

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	09/10/2020
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 • Do not attend if you have been contacted by track or trace or have otherwise been advised to self-isolate or if you are waiting for the result of a test • Do not share cars with those outside of your household or support bubble • If travelling by public transport, always wear a face covering • Always use hand sanitiser when entering the club • Wear a face covering when walking through the club to and from the training areas unless you have a medical exemption 	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"> • Maintain distance when in the clubhouse – 2m apart • Wear face covering when moving about the boathouse and upstairs • Limit the number of participants in line with prevailing government guidelines • Good hygiene practice • Supply of water to wash hands • Adequate supply of soap to wash hands • Adequate supply of hand gel sanitiser stations • Adequate supply of paper towels • Bins for safe disposal of waste • Regular and safe emptying of waste bags • Attendance records for contact tracing (booking sheet and/or QR code) • Club members and staff encouraged to stay at home if feeling unwell • Wipe down access doors, handle and touch points on entering and exiting training rooms • Regular cleaning of communal areas and surfaces 	<p>1 x 5 5</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"> • Numbers to be restricted to allow at least 3m² per person in the weights room – no more than 4 at a time to use the weights room • Users to train within the exercise areas and not to share equipment • Equipment and mats used to be washed with detergent/sprays provided by users before and after training • Certain pieces of equipment will be cordoned off to maintain social distancing • Surfaces to be wiped down using detergent sprays provided 	<p>1 x 5 5</p>

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			<ul style="list-style-type: none"> • No use of loud music to prevent raising of voices or shouting • Booking of sessions to last no more than 90 minutes with a 15 minute changeover period • Allow time between sessions to complete cleaning process • Supply of adequate soap, detergent spray, paper towels • Appropriate waste disposal bags and process for disposing of full bags • Maintain a log who uses the weights room and when (booking sheet and/or QR code) • Instructions and procedures on display in gym • Booking sheet include reference to members reading the procedures/instructions and risk assessment 	
Contamination of air in weights room	Weights room users	4 x 5 20	<ul style="list-style-type: none"> • Prior to commencing <ul style="list-style-type: none"> ○ Weight room doors to be opened and remain open ○ 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 • Extractor to remain turned on between sessions (users to take responsibility for checking if next session is booked) • Extractor to be turned off 15-minutes after last users finish their session if no other users attending 	2 x 5 10

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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 to be restricted to allow minimum 3m² per person in the weights room – <ul style="list-style-type: none"> ○ no more than 6 at a time to use the ergo room ○ no more than 6 at a time to ergo on the balcony ○ no more than 6 at a time to ergo in the boat bays or truck bay • Equipment and any mats used to be washed with detergent sprays provided by users before and after training • Equipment is not to be moved out the designated and marked areas • Surfaces to be wiped down using soap/detergent sprays provided • No use of loud music to prevent raising of voices or shouting • Booked sessions to last no more than 60 minutes with a 15 minute changeover period • Allow time between sessions to complete cleaning process • Supply of adequate soap, detergent spray, paper towels • Appropriate waste disposal bags and process for disposing of full bags • Maintain a log who uses the equipment and when (booking sheet and/or QR code) • Instructions and procedures on display in gym • Booking sheet include reference to members reading the procedures/instructions and risk assessment 	<p>2 x 5 10</p>
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<p>Contamination of air in ergo areas</p>	<p>Weights 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 • DO NOT use air conditioners or fans as both will just recirculate internal air • On balcony and in boat bays/truck bay, no further precautions needed but maintain 2m distancing when training – these are effectively considered outside. Open bay roller shutter doors whenever possible 	<p>Ergo room 2 x 5 10 Balcony/bays 1 x 5 5</p>
<p>Risk of transmission in changing areas and toilets</p>	<p>Members/staff and volunteers</p>	<p>4 x 5 15</p>	<ul style="list-style-type: none"> • Changing rooms are closed to all members • Members to arrive dressed and ready to train • Access to toilets is permitted downstairs with a one in and one out routine in force • Members to wipe the contact areas on arriving at and on leaving toilets • Detergent spray and soap to be provided • Hand towels to be provided • Regular and safe emptying of waste bins in toilets 	<p>1 x 5 5</p>
<p>Use of water fountain/water dispenser</p>	<p>Members and staff</p>	<p>3 x 5 15</p>	<ul style="list-style-type: none"> • Only to be used to fill bottles – push button only requires 1 push to fill not containers and DOES NOT need to be held • Wipe after use • Detergent spray to be provided • Adequate supply of paper towels to be provided • Bins for disposal of paper towels • The water fountain can only be used to fill drinks bottles and cannot be used directly for drinking 	<p>1 x 5 5</p>

Note

- This risk assessment assumes worst case scenario.