

Preparedness for Return to Play and Risk Assessment Examples

Scope of Use

This guidance has been written specifically for instructors and participants of Para Dance Sport and Inclusive Dance at grass roots level, to provide guidance on the safety of returning to activity in light of recently published government guidance for those participating in sport and the performing arts during the Covid-19 Pandemic.

It is written as a guide to assist in coaches and instructors deciding on and preparing for safe return to activity, and for consideration of athletes and dancers as participants to consider their own mitigated risk circumstances.

The information contained should be used as a guide and example and is in no way exhaustive. Personal circumstances will vary from person to person and venue to venue and so Risk Assessments should reflect this.

It is not designed to guide venues on the measures they should take to ensure that venues are made as safe and as risk-free as possible for Para Dance athletes. For further information, please visit the [Government Website](#)

Preparedness Considerations

	Yes	No	Comments
Have you discussed your and their COVID-19 provisions with your venue?			
Have you considered non-touch sign up, registration and payment for your sessions?			
Have you considered parking and waiting areas to prevent overcrowding and ensured disabled parking facilities?			
Have you considered session and bubble sizes?			
Have you provided an area for outdoor items for each participant/family group?			
Have you clearly marked areas for each participant and assistant/instructor within the studio?			
Do you have adequate clean hand-washing facilities equipped with soap and touch-free waste bins?			
Where you cannot provide hand-washing facilities, have you supplied alcohol-based hand sanitiser?			
Do you have adequate signage to encourage participants to wash hands regularly and appropriately?			
Do you have clear flow pathways marked out within the venue?			

Do you have social distancing reminder signage?			
Do you remind participants not to share cups, water bottles and outdoor clothing spaces?			
Have you removed commonly touched items, such as waiting room etc.?			
Have you trained staff in proper handwashing procedure?			
Have you trained staff how to protect themselves? (Wash hands, avoid close contact, avoid touching others' personal items, etc.)			
Have you ensured you have correct and adequate cleaning products/ppe needed for all surfaces including floors and other equipment?			
Have you assessed the ventilation and ensured that all systems are working properly?			
Have you instructed participants and staff what to do if someone close to them falls ill? (Assign one primary caregiver and isolate the individual. Use track and trace)			
Have you instructed participants and staff what to do if they begin to feel ill? (Stay at home, use track and trace and seek medical care if symptoms are severe.)			
Do you have a COVID policy?			
Do you have a comprehensive and dynamic Risk Assessment			
Have you clearly communicated your COVID 19 policies and risk mitigations to your participants and staff?			
Have you made First aid provisions and put in place additional precautions including training as necessary?			
Have you assigned infection control roles or zones for members of staff with their own equipment?			
Do you have a contingency plan for continuing services in the case of an outbreak?			
Have you made considerations for isolating and cleaning music equipment?			
Have you made provisions for choreographic changes including social distancing between participants?			
Have you made provisions for instructor and staff safety including spacing and directionality?			
Do you have track and trace details?			

Severity (S) x Likelihood (L) = Risk Factor (R)		
Severity	Likelihood	Risk Factor
1 Negligible -	all in a day's work 1 Improbable <4	Risk may need to be controlled LOW
2 Minor - minor injury with short term effect 2	Remote - unlikely 4-6	Risk must be controlled MEDIUM
3 Severe - major injury/disability (reportable) 3	Possible - may or could well occur 7-9 -	Hazard must be controlled HIGH
4 Extreme - fatal 4	Probable expected to occur, several times >9	Hazard must be avoided VERY HIGH

Covid-19 Risk Assessment Example

Section 1									
Name	Jane Smith	Venue	St. Mark's Church Hall	Room	Main hall	Date	12/09/2020	Time	5-6pm
Section 2									
Areas	Risk Items	Hazards	Who is at Risk?	Precautions	Tasks	Person Responsible	Guidance	Level of Risk (High, Medium or Low)	Further Risks
Entrance hall/foyer	Door handles, chairs, literature	Touch contact, high traffic and contact area, outside shoes and items	Participants, carers, instructor, other hall users, venue staff	Identify high touch and footfall areas Antibacterial wipes and gel to be used, one way system showing entrances and exits Reminder signs placed	Literature to be removed, chairs to be out of bounds, let people in and out of the venue gradually allowing for social distancing following the one way system and markings	Jane Smith, venue staff	Advance notice of precautions and provisions put in place for the venue and advice to stay at home if symptoms develop.	Medium	Queuing outside of venue and between classes
Main hall	People in close proximity	Airborne/ personal contact	Participants, carers, instructor, other hall users, venue staff	Taped floor markings to show social distanced dance spaces of 3m x 3m,	One way system signage and floor markings to be set out,	Jane Smith, venue staff	Advance notice of precautions and provisions put in place for the venue and advice to stay	Medium	

				<p>one way system showing entrances and exits,</p> <p>limited numbers of participants (6)</p> <p>windows open and air conditioning on to encourage natural ventilation</p>	<p>participant numbers restricted and monitored, open windows, let people in and out of the hall gradually allowing for social distancing.</p> <p>Participant bubbles and capacity restrictions to be prepared and communicated to participants in advance.</p> <p>Allow time between sessions</p>		<p>at home if symptoms develop.</p> <p>Signage encouraging social distancing and hand washing facilities.</p>		
Main hall	Stereo, iPod, CDs, phone, register,	Touch contact	Instructor	Antibacterial wipes and gel to be used	Ensure that only the instructor	Jane Smith		Low	Re-assess if volunteers present

	cash, cash box, keys				has access to items				
Main hall	Mobility aids, wheelchair, water bottles, floor (droplets)	Touch contact	Participants and carers	Antibacterial wipes, equipment not to be shared or stored with others outside of household or support bubble, floors to be cleaned between sessions individual areas for storage allocated	Participants and carers reminded to not share equipment, floors to be cleaned in between sessions	Jane Smith, venue staff	Signage to encouraging social distancing and hand washing facilities. Reminder of personal storage areas	Medium	Re-assess if decide to provide rest seating
Toilets	Soap dispensers, door handles, toilet flushes, taps, hand dryers, hand gel bottles, mirrors,	Touch contact	Participants, carers, instructor, other hall users, venue staff	Antibacterial wipes, cleaning solutions and gel to be used. Limited capacity to enforce social distancing,	Toilet cleanliness to be maintained, signage showing 'one in, one out' to enforce social distancing	Venue staff	Signage encouraging social distancing and hand washing facilities.	High	Queueing outside toilets Ensure Disabled facilities available

	paper towel dispensers			i.e. one in, one out.					
All	Close contact with someone outside of household or support bubble	Airborne/personal contact	Participants, carers, instructor, other hall users, venue staff	Social distancing, wearing face coverings when not exercising, signage and floor markings to show one-way system	Participants and carers reminded to social distance and wear face coverings when not exercising	Jane Smith	Advance notice of precautions and provisions put in place for the venue and advice to stay at home if symptoms develop. Signage encouraging social distancing and hand washing facilities.	Medium	
All					Liaise with venue in advance for risk assessment and provisions of how to work together and prepare for sessions e.g. floor markings /cleaning	Jane Smith			Publicise all provisions to whole group and offer regular reminders