# **COVID-19 HEALTH & SAFETY RISK ASSESSMENT CHECKLIST**

# **INDOOR CRICKET ACTIVITY IN SCOTLAND**

As a Coaching Organiser and Club, you should complete your own COVID-19 Risk Assessment and if possible, you should consider publishing the results on your website.

We have provided an example risk assessment and a checklist below which includes some things to consider, though is not exhaustive. Consider how this will apply to each aspect of your operation and identify the controls you require to meet Scottish Government, sportscotland and Cricket Scotland guidance and applicable legislation, including those regarding health and safety, social distancing and hygiene etc.

This document should be reviewed regularly and updated as required. Remember to communicate any update to this assessment of risks.

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| What are the hazards? | | Transmission of COVID-19 | |
| Who might be harmed? | | Facility users, staff, volunteers, visitors and the wider community | |
| No | Controls required | | Action Taken by the Club |
| **The Venue** | | | |
|  | **Ventilation:** Assess ventilation in your building (natural and mechanical) and take appropriate measures to maximise ventilation and minimise risk of transmission. | |  |
|  | Assess the impact of natural ventilation on thermal comfort, moisture control, safeguarding, risk of slips, trips and falls, and noise pollution. | |  |
|  | Assess the maximum occupancy in your building for ventilation purposes in line with sportscotland guidance. [View the Getting your Facilities Fit for Sport guide here.](https://sportscotland.org.uk/covid-19/getting-your-facilities-fit-for-sport/) | |  |
|  | **Social Distancing:** Assess the maximum occupancy of your facilities at 2m social distancing and establish a suitable circulation system / one-way system. Use signage and floor markings to communicate this. The assessment should be in the context of operation (nets/open plan/indoor competition/classroom) and adjusted accordingly. You should use signage to communicate limits and facilitate social distancing. [See Scottish Government guidance here](https://www.gov.scot/publications/coronavirus-covid-19-what-you-can-and-cannot-do/pages/sport-culture-and-leisure/).  [Please see here for Cricket Scotland’s guidance for indoor cricket activity.](http://www.cricketscotland.com/wp-content/uploads/2020/09/Cricket-Scotland-guidance-for-indoor-cricket-29.09.09.pdf) | |  |
|  | **Circulation in the building**: Consider how social distancing can be controlled when circulating through the building. Identify socially distanced circulation routes, where one-way systems are required and where queuing lanes will need to be controlled. Ensure that your circulation system does not impede either emergency exit/access routes for disabled people, including those using wheelchairs and mobility aids. | |  |
|  | **Cleaning:** If your facility has been in lockdown for some time undertaking a deep clean will provide a base level of hygiene.  Formulate a cleaning plan to include:   * What should be cleaned and when * Who is responsible for cleaning each area * Any special cleaning requirements i.e. deep clean * a schedule of frequent touch spots and how frequently they should be cleaned * The provision of visible records of cleaning e.g. a toilet cleaning schedule * What can be removed from an area to facilitate cleaning | |  |
|  | **Provision of cleaning materials.** As well as providing your staff with suitable equipment for an enhanced cleaning plan have you provided:   * Hand washing facilities with warm water, soap, disposable towels and bin. * Suitable hand sanitiser in locations around the facility to maintain frequent hand sanitisation. * Suitable wipes and hand sanitiser for hygiene breaks, if required. | |  |
|  | **Legionella:** If the water system has not been flushed on a weekly basis and a cleaning regime been in place, then treatment may be required. | |  |
|  | **Toilets:** Assess the safe number of occupants for each toilet facility and communicate this on the doors of the toilets. Develop a safe operating system for toilets. Assess the ventilation in toilets to ensure that airflow is out of the toilet area and building and not back into the toilet area. Make sure handwashing facilities are available and avoid use of mechanical driers. There should be a regular and frequent cleaning regime in place for toilets. | |  |
|  | **Hand cleaning:** Make sure suitable hand sanitiser gel (at least 60% alcohol content) stations are located where required and are kept supplied and well stocked. Ensure that where hand washing is available, soap is kept supplied and well stocked. | |  |
|  | **First Aid:** Make suitable provisions for first aid in a COVID-19 environment.  Include:   * CPR instructions. * First Aid PPE. * Where Automated External Defibrillators (AEDs) are available they are serviced and functioning. * That first aid and AED provision is agreed with the coaching organisers and that where provided all first aid equipment, first aiders and AEDs are available in all sessions.   [St John Ambulance guidance for first aid in a COVID-19 environment is available here.](https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/) | |  |
|  | **COVID-19 Cases / Symptomatic Persons On-site:** Create a plan for the scenario of someone presenting with COVID-19 symptoms at any point in your facility. This should include a dedicated isolation room, a cleaning protocol for that room, a case-assessment and action protocol and the provision of suitable PPE. | |  |
|  | **Treatment Rooms:** Physiotherapy and other treatment rooms should be risk assessed for ventilation and social distancing. All treatment rooms should be cleaned to the appropriate standard in between individual treatment sessions. Where it is necessary to relocate treatment rooms assess whether the new location can also meet privacy, cleaning and accessibility requirements. | |  |
|  | **Registration areas:** Coordinate with Coaching Organisers to ensure that participant and staff contact details are registered and kept for 21 days as per the requirements of NHS Scotland Test and Protect. | |  |
|  | **Access & Disabled Persons:** Ensure that your COVID-19 control measures do not adversely affect the accessibility of your facility and consider those who may require reasonable adjustments. You will need to achieve COVID-19 control measures that are compliant with COVID-19 guidance and the Equality Act 2010. | |  |
