

BRISTOL BLADES FENCING CLUB

Welfare Officer: Jane Glydon, safeguardingbristolblades@gmail.com Covid-19 Officer: Mike Cleary, bristolbladesfencing@gmail.com

Risk Assessment Addition – COVID-19 & Outdoor training updated 11/08/2020

Reminder of insurance requirements

Responsibility: It is the responsibility of the persons running the session to complete a risk assessment taking into account individual circumstances. They must be signed and retained.

Government & BF Guidelines: To be followed at all times. Local government guidelines are different in different Home Nations and will change. When they do, your risk assessment should be reviewed and updated.

Membership: Coaches must be on the BF Coaching register and coaching within competency, pupils must be BF members.

This is not a comprehensive risk assessment. It is intended to cover the additional risks presented by COVID-19 and outdoor training. This risk assessment has been written in such a way that the parents and participants are included as the audience, and thus can also be used as part of the process to educate, inform and address concerns.

Coach: Glen Golding, Nathaniel Lewis, Michael Cleary

Covid-19 Officer (names are those responsible at sessions that Michael Cleary cannot attend): Nathaniel Lewis, Glen Golding

Venue: May Park Primary School, Coombe Road, Eastville, Bristol BS56LE

Date:

Number of People attending: 3 groups of 6 persons (5 athletes and 1 coach), total of 18 persons per hour.

Current BF/Government Guidelines: **Normal non-competitive (social) fencing may resume as long as the 2m social distancing is enforced at all times. 1m+ social distance may be used when sparing.**

General

- Follow all government guidelines at all times
- Avoid public transport where possible
- Refrain from attending any activity if experiencing any COVID-19 symptoms and follow government advice for isolation and testing
- Comply with all safety measures applicable to or prescribed by the club/coach.
- Come to the session already dressed in freshly washed workout clothing and footwear.

- Ensure you have fresh and warm clothes to wear afterwards without the need for changing rooms.
- Do not share equipment such as weapons, body wires, fencing masks, gloves or breeches/plastron/jacket, with others.
- Practice 2m social distancing. 1m+ while sparring.
- Refrain from contacting/touching other participants, coaches and attendees
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Bring and use hand sanitizer and/or sanitizing wipes.
- Bring your own water and, if desired, energy bars. No other food or drink is allowed.
- Bring a bag to take all your personal gear and rubbish away with you
- Stay in your designated 'Safezone' when not sparring.
- Face coverings or mask linings MUST be worn whilst sparring or having a 1-2-1 lesson.

Hazard/ Area of Concern	Who might be harmed?	What are we doing already to reduce risk?	What further action is necessary?			
			Action required	By whom	When	Done
Weather	Parents/Carers/ Fencer/Coach	<p>Participants are encouraged to dress for the temperature and activity. If required, please apply sunscreen before arriving.</p> <p>Parents sitting outside may need to bring additional protection from either the sun (eg hats) or the cold (eg coat)</p> <p>If it rains the session will be cancelled. If the session is cancelled before you arrive we will contact you to let you know using the contact details that you provided on the sign-up sheet.</p>				
General transmission	Parents/Carers/ Fencer/Coach	All participants must follow personal general hygiene instructions (see <i>Bristol Blades Return to Fencing 2020 document</i>)	Add guidelines to sign-up instructions	Coach		

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			Action required	By whom	When	Done
		<p>Sessions must be booked prior to arrival, coach will ensure that the numbers of people (Fencers plus parent or guardian) in the space at any one time will conform to government guidelines on outdoor exercise, numbers of people/households that can meet and social distancing.</p> <p>Once booked onto a session, participants will be emailed and asked to complete a quick health questionnaire. This needs to be filled in and sent back prior to 12pm on the day of the session.</p>				
Fitness Level/ Injury	Fencers	<p>As part of the sign-up process I have asked all fencers to complete a survey with regards to their current activities during lockdown and medical issues. The sessions will be adapted to take fitness levels into accounts.</p> <p>If you have any medical issues that you are currently receiving treatment for it may be necessary for you to consult a doctor before restarting activities.</p>				
Arrival/ Departure	Parents/Carers/ Fencer/Coach	<p>Maintain strict 2m distancing. Do not come into the area through gate until the previous fencer and parent has left and you are called by the coach</p> <p>Hands to be thoroughly sanitised on arrival and departure. Participants to provide own hand sanitiser.</p> <p>Sessions will have 10 minute gaps scheduled to allow for safe departure</p> <p>Please depart promptly from your session to allow preparations for the next session.</p>	Monitor at end of each lesson	Coach	All sessions	

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			Action required	By whom	When	Done
Child Protection	U18s	<p>Session delivered by a BF Registered coach (with requisite DBS and Safeguarding qualifications)</p> <p>U18s must be accompanied by a responsible adult, and U16s must be picked up at the gate by 1 adult keeping 2m distance.</p> <p>If this is not possible, I can arrange for a second adult with safeguarding qualifications to be present. Please contact me in advance of booking the session.</p> <p>Club Welfare Officer is contactable. Club Child Protection Policies in place. (details on website)</p>	Monitor at start of each lesson	Coach	All sessions	
Gate	Parents/Carers/ Fencer/Coach	The gate will be locked. The coach will open the gate. Please do not touch the gate	Monitor at start and end of each lesson	Coach	All sessions	
Changing rooms	Parents/Carers/ Fencer/Coach	There are no changing rooms – please ensure you are wearing the kit you need				
Use of toilet	Parents/Carers/ Fencer/Coach	Please try to avoid the use of the toilet. If you do need to go to the toilet, please wear gloves and wipe down any surfaces you touch with wipes provide and bin in your bag of rubbish.	Monitor during session	Coach	All sessions	
Seats/ Parents & Guardians	Parents/Carers/ Fencer/Coach	Parents - please bring your own deck chairs or floor covering to sit on during the session. There will be clearly marked areas to sit for social distancing and safety. There is no provision for further spectators.	Monitor during session	Coach	All sessions	
Coaches/Club equipment	Parents/Carers/ Fencer/Coach	Do not touch the equipment. (The coach will set up the equipment – for example the footwork mats and lunging pads. These will also be cleaned and disinfected with an anti-virus solution before every session and wiped down between lessons)	Coach to clean	Coach	All sessions	

