

Tyne Amateur Rowing Club Health, Safety and Welfare Risk Assessment – Coronavirus (Covid-19)

Scope of Risk Assessment		Coronavirus – club based land training: ergo and weight training activities				
Prepared by		David Robinson	Prepared	04/08/2020	Review date	19/09/2021 (DR)
SEVERITY (S)						
1 = Minor disruption to crew or individual 2 = Minor Injury/damage to equipment 3 = Potential immersion/exposure to adverse condition 4 = Significant trauma or injury due to collision, exposure to conditions or external agent 5 = Potential fatality/incapacity						
LIKELIHOOD OF OCCURRENCE (L)						
1 = Very unlikely 2 = Unlikely 3 = Likely 4 = Very Likely 5 = Certain or imminent						
		Severity				
		1	2	3	4	5
Likelihood of Occurrence	1	Low	Low	Low	Low	Low
	2	Low	Low	Low	Medium	Medium
	3	Low	Low	Medium	Medium	High
	4	Low	Medium	Medium	High	High
	5	Low	Medium	High	High	High
RISK RATING (RR)						
Residual Risk = 1 - 6 No further action required. Ensure controls are maintained		Adequately Controlled Risk = 7 - 14 Look to improve at next review			Unacceptable Risk = 15 - 25 Stop activity immediately and improve controls	

Risk Assessment				
Hazard & Risk	Those at Risk	L x S Risk rating no controls	Control Measures/Mitigation	L x S Risk rating with controls
Transmission whilst travelling to the club	Club members, members of the public	4 x 5 20	<ul style="list-style-type: none"> • Do not attend the club if you have or suspect you have Covid-19 • Club members and staff encouraged to stay at home if feeling unwell • Do not attend if you have been contacted by track or trace or have otherwise been advised to self-isolate or if you have a positive lateral flow test and are waiting for the result of or have a confirmed PCR test • If travelling by public transport, wear a face covering where required • It is recommended that members use hand sanitiser or wash hands when entering the club • Instructions and procedures on display in training areas and distributed via squad coordinators and on club website 	1 x 5 10

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<p>Transmission of Virus by those attending the club or in the vicinity of ergo training and weights room/premises when an activity is being carried out</p>	<p>Members/staff/coaches/public</p>	<p>3 x 5 15</p>	<ul style="list-style-type: none"> • Where possible, maintain distance of 1m apart • Whilst not mandatory, members are encouraged to wear face covering inside the clubhouse • Participant numbers are not restricted by Government or British Rowing guidelines at the present time • Maintain good hygiene practice including: <ul style="list-style-type: none"> ○ washing hands with soap and water ○ Adequate supply of soap to wash hands ○ Using hand gel/sanitiser ○ Using fresh paper towels ○ Dispose of waste in bins provided ○ Regular emptying of waste bags • Attendance records for contact tracing (squad records, booking sheet and/or QR code) • There is regular cleaning of the premises 	<p>2 x 5 10</p>
<p>Weight training - Using equipment and spread of virus through contact with equipment – weights cages, bars, dumbbells and other items in the weights room</p>	<p>Members</p>	<p>4 x 5 20</p>	<ul style="list-style-type: none"> • Prior to starting training: <ul style="list-style-type: none"> ○ Weight room doors to be opened ○ External fire door to be opened – closed after session if no further bookings ○ Extractor unit to be turned on prior to session and remain on for session • Users may share equipment, cleaning is encouraged: <ul style="list-style-type: none"> ○ Wipe down equipment, mats and surfaces after use with detergent/sprays provided ○ Allow time between users to complete cleaning process ○ Adequate supply of soap, detergent, paper towels ○ Disposal of waste in bags and bins provided ○ Maintain training logs within squads or use the booking sheet and/or QR code 	<p>2 x 5 10</p>

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<p>Use of ergos - Using equipment and spread of virus through contact with equipment – ergos, exercise bikes, matts and other items in the training area</p>	<p>Ergo equipment users, others in the vicinity</p>	<p>4 x 5 20</p>	<ul style="list-style-type: none"> • Numbers are no longer restricted when using the training areas but good hygiene must be maintained • Users may share equipment but cleaning are encouraged to: <ul style="list-style-type: none"> ○ Wipe down equipment, mats and surfaces after use with detergent/sprays provided ○ Allow time between users to complete cleaning process ○ Adequate supply of adequate soap, detergent spray, paper towels ○ Appropriate disposal of waste in bags and bins provided ○ Maintain training logs within squads or use the booking sheet and/or QR code ○ Maintain squad records or the booking sheet or QR code t note who is training 	<p>2 x 5 10</p>
<p>Contamination of air in ergo areas</p>	<p>Ergo room users</p>	<p>4 x 5 20</p>	<ul style="list-style-type: none"> • Prior to commencing in ergo room <ul style="list-style-type: none"> ○ double doors to be opened and remain open ○ open door to stair well and remain open – close after session if no further bookings ○ Open window ○ Try to maintain 1m distance when training • Use of air conditioners and fans is discouraged as both will just recirculate internal air • Boat bays/truck bay are considered outside areas, use open roller shutters and try to maintain 1m distancing when training 	<p>Ergo room 2 x 5 10 Truck or Boat bays 1 x 5 5</p>

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Risk of transmission in changing areas and toilets	Members/staff and volunteers	<p>4 x 5 20</p>	<ul style="list-style-type: none"> • Changing rooms are open and showers may be used • Members are encouraged to leave kit bags in lockers or car boot • Where possible, arrive in kit and ready to train • Access to all club toilets is permitted • Members are encouraged NOT to use the changing rooms in large numbers and maintaining 1m distances wherever possible • Apply good hygiene practice <ul style="list-style-type: none"> ○ Use detergent spray and soap provided ○ Wash hands regularly ○ Use paper towels for drying hands and dispose of in the bins provided ○ Regular and emptying of waste bins in toilets 	<p>2 x 5 10</p>
Use of water fountain/water dispenser	Members and staff	<p>3 x 5 15</p>	<ul style="list-style-type: none"> • Only to be used to fill bottles – push button usually only requires 1 push and DOES NOT need to be held • The water fountain can only be used to fill drinks bottles and cannot be used directly for drinking 	<p>1 x 5 5</p>