

Covid-19 assessment Training

Potential hazard	Action
Participants training with Covid-19 and spreading to others	<p>Participants to be made aware of 3 main symptoms by FB group, email and told to isolate and seek testing if they have them:</p> <ul style="list-style-type: none"> • loss of taste or smell • persistent cough. • High temperature – Above 37.8 degrees Celsius <p>Participants will also be asked to take 2 x Lateral flow tests per week.</p>
Poor understanding from participants of precautions required	<p>Measures included in this document will be:</p> <ul style="list-style-type: none"> • Emailed to participants. • Posted in participant FB group. <p>Boxer agreements/PARQ's are filled out online and will include all the steps taken and outline that participants must follow these steps. Agreement also states that whilst these steps are being taken there is always a chance of contracting Covid-19 at training and that they understand.</p> <p>Boxing agreement also states that if gyms do not stick to any Ultra guideline's participants should report them to area reps or head office.</p>
Asymptomatic spreading	<p>All participants to take 2 x lateral flow tests per week in the same manner as all secondary school children. Plus, all other steps withing this document.</p>
Participants grouping outside training	<p>Participants to stay in bubbles outside and minimise time spent before and after sessions.</p>
Participants grouping as they enter	<p>Groups to enter the gym within their bubbles and maintain 2m social distancing from other bubbles whilst entering premises.</p>
Large groups gathering in or around toilets	<p>Ask gyms to put up signage to restrict numbers in toilet area. Numbers based on sqft calculation of 1 person per 100sqft.</p>
Lack of handwashing	<p>Handwashing soap to be provided by gym at all sinks.</p>
Large group transmission of Covid-19	<p>Separate group into bubbles of 6. This will be done based on weight. All weighs must be taken BEFORE TRAINING commences and groups formed following this.</p>

Spread through sharing of equipment.	Equipment sharing is not allowed. If absolutely essential equipment should only be shared within bubbles.
Ventilation	Ensure room is as ventilated as possible by opening windows and doors where possible. Deliver first 2 weeks training outdoors until the start of June.
Mental health issues	Gyms to display relevant services.
Cleaning	Regular cleaning to take place. Particularly focusing on touch points.
Capacity	1 person per 100sqft in line with government guidelines.
Coaches	All coaches to wear masks or shields during sessions and remain socially distanced from participants.
Risk profile of participants (Population consideration)	All participants fill out a PARQ prior to commencing their training and are classed as healthy between the ages of 18-40 approximately.