**Risk Assessment – Return to training**

The purpose of this risk assessment is to address the potential risk of Covid 19 infection to members at training sessions organised by Springwell RC

Risk of Infection - Under the current circumstances the potential risk of infection is assessed as Medium

Evidence – the current data and statistics show that infection rates have increased significantly throughout Northern Ireland. The number of people being admitted to hospital suffering from Covid 19 has seen an increase. It is acknowledged that this is a developing situation and that the available data must be kept under review.

Risk from Infection – the risk from infection is assessed as medium – high.

Evidence - Available medical information shows that Covid 19 has a variety of impacts on individual’s dependant on ethnicity, age, general health an whether the individual has availed of a vaccine, but that in the worst case scenario it can have severely debilitating or fatal consequences.

**Risk Management Plan**

**GENERAL**

Adherence to the current Public Health Agency and government guidance in relation to social distancing and keeping safe will apply – members attending a training session **MUST** practice social distancing at all times.

Travel to training on your own or with a member of the same household.

If any member or anyone in their household is exhibiting any symptoms of Covid-19 they should stay away from training and remain at home until the symptoms have cleared.

Do not attend training if you are feeling unwell in any respect

Those who have recently returned from abroad should adhere to prevailing regulations and not attend training until these have been complied with.

**ATTENDANCE AT SCHEDULED WEEKLY TRAINING IS RESTRICTED TO PAID UP MEMBERS AND PROSPECTIVE MEMBERS**

**TRAINING**

Training will take place at a time and location to be set by the respective area training groups.

Persons in charge of the training sessions will compile a nominal roll of those in attendance to facilitate contact tracing

Outdoor gatherings of less than 30 people do not require a risk assessment – social distancing and good hand and respiratory hygiene practices must be complied with.

In the past Springwell RC has facilitated guests from other clubs to train with the club.

This accommodation cannot be facilitated at present. Persons wishing to join the club have previously been invited to training sessions to allow them to experience the club activities. This will be allowed providing they provide full contact details and undertake to contact the club should they subsequently experience any Covid 19 symptoms. Prior to attending they will be provided with a copy of this risk assessment.

The invitation to attend training sessions prior to applying for membership is not open ended and is restricted to two visits.

**TRAINING SESSION INTERIM REGULATIONS**

Those attending training are asked to do the following

Bring your own hand sanitation and hydration – please sanitise your hands before and after training

Join your coach and group do not congregate with any other group

Observe social distancing rule at all times.

Follow the instructions of the coach taking your session at all times.

Remain in your group’s designated area.

**First Aid**

There is always the potential for injury at any training session although historical evidence shows the likelihood of this to be low, in the current circumstances the impact of having to treat an injury and breach social distancing could be high.

To deal with such an eventuality hand sanitiser and the minimum of PPE (face mask and disposable gloves) must be available at each session.

**AFTER TRAINING SESSION**

At the conclusion of the training, session members are advised to leave promptly and avoid gatherings

Springwell RC will do their best to ensure the safety of members and take appropriate measures to prevent the spread of Covid-19, you are expected to take responsibility for your own safety and the safety of others by behaving in an appropriate manner.

Avoid contact with anything that someone else may have handled, treat EVERY surface as a potential area for contact with the virus.

This plan is flexible and can be amended as we progress through the reopening steps and remains subject to change or recommendations issued by the NI Executive, the Public Health Agency, Sport NI, Athletics NI, UK Athletics.