



COVID-19
Cheerforce Ten Covid-19 Risk Assessment



Risk Assessment Covid – 19 Cheerforce Ten

Please Note:
Programme Director/Head
Coach
should review risk
assessments annually or
when any significant
change occurs following
government guidelines

Coding:
E- Employees
YP- Young person(s)
C- Contractor
V- Visitor

Risk Matrix

Severity	1 Insignificant	2 Minor	3 Moderate	4 Major	5 Fatal
Likelihood					
Very High (5)	5	10	15	20	25
High(4)	4	8	12	16	20
Medium(3)	3	6	9	12	15
Low(2)	2	4	6	8	10
Very Low (1)	1	2	3	4	5

Risk ratings and recommended actions timescale:

High	16-25	Immediate action required to stop the activity or reduce and control the risk
Medium	10-15	Urgent action required NOW to reduce and/or control the risk- within 2 weeks at the latest
Low	4-9	Keep under regular review and investigate further measures to reduce the risk
Very Low	1-3	Acceptable risk but monitor and seek to improve the situation where practicable to do so

Please Note: The minimum existing control measures listed in this document are not an exhaustive list

Facility	Assessment Date:	Assessor: Name & Role	Programme Director/Head Coach	signature
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Guidance:

Risk assessment is a careful examination of what could cause harm, so that you can decide whether you have taken enough precautions or should do more to prevent harm, eliminate and/or control the risk. Risks associated with work activities must be assessed and appropriate risk control measures implemented. When thinking about risk assessment remember:

A Hazard is anything that may cause harm. **The Risk** is the chance high or low that somebody could be harmed, together with an indication of how serious the harm could be.

5 steps to Risk Assessment

1. Identify the hazards.
2. Decide who might be harmed and how.
3. Evaluate the risk and decide on the precautions.
4. Record your findings and implement them.
5. Review your risk assessment and update if necessary.

Review Process:

We aim to keep the risk assessments under regular review and these should be amended following the guidance issued by government

No	Index: Activities Risk Assessments
C1	Ensuring the gym is adequately prepared prior to opening
C2	Cleaning

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C3	Training
C4	Entry and Exit
C5	Social Distancing
C6	Toilet facilities
C7	Time table
C8	Symptomatic individuals/ positive cases
C9	Isolation room
C10	Behaviours
C11	Storage of bags, clothes and water bottles
C12	Use of equipment within the gym such as poms for dance classes
C13	Designated areas to support safe training and continued progression.. eg tumble lane
C14	First Aid
C15	Poor athlete hand hygiene
C16	Indoor 'short session stunt' training
C17	Indoor 'short session pyramid' training
C18	Mixed Age Dance Classes IOP and IOL – to support entry and training for world bids and competition

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C19	Further consideration if athlete is training from a Tier two or three restriction area

Identification of individuals and useful websites for reference

Covid Link Worker – Rachel Smart

COVID-19 INFORMATION GOV.UK – <https://www.gov.uk/coronavirus>

PHE - www.gov.uk/government/organisations/public-health-england

WHO - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

ICO COVID-19 Data holding - <https://ico.org.uk/global/data-protection-andcoronavirus-information-hub/data-protection-and-coronavirus/>

NHS Test and trace - <https://www.gov.uk/guidance/nhs-test-and-trace-howit-works>

Returning to Sport after COVID-19 - <https://www.imperial.ac.uk/media/imperialcollege/administration-and-support-services/sport/public/Return-to-TrainingFollowing-COVID-19-Infographic.pdf>

Coronavirus Outbreak FAQs: www.gov.uk/government/publications/coronavirusoutbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-canand-cant-do

WHO <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

NHS hand washing - <https://www.nhs.uk/live-well/healthy-body/best-way-to-washyour-hands/>

Use of masks - www.bmj.com/content/369/bmj.m1435

Social Distancing - <https://www.gov.uk/government/publications/coronavirus-covid19-meeting-with-others-safely-social-distancing>

PHE - <https://publichealthmatters.blog.gov.uk/2020/03/04/coronavirus-covid-19-what-is-social-distancing/>

CLEANING <https://www.gov.uk/government/publications/covid-19-decontamination-in-nonhealthcare-settings>

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Training Rules

There will be no pressure placed upon an athlete to attend a training session or competition or if they feel like the environment is unsafe for them. If during a session an individual feels uncomfortable with the management of the session, then there will be no pressure placed on that individual if they decide to opt-out of that session.