|  | **Communication:** Having completed this risk assessment and developed your control measures and operating procedures you will need to develop a communication plan to communicate these to:   * Your staff, volunteers and contractors * Coaching organisers * Participants and visitors * Via your website   Consider whether you need to communicate with your local public health body where local lockdown / restriction arrangements are in place. | |  |
| **Coaching Providers and Clubs** | | | |
|  | **Hiring a venue:** Have you reviewed the venue COVID-19 and general Health and Safety risk assessments and discussed requirements with the Venue Provider?  Are all controls suitable and sufficient? To include:   * Suitable ventilation arrangements (both mechanical and natural) * Social distancing requirements. * Participant registration requirements and queuing/handover arrangements. * Data sharing requirements. * Sufficient first aid and AED provision – if not can you provide? * Cleaning regime and what will the venue clean and what will you need to clean? * Have all pre-opening checks and cleaning take place (e.g. legionella, servicing etc)? * Are their insurances in place? * What are their safeguarding procedures and how will these interface with yours? * Disabled persons access. | |  |
|  | **Training:** Have you provided COVID-19 information, instructions and training for your staff/volunteers? Have you recorded this training?  [Consider completing the COVID Officer E-Learning course by sportscotland.](https://rise.articulate.com/share/gnk3qPoxD30r_1rmijUPJipuOksCwGs9#/) | |  |
|  | **Session length:** Have you left sufficient time i.e. 10-15 minute handover / cleaning break between sessions? | |  |
|  | **First Aid:** Have you assessed what first aid provision will be made available by the venue provider and what you will need to provide? Have you made sure that your coaching team and first aiders are up to date with information on first aid under COVID-19? Have you made sure that your first aid equipment is well stocked and has suitable PPE supplied? If you have an AED, has it been serviced and maintained as per supplier/manufacturer requirements, is it in full working order and is it available for use when required? | |  |
|  | **Pre-Registration:**  Pre-registering participants will give you the opportunity to communicate essential information, such as:   * The importance of pre-attendance symptoms checks (details on symptoms of COVID-19 are available [here](https://www.nhsinform.scot/self-help-guides/self-help-guide-coronavirus-covid-19)) * Insistence that participants should follow Government guidance on self-isolation and not attend if they are self-isolating, have symptoms of COVID-19, or someone in their household or support bubble has symptoms of COVID-19 or a diagnosis of COVID-19 or if they are advised to self-isolate as part of the [NHS Scotland Test and Protect service](https://www.nhsinform.scot/campaigns/test-and-protect). * Preferred modes of transport to the venue. * The need for participants to arrive ready to play (arrive dressed in kit and leave venue in kit). * No changing or showering facilities will be available unless the person is disabled or has special needs that require the use of these facilities. * Due to the restriction on numbers parents/carers may not be able to accompany or spectate unless the person is disabled or has special needs that require the presence of a carer. Space for spectators needs to be risk assessed. * Emergency contact details of parent/carer will be required. * Provision of data required, to be kept for 21 days in line with Scottish Government guidance, for NHS Scotland Test and Protect as required in law, [see Scottish Government information here.](https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect/) * Communicating change. | |  |
|  | **Arrival process**  Do you have:   * A robust reception process in place? * A pre-arranged, easy to identify reception point? * Sufficient space to achieve social distancing? * Hand sanitiser? * PPE? | |  |
|  | **PPE:** Have you assessed your PPE requirements, supplied as determined by the assessment and trained your staff on appropriate and safe use of PPE? | |  |
|  | **Planning coaching sessions:** Have you pre-planned your coaching sessions to include consideration of:   * Equipment, avoiding sharing and allowing suitable cleaning * Social distancing and minimisation of close encounters * Hygiene breaks and sanitisation * Nets and coaching ratios | |  |
|  | **Physical distancing:** Do you have sufficient space to conduct your activity in a safe manner, maximising physical distancing when possible?   * Reminding of physical distancing * Clear instructions given * Planning your session ahead in the space available | |  |
|  | **Use of equipment:** To prevent cross-contamination, where possible, equipment should not be shared. Consider:   * Participant should bring their own equipment, where possible * Helmet and gloves are not to be shared * A cleaning regime is to be put in place to include:   + Hygiene breaks every 20 mins to clean shared equipment   + Thorough equipment clean pre-and-post session * [See Cricket Scotland guidelines for ball handling advice](http://www.cricketscotland.com/covid-19-return-to-cricket/) | |  |
|  | **End of session** It is important to leave the area clean and sanitised and prepare for the next session. Consider the following:   * All participants are to sanitise hands prior to leaving the venue * Each junior participant to be individually returned to their parent/carer * Sanitise all equipment * Clean all communal areas, welfare facilities, reception area etc. * Clean all touch points | |  |
|  | **Safeguarding** Consider how COVID-19 alterations might affect your normal safeguarding procedures. If you have opened doors for ventilation purposes does this present and extra risk?  Conduct a Safeguarding Risk Assessment. | |  |
|  | **Disabled person access** Have your COVID-19 adjustments adversely affected those with disabilities.   * If you have created an area to store kit or to pad-up or similar, does this present an obstacle? * Can a disabled person move freely, safely and easily around all accessible areas? * Have you considered increased susceptibility to COVID-19 when reviewing requirements with individuals? * Have you considered how you will communicate your COVID-19 procedures and changes from familiar environments? | |  |

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|  | What are the hazards? | Use this space to identify hazards at your venue | |
|  | Who might be harmed? | Use this space to identify who might be harmed | |
|  | Controls required | | Action Taken by the Club |
|  | Identify your own control measures required. | |  |
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