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Mat	Fencer/Coach	<p>We may be using a long rubber mat for footwork – not for sitting and stretching. This will be washed/sanitised before each session and wiped down between lessons. Participants should wear clean non-slip trainers.</p> <p>If you fall on the mat, please immediately use the hand sanitiser provided or your own to clean your hands.</p> <p>If you are able, please bring your own yoga mat which we will put on the grass and can use for seated stretches. It is the responsibility of the parent/fencer to clean yoga mats before and after each session, and these must not be shared.</p>	Monitor during lesson	Coach	All sessions	
Air flow	Fencer/Coach	<p>Warm up and footwork will take place in your 'Safezone' (Coach/fencer will NOT pass through the others breath)</p> <p>The coach may not be wearing a face covering unless giving 1-2-1 lesson.</p> <p>You are not required to wear face coverings. The government has not advised that these are mandatory unless in some public spaces.</p> <p>Face coverings MUST be worn while sparring or other face to face activity including 1-2-1 lessons.</p> <p>We will be strictly observing the 2m distance at all times.</p> <p>Where nessesary while sparring 1m+ social distancing may be inforced.</p> <p>Masks may adversely affect sports performance and ability.</p> <p>If you would prefer to wear a face mask then please inform me prior to arrival – we can if necessary adapt our session to reduce aerobic intensity.</p>	<p>Monitor during lesson</p> <p>Self Monitor during activity</p> <p>Take regular breaks</p>	Coach Students	All sessions	
Fencers equipment	Fencer/Coach	<p>Please make sure this is freshly washed.</p> <p>Do not lend to anyone during session.</p>		Coach		

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		Fencing equipment conforming to BF Safety guidelines	Monitor during lesson		All sessions	
Accidents/ First Aid	Fencer/Coach	<p>Please bring your own first aid equipment. The coach has a basic first aid qualification and will have first aid equipment if necessary</p> <p>In the first instance any injury is best attended by the participant/parent/carer due to 2m distancing.</p> <p>If there is a serious accident we will call 999 or 111 if appropriate.</p>	Monitor during session	Coach	All sessions	
Lack of Hydration	Fencer/Coach	Please bring your own water. There will be no facility to re-fill your water.	Monitor during lesson	Coach	All sessions	
Breaking Blades	Fencer/Coach	<p>The fencer MUST wear a fencing mask if engaging in hitting a target (in case the blade breaks) even if the target is not a person.</p> <p>The coach may also require those nearby to also wear a mask during this activity, depending on set-up. The risk is reduced by observing social distancing. As a matter of good practice parents should remain in the indicated areas and not enter the training space unless invited by the coach.</p>	Coach to monitor during lesson.	Coach	All sessions	
Invalid Insurance	Fencer/Coach	<p>Coach is current BF Registered Coach and delivering in accordance with qualification level, government guidelines and BF policies and procedures</p> <p>Fencers must have valid membership of BF (number to be provided at sign-up)</p>				
121 lessons						

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Garden Space	Coach	Space is clear of obstruction and is dry. Plenty of space for movement and 1m plus distance				
airflow	Coach and fencer	Maximum distance where possible, keep 1m+ rules in place face covering to be worn under mask by both coach and fencer. Minimise moving through each others airflow. Keep all activity at a low intensity.				
Equipment	Coach Fencer	Minimal borrowing of equipment, members encouraged to hire kit if needed from club. All kit washed regularly after use, and hard kit wiped down after each use.				
General Transmission	Coach, Fencer, parent	Once booked onto a session, participants will be emailed and asked to complete a quick health questionnaire. This needs to be filled in and sent back prior to 12pm on the day of the session. This will ask if you or anyone in your household has been in contact with or has symptoms of covid19	If response come back with symptoms in the household, Athlete will be asked not to come and to refer to government guidelines for self isolation.			
Medical reasons not to use hand sanitizer	Coach, Fencer, Parent	All participants will be asked to use hand sanitizer regularly. If there is a medical reason as to why this cannot be done, coaches must be informed prior to the session. If you are unable to use hand sanitizer due to medical reasons please make sure to wash your hands before coming to the sessions and on arrival please wash your hands in the venue toilets being careful to have minimal contact with door handles etc. Please wash your hands regularly throughout the session. Please refrain from touching any club equipment while at the club. If you do accidentally touch any club equipment please tell your group coach ASAP and they will come and wipe down the equipment for you.	If hand sanitizer cannot be used, the mentioned steps need to be taken.			

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Medical reasons not to wear face coverings.	Fencer, coach, parent.	Social distancing will be enforced. Numbers of persons with medical exemption are likely to be very low. Other persons will be wearing face covering for sparring. Doctors confirmation will be required. Low intensity activity.	Two persons with medical exemptions not to fight face to face.			

Activity assessed as OK to proceed: Y

Signature: MCleary