RETURN TO PLAY CHEERLEADING ROADMAP CHART

LEVEL WHAT? WHERE? HOW? WHEN?

LEVEL 5 • No public gatherings • 2m social distancing • No travel allowed Home or garden • No face to face training sessions • Zoom/Online training If government guidelines and/or national or local lockdown dictates this.

LEVEL 4 • Public gatherings up to 6 (exclusions for outdoor organised fitness classes) • 2m social distancing • Travel allowed (may have some restrictions) Outdoor Spaces • Training sessions outdoors • Conditioning work/Drills/Individual skills – exercise and fitness based • No crossovers between teams If government guidelines dictate this.

LEVEL 3 • Public gatherings up to 6 (exclusions for athletes under 18, University athletes & disabled athletes) • 2m social distancing • Carpooling not advised Indoor training venues • Training sessions indoors • Conditioning work/Drills/Individual skills • No crossovers between teams When RTP approved for youth, disability & university sports. For adult athletes consideration of Local COVID alert Level is needed <https://www.gov.uk/guidance/local-covidalert-levels-what-you-need-to-know>

LEVEL 2 • Public gatherings up to 6 (exclusions for athletes under 18, University athletes & disabled athletes) • 0-1m social distancing (with risk mitigations) • Carpooling not advised Indoor training venues • Training sessions indoors • Conditioning work/Drills/Individual skills • Short session stunting with risk mitigations • Spotted tumbling skills for safety purposes • No crossovers between teams When RTP approved for youth, disability & university sports. For adult athletes consideration of Local COVID alert Level is needed <https://www.gov.uk/guidance/local-covidalert-levels-what-you-need-to-know>

LEVEL 1 • Public gatherings up to 6 (exclusions for athletes under 18, University athletes & disabled athletes) • 0-1m social distancing (with risk mitigations) • Carpooling not advised Indoor training venues • Training sessions indoors • Conditioning work/Drills/Individual skills • Short session stunting & pyramid work with risk mitigations • Spotted tumbling skills for safety purposes • No crossovers between teams When RTP approved for youth, disability & university sports. For adult athletes consideration of Local COVID alert Level is needed <https://www.gov.uk/guidance/local-covidalert-levels-what-you-need-to-know>

LEVEL 0 • N/A (no restrictions) Indoor training venues • Full training with no restrictions TBC – Dependant on government guidelines COMPETITIONS When government restrictions allow, competitions will resume, taking into account limitations on spectators, social distancing and

TIERED GUIDANCE

At local levels there are exemptions in place for youth sport and disability sport, these athletes may train up to level 1 on the sport cheer England RTP

At tier one all athletes aged over 18 who are not exempt may train up to level 2 on RTP

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At tier 2 and 3 all athletes over the age of 18 who are not exempt may train up to level 3 on the RTP

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No	Activity	Hazards	Person At Risk E YP C R/P/V	Minimum existing control measures	Likelihood (1-5)	Severity (1-5)	Risk Rating (L x S)
C1	Ensuring the gym is adequately prepared before opening on each day	The venue will be inadequately prepared in terms of hygiene before activities on a day to day basis	E/YP C/V	<ul style="list-style-type: none"> • Ensure robust daily cleaning of all touch points prior to the start of any session on a daily basis. • Appropriate cleaning products and PPE purchased • Clear instructions for parent captains/coaches as to their role and responsibility in the preparation and cleaning of the gym and equipment <p>Are there any specific hazards that require additional control measures? YES</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>If YES please document additional control measures</p> <p>Please also refer to cleaning schedule for ongoing cleaning of the gym in between sessions</p> </div> <p>By signing this risk assessment, you are confirming that all the above control measures are in place and you have shared this document with your staff.</p> <p>Assessors signature: _____ Date _____</p>	2	2	4

