADS CV/18)	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers • Committee members • Covid Lead • Covid Liaison • Fusion staff • Fusion members • General Public 	<ul style="list-style-type: none"> • Fusion will be cleaning all touch points every 60 minutes therefore there is a risk of transmission in between cleaning. 	HIGH	<ul style="list-style-type: none"> • Fusion staff will clean changing areas before and after each training session. • RADS will provide Sanitizing wipes/spray which will be available for athletes and RADS staff/volunteers to use before and after using any bench areas, changing room handles/ locks and seating should they wish to use them. 	MEDIUM	Covid Lead and/or Liaison officer Coaches/ Volunteers
Health checks (RADS CV/19)	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers • Committee members • Covid Lead • Covid Liaison 	<ul style="list-style-type: none"> • Coaches, Volunteers, Athletes may pass on the virus if they are infected. 	HIGH	<ul style="list-style-type: none"> • Athletes, coaches, volunteers, committee members, Covid lead & Covid Liaisons will need to remain away from the facility and/or training if they are unwell either with a symptom of Covid19 (please refer to point: RADS CV/5) or any other illness. Inform the Covid Lead immediately if it is due to a symptom of Covid19. • Attendance at any training session means that you as an athlete or RADS staff/volunteer are free of any symptoms of Coronavirus and are fit and well to participate in or coach the training session. 	LOW	Covid Lead and/or Liaison officer Coaches/ Volunteers
Travelling abroad (RADS CV/20)	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers • Committee members • Covid Lead • Covid Liaison • Fusion staff • Fusion members • General Public 	<ul style="list-style-type: none"> • Potential of becoming infected whilst travelling abroad 	HIGH	<ul style="list-style-type: none"> • The Government has published a list of Countries and territories from where you can travel and do not have to self-isolate on your return to the UK. The full list of Countries with no self-isolation requirement on arrival in England can be found at: https://www.gov.uk/guidance/coronavirus-covid-19-travel-corridors#updates-to-the-travel-corridor-list • If any athlete, coach/volunteer, Committee member (attending the facility) Covid lead or Covid Liaison travels to, from or transits 	LOW	COVID Lead

				through any countries not on the Governments Travel Corridor list and therefore a restricted area requiring self-isolation for 14 days upon return to the UK, the person must inform the COVID LEAD and must not attend the facility at all during the isolation period.		
Safeguarding children (RADS CV/21)	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers 	<ul style="list-style-type: none"> • All clubs and coaches must operate in a safe and effective manner in accordance with Wavepower, the Swim England Child Safeguarding policy, and the Swim England Club insurance policy. 	HIGH	<ul style="list-style-type: none"> • Ensure all club staff and volunteers requiring a DBS and safeguarding training for their role have completed this before they return. • The club welfare officer must be aware of the training that is being undertaken and be involved in all risk assessments made. • Report child safeguarding concerns immediately to the Club Welfare Officer, Swim England's Child safeguarding team or swimline the swim England Child Protection Helpline. 	LOW	Welfare Officer Covid Lead and/Covid Liaison Coaches/ Volunteers