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C2	<p>Cleaning of the gym between sessions to ensure that the risk of infection is minimised at all times</p>	<p>Risk of infection is increased due to unclean surfaces harbouring germs.</p>	<ul style="list-style-type: none"> • Ensure all surfaces are clean prior to starting the session • Ensure all equipment is cleaned between individuals • Ensure correct hand washing is performed and that individuals use the appropriate PPE for the cleaning of the gym if required. • Ensure that all assistant coaches are familiar with the training schedule • Ensure that cleaning of the gym is supervised by the head coach and they are satisfied before allowing entry to the following class. <p>Are there any specific hazards that require additional control measures? YES</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>If yes please document any additional control measures Please refer to cleaning following positive cases for additional precautions/actions.</p> </div> <p>By signing this risk assessment you are confirming that all the above control measures are in place and you have shared this document with your staff.</p> <p>Assessors signature: _____ Date _____</p>	2	2	4
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C3	Training	Staff and coaches will not know what to do if an athlete or parent presents with Covid-19 symptoms	E/YP C/V	<ul style="list-style-type: none"> • All coaches and their assistants to complete a training module on Covid-19 by the virtual college. A certificate must be gained and provided to the Programme Director before they are allowed to support with any classes within the Cheerforce Gym • Training identifies the following symptoms: <ol style="list-style-type: none"> 1/ High temperature 2/ Persistent Cough 3/ Loss of taste or smell. • Parent captains to also have an awareness of the presentation of Covid-19 and to support with the new meet and greet policy as a way of screening athletes – please refer to Risk assessment C8 • Develop posters/download from government website and display within the gym at all times and ensure that these are displaying the most current guidance. • All coaches and their assistants and any parent captain supporting with screening should be familiar with the meet and greet protocol and also the management flow chart supporting athletes to return to training after suspected or confirmed covid-19. • Programme Director to ensure that she maintains her own knowledge and follows government guidance on a daily basis and shares any changes without delay by using the coaching groups formed on messenger • All coaches and their assistants should take responsibility to ensure they check this group at all times and ensure the safety of the gym is maintained without fail. Without this they may jeopardise their position as coach. 	2	2	4

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				<p>Are there any specific hazards that require additional control measures Yes/No- (delete as appropriate)</p> <p>If Yes Please document additional control measures</p> <div style="border: 1px solid black; height: 100px; width: 100%;"></div> <p>By signing this risk assessment you are confirming that all the above control measures are in place and you have shared this document with your staff.</p> <p>Assessors signature: _____ Date _____</p>			
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No	Activity	Hazards	Person at risk (E Y P C R/P & V)	Minimum existing control measures	Likelihood (1-5)	Severity (1-5)	Risk Rating (L x S)
C4	Entry and Exit into the Gym	The venue won't be able to facilitate social distancing measures for athletes and parents accessing the gym and car parking facilities if designated entries and exits are not followed.	E/YP C/V	<ul style="list-style-type: none"> Limit the number of participants in each class Parents / Guardians asked to drop off only, no entry into the gym permitted Continue to follow the new phase two start and finish times and ensure that these timings are prompt to avoid any crossovers Parents should wait in their cars until the very last minute for drop off and pick up to avoid unnecessary contact Signage will clearly indicate entrances and exits for all those visiting the gym. The back entrance for entry with the exit at the front. This will support social distancing on entry while the meet and greet protocol is being followed. Prior to entry into the gym athletes will socially distance outside ,markers on the floor will show where athletes must wait to enter Stop all non-essential visitors- follow the meet and greet protocol Hand sanitiser stations on entry/exit and around the gym Ensure that entry and exit to the gym is supervised by the designated parent captain/assistant coach, ensure that social distancing is maintained at all times and that children are supported into their parents own car Exit from the gym is organised by the coach of the session, athletes must wait until told to leave Individuals using the gym are encouraged to use the QR scanner, this will support the track and trace as advised by government guidelines. 	2	2	4

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			<ul style="list-style-type: none"> • QR details for the gym https://pdf.create-qr-code-poster.service.gov.uk/db569165-f6fe-4924-993b-499aa6f93de1_RKJY6845.pdf • QR scanner posters are displayed around the gym for ease and individuals are encouraged to download the NHS Covid-19 app • Due to the age of some of the athletes using the service the head coach will also take a register which will work alongside the QR scanner • Athletes are screened before entering the gym, they must confirm the following: - <ul style="list-style-type: none"> 1/They do not have symptoms of a high temperature (feeling hot, feeling cold, shivers, feeling under the weather) or a measured temperature of 37.8 or above. 2/ They do not have a new persistent cough. 3/ They do not have a loss of taste or smell. 4. They have not been in contact with a person with suspected COVID-19 within the past 48 hours. 5/ They have not been advised to self-isolate due to a third party from another setting (i.e. school) being infected with COVID-19. 6/ No one within their household has COVID-19 symptoms as outlined above which would require the whole household to self-isolation as guided by the UK Government. • All individuals entering the gym will have their temperature taken with an infrared thermometer, this should not exceed 37.8, if so, entry will be declined <p>Are there any specific hazards that require additional control measures No</p> <p>If Yes please document additional control measures</p>			
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Date:

No	Activity	Hazards	Person at risk (E YP C R/P & V)	Minimum existing control measures	Likelihood (1-5)	Severity (1-5)	Risk Rating (L x S)
C5	Social Distancing	Increased risk of infection due to lack of social distancing	E/YP C/V	<ul style="list-style-type: none"> • Ensure there are sufficient staff to manage and supervise the organised activity to ensure that social distancing is maintained according to the distance highlighted within the road map and alongside the current local covid tier, please see page 4 for further details • Signage on the floor and walls will indicate the traffic flow for people moving around the gym – this will be for entry and exit only – please see C4 risk assessment • All coaches and staff to be trained on all procedures and be familiar with social distancing and how this applies to the training session. • Lessons/classes are to be planned in advance to ensure that social distancing is maintained for the maximum period of time where ever possible, • Ensure all measures are clearly communicated to athletes and parents • No entry allowed to anyone not needed to be in the Gym at that time, please refer to meet and greet policy. • Advice athletes against care sharing for travel too and from gym 	2	2	4

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				<p>Are there any specific hazards that require additional control measures Yes/No (delete as appropriate)</p> <p style="border: 1px solid black; padding: 5px; text-align: center;">If YES please document additional control measures local covid tier 1</p> <p>By signing this risk assessment, you are confirming that all the above control measures are in place and you have shared this document with your staff.</p> <p>Assessors signature: _____ Date _____</p>			
No	Activity	Hazards	Person At risk (E YP C R/P V)	Minimum existing control measures	Likelihood (1-5)	Severity (1-5)	Risk Rating (L X S)
C6	Toilet Facilities	<p>Risk of infection is increased due to surfaces harbouring germs.</p> <p>Inability to maintain social distancing measures in the toilette facility</p>	E/YP C/V	<ul style="list-style-type: none"> Ensure that monitoring and cleaning of toilet facilities occurs prior to the start of any session. Clear instructions to coaches/parent captains as to their role and responsibility in supervising and maintaining the cleaning of toilet facility Only one athlete to use toilet facilities at any time if needed Signage on doors and walls reminding athletes to wash hands thoroughly using soap and water for 20 seconds. Provide suitable and sufficient rubbish bins in these areas with regular removal and disposal. Ask athletes to go to the toilet before they arrive at the gym to minimise the use of the washroom facilities Ensure the toilet facilities are cleaned between all classes and again at the end of the day <p>Are there any specific hazards that require additional control measures Yes/No (delete as appropriate)</p> <p style="border: 1px solid black; padding: 5px; text-align: center;">If Yes please document additional control measures</p>	2	2	4

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No	Activity	Hazards	Person at risk (R/P/YP/C/E/V)	Minimum existing control measures	Likelihood (1-5)	Severity (1-5)	Risk rating (L x S)
C7	Time Table	The activity/class timetable will not allow for safe social distancing between teams entering and exiting the floor / hallways / gym	E/YP C/V	<ul style="list-style-type: none"> Follow the new phase two timetable and ensure that start and finish times are prompt to reduce congestion and contact Class sizes to be reviewed to allow for social distancing with a maximum number of athletes in the gym at any one time. Ensure that if two classes are running simultaneously these are separated into two definitive halves and that they remain within their own class group. The maximum number of athletes should not exceed the number identified above. Ensure all measures are clearly communicated to athletes and parents. Strictly follow the meet and greet policy and ensure that only athletes training will be supported with access. Regular updates of the class time table. <p>Are there any specific hazards that require additional control measures YES/NO (Delete as appropriate)</p> <p>If Yes please document additional control measures</p>	2	2	4

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No	Activity	Hazards	Person at risk (R/P/YP/C/E/V)	Minimum existing control measures	Likelihood (1-5)	Severity (1-5)	Risk Rating (L x S)
C8	Symptomatic individuals/ positive cases	Potential transmission of COVID-19, resulting in people contracting the virus. Heightened risk to the individual if they are not treated in a timely manner	R/P/E	<ul style="list-style-type: none"> • Training to identify signs • Flowchart of appropriate action steps (following NHS guidelines) to be put up around the gym, and training provided for coaches and staff. • Example: If a participator develops a high temperature or a persistent cough while at the gym, they should: -Return home immediately, if not possible then they should isolate within the isolation room whilst avoiding to touch anything. Encourage the individual to wear a face mask if possible On their return to home they must then follow the latest government guidance on self-isolation and not return to the gym until their period of self-isolation has been completed. If a positive result is confirmed please follow all advice regarding the test and trace programme. • Staff to clean all areas where the individual has been, following their removal from the gym, wearing PPE and under instruction from the head coach. 	2	2	4

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			<ul style="list-style-type: none"> • Advise the individual to book a Covid test and to isolate until a negative result is received https://www.gov.uk/get-coronavirus-test • Posters are displayed around the gym to share symptoms and to support participant awareness • In addition to the above advice, Club COVID Officer to contact all individuals that attended the training session in question to advise that an individual within that group has reported symptoms. If the individual is a coach, then all participants of all sessions will need to be contacted. Useful print-outs for parents and athletes can be found later in this document in Appendix 3 and Appendix 4. • If a member of the Club presents with symptoms or reports a confirmed case of COVID-19 within 48 hours of a training and has been in contact with any other athletes, coaches and officials in the interim, then training for that particular class or 'bubble' must be suspended and all those that have had contact with the reporting individual be advised to isolate for 14 days. • The name of the infected individual is not to be disclosed to protect anonymity • All attendees of the session should be advised to isolate for 14 days (as per government guidelines) in case symptoms arise. • Following a suspected case of COVID-19 in your gym, the gym and any equipment used will require a deep clean. <p>Are there any specific hazards that require additional control measures YES/NO (Delete as appropriate)</p> <p style="border: 1px solid black; padding: 2px; text-align: center;">If Yes please document additional control measures</p>			
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C9	Isolation Room	Potential transmission of Covid-19, resulting in people contracting the virus	E/YP C/V	<ul style="list-style-type: none"> Where ever possible the individual should use this space on their own A mask will be provided for their use which will reduce the transmission of droplets developed by the virus Once the individual returns home this area should be deep cleaned before using, individuals conducting the clean should wear appropriate PPE including masks, aprons and gloves. 			

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No	Activity	Hazards	Person at risk (R/P/YP C/E/V)	Minimum existing control measures	Likelihood (1-5)	Severity (1-5)	Risk Rating (L x S)
C10	Behaviours - Athletes will be unclear on how to behave in class, and do not understand or follow the social distancing measures, markers and traffic flow created	Athletes increasing their risk of infection, or the spread of an infection to themselves or others	E/YP C/V	<ul style="list-style-type: none"> All attending athletes are supported with clear guidance around the gym and should be aware on how to act appropriately whilst training No stunting, pyramids, spotting, handshakes, hi5's or hugs until government direction is given and only on the advice of the head coach Signage on walls and markers on the floor to indicate instructions athletes should follow Clear training and sharing of expectation with all coaches and their assistant Clear leadership and instruction from the head coach to ensure that the classes are managed safely and in line with all latest guidance. 			

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				<p>Are there any specific hazards that require additional control measures YES/NO (Delete as appropriate)</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>If Yes please document additional control measures</p> </div> <p>By signing this risk assessment you are confirming that all the above control measures are in place and you have shared this document with your staff</p> <p>Assessors signature: _____ Date: _____</p>			
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C11	Storage of bags, clothes and water bottles	Increased risk of spreading infection	E/YP C/V	<ul style="list-style-type: none"> Athletes will be asked to bring the minimum required with them and to come dressed for class. Water bottles to be stored in a manner that promotes social distancing and only used with the direction of the coach at the time. No eating in the gym Gym bags will be stored on the designated coat racks and individuals will be advised to collect bags in a way that follows social distancing <p>Are there any specific hazards that require additional control</p>			

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				<p align="center">measures YES/NO (Delete as appropriate)</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p align="center">If Yes please document additional control measures</p> </div> <p>By signing this risk assessment you are confirming that all the above control measures are in place and you have shared this document with your staff</p> <p>Assessors signature: _____ Date: _____</p>			
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C12	Use of any designated equipment within the gym such as poms	Increased risk of spreading infection	E/YP C/V	<ul style="list-style-type: none"> Poms/equipment will only be used if necessary Any equipment where possible should be individual specific eg- poms labelled with name posters Where possible individuals should bring their own personal equipment for use if needed on the direction of the coach eg- dance blocks If tumble equipment is used, this should be cleaned 			

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				<p>between individuals and deep cleaned between classes</p> <p>Are there any specific hazards that require additional control measures YES/NO (Delete as appropriate)</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>If Yes please document additional control measures</p> </div> <p>By signing this risk assessment you are confirming that all the above control measures are in place and you have shared this document with your staff</p> <p>Assessors signature: _____ Date: _____</p>			
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C13	Designated areas to support safe training and continued progression.. eg tumble lane	<p>Increased risk of spreading infection</p> <p>Risk of athletes not following social distancing</p>	E/YP C/V	<ul style="list-style-type: none"> • Only one athlete and coach to use the tumble lane at any one time • Other athletes to remain in their designated training space until directed by the coach • No water bottles/ personal belongings allowed to enter this zone • No use of the tumble lane without expressed permission from 			

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				<p>the coach</p> <p>Are there any specific hazards that require additional control measures YES/NO (Delete as appropriate)</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>If Yes please document additional control measures</p> </div> <p>By signing this risk assessment you are confirming that all the above control measures are in place and you have shared this document with your staff</p> <p>Assessors signature: _____ Date: _____</p>			
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No	Activity	Hazards	Person at risk (R/P/Y P C/E/V)	Minimum existing control measures	Likelihood (1-5)	Severity (1-5)	Risk Rating (L x S)
C14	An athlete injures themselves during training, requiring medical assistance	Increased risk of infection, or the spread of an infection between the athlete and attending first aider	E/YP C/V	<ul style="list-style-type: none"> First aiders will be equipped with adequate PPE (facemasks, gloves, mouth shield for CPR) If a First Aider feels uncomfortable to approach the injured athlete, the coach must call the parent for collection or in the case of emergency, 999 Coaches will have athletes contact details and medical notes readily accessible on location to either call parents or assist paramedics with 			

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				<p>information</p> <ul style="list-style-type: none"> All other athletes to sit down within their designated training area – assistant coach to ensure that social distancing is still maintained. <p>Are there any specific hazards that require additional control measures YES/NO (Delete as appropriate)</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>If Yes please document additional control measures</p> </div> <p>By signing this risk assessment you are confirming that all the above control measures are in place and you have shared this document with your staff</p> <p style="text-align: center;">Assessors signature: Date:</p>			
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No	Activity	Hazards	Person at risk (R/P/Y P C/E/V)	Minimum existing control measures	Likelihood (1-5)	Severity (1-5)	Risk Rating (L x S)
C15	Athletes do not follow hygiene requirements as set out in the government guidelines (regarding handwashing,	Athletes increasing their risk of infection, or the spread of an infection to themselves or others		<ul style="list-style-type: none"> Additional signage reinforcing measures such as handwashing, coughing into elbow and the 'Catch It. Bin It. Kill It' message to be put up around the gym. Messaging regarding hygiene requirements are sent to athletes ahead of their return 			

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	coughing into elbow etc)			<ul style="list-style-type: none"> Coaches to remind athletes about hygiene at the start of class <p>Are there any specific hazards that require additional control measures YES/NO (Delete as appropriate)</p> <p>If Yes please document additional control measures</p> <p>By signing this risk assessment you are confirming that all the above control measures are in place and you have shared this document with your staff</p> <p>Assessors signature: _____ Date: _____</p>			
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No	Activity	Hazards	Person at risk (R/P/Y P C/E/V)	Minimum existing control measures	Likelihood (1-5)	Severity (1-5)	Risk Rating (L x S)
C16	Indoor 'short session stunt' training	Athletes increasing their risk of infection, or the spread of an infection to themselves or others		<ul style="list-style-type: none"> Limited to a maximum of 15 minutes per day. Stunt group 'bubbles' of up to 6 athletes should be formed (made up of athletes already within the whole team bubble) - consistent athlete groups between sessions; plus 1 or 2 staff members 			

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				<ul style="list-style-type: none"> • Stunting with risk mitigations including compulsory face mask for aged 4+ • Other athletes should be the 2 meter social distance guidelines at all times away from the designated bubble • Any athlete who cannot wear a mask must but be assessed by the head coach, athletes under the age of 18 must have written consent from their parents/Guardians <p>Are there any specific hazards that require additional control measures YES/NO (Delete as appropriate)</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>If Yes please document additional control measures</p> </div> <p>By signing this risk assessment you are confirming that all the above control measures are in place and you have shared this document with your staff</p> <p style="text-align: center;">Assessors signature: Date</p>			
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No	Activity	Hazards	Person at risk (R/P/Y P C/E/V)	Minimum existing control measures	Likelihood (1-5)	Severity (1-5)	Risk Rating (L x S)
C17	Indoor 'short session pyramid' training	Athletes increasing their risk of infection, or the spread of an infection to		<ul style="list-style-type: none"> • Limited to maximum of 15 minutes per day • In 'bubbles' of up to 15 athletes (made up of athletes already within the whole team bubble) - consistent athlete groups between sessions; plus adequate staff members 			

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		themselves or others		<ul style="list-style-type: none"> Stunting with risk mitigations including compulsory face mask for aged 4+ Any athlete who cannot wear a mask must but be assessed by the head coach, athletes under the age of 18 must have written consent from their parents/Guardians <p>Are there any specific hazards that require additional control measures YES/NO (Delete as appropriate)</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>If Yes please document additional control measures</p> <p>Any senior class with mixed aged athletes should refrain from any pyramid training and as advised in the sport England cheer RTP – elements can be practiced individually and should be bought together once the rule of six does not apply</p> </div> <p>By signing this risk assessment you are confirming that all the above control measures are in place and you have shared this document with your staff</p> <p style="text-align: center;">Assessors signature: _____ Date _____</p>			
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No	Activity	Hazards	Person at risk (R/P/Y P C/E/V)	Minimum existing control measures	Likelihood (1-5)	Severity (1-5)	Risk Rating (L x S)
C18	Mixed Age Dance Classes IOP and IOL – to support entry	Increased risk of transmission		<ul style="list-style-type: none"> increased hand sanitizing (all team every 30 mins) *to be monitored by coach all team to wear masks during any choreography work or any drills 			

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	and training for world bids and competition	Not all athletes will use QR scanner		<p>involving routine spacing</p> <ul style="list-style-type: none"> All athletes over the age of 18 must use the QR scanner to support the track and trace system A register will also be kept alongside the use of the QR scanner app due to the age of some athletes Signage around the gym to support good hand hygiene All athletes including mixed age dance athletes have been advised of the risks and the guidance on the RTP has been shared for their consideration and agreement to train <p>Are there any specific hazards that require additional control measures YES/NO (Delete as appropriate)</p> <div data-bbox="900 655 1841 852" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>If Yes please document additional control measures</p> </div> <p>By signing this risk assessment you are confirming that all the above control measures are in place and you have shared this document with your staff</p> <p style="text-align: center;">Assessors signature: Date</p>			
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No	Activity	Hazards	Person at risk (R/P/Y P C/E/V)	Minimum existing control measures	Likelihood (1-5)	Severity (1-5)	Risk Rating (L x S)
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C19	Further consideration if athlete is training from a Tier two or three restriction area	Increased risk of transmission due to reported local statistics being higher than		<ul style="list-style-type: none"> • Athlete to ensure that they are not experiencing any signs of illness not just those related to coronavirus, these could include headaches, fatigue or an upset stomach. If so they should be declined entry and asked to not attend for a 10 day period in line with guidance for a positive case, they may not be eligible for a test via the NHS but this will further safeguard other athletes. • If possible athlete to wear a mask at all times, especially when low level intensity work only • Ensure that they maintain their distance and train in an isolated bubble where possible • Increased hand hygiene <p>Are there any specific hazards that require additional control measures YES/NO (Delete as appropriate)</p> <div data-bbox="900 667 1841 815" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>If Yes please document additional control measures</p> </div> <p>By signing this risk assessment you are confirming that all the above control measures are in place and you have shared this document with your staff</p> <p style="text-align: center;">Assessors signature: Date</p>			
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No	Activity	Hazards	Person at risk (R/P/Y)	Minimum existing control measures	Likelihood (1-5)	Severity (1-5)	Risk Rating (L x S)
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			P C/E/V)				
C20	Athletes at increased risk due to disability/BAME group	Increased risk due to ethnic group or those		<p>Are there any specific hazards that require additional control measures YES/NO (Delete as appropriate)</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>If Yes please document additional control measures</p> <p>To discuss with each individual where applicable to look at any specific additional measures need to be put into place (eg not to stunt at all).</p> </div> <p>By signing this risk assessment you are confirming that all the above control measures are in place and you have shared this document with your staff</p> <p style="text-align: center;">Assessors signature: Date</p>			

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