

Activity: Swimming or water polo training & competition	Date and Time: 23 September 2020	Location: Outdoor spaces
Review date: October 2020		

Land based training involving the use of mats and equipment
Each session will have its own preassigned COVID officer ensuring this is carried out

Condition	Assessment of Risk Level			Additional Control Measures/Notes
	High -Unacceptable	High-Acceptable with additional control measures	Low - Acceptable	
Social distancing during activity		X		Restrict to 15 users at any time, each with a preassigned designated zone. This is in line with Swim England advice and space restrictions, and is in line with the new restrictions as of 22/09/2020.
Equipment		X		Equipment must not be shared, each brought for their own use. Equipment should be sanitised before and after use, with sanitizing spray and microfibril cloth.
Arriving/leaving the space		X		If there are any choke points, social distancing must be maintained- allow sufficient time to arrange for this if required.
Spread between team and members of the public			X	Allow no interaction between members and the public, and ensure sufficient bookings/permits are available to prevent public use of the same space. Ensure sufficient space for social distancing between members.
Toilets		X		If needed, team members may use individual toilet facilities, provided they sanitise them before and after use.

Outbreak within the team		X		The COVID officer will maintain a list of those who attend each session, in the case of a positive test for any of them, to allow for everyone who came in contact from the team to self-isolate. A health questionnaire will be filled out by each member to ensure they are symptom free and therefore low risk at infection. Members with flu-like symptoms will not be allowed to attend any activity, and will be required to self-isolate in line with government advice. Those who have travelled from a destination on the government's quarantine list, will have to self-isolate for two weeks and will not be permitted to attend any session or event in any CUSWPC capacity.
Injury due to returning to exercise from time off		X		Return should be done in a slow and considered manner. If one is feeling unwell, they should (feeling permitting) leave the space promptly and self-isolate in line with government advice.

PERSONAL PROTECTIVE EQUIPMENT

Item	Condition			Notes
	Acceptable	Acceptable with alterations	Not acceptable	
Face coverings	Y			Comply with changing government requirements on the use of facial coverings regarding the COVID-19 pandemic. Ensure all members observe the law (they are exempt only for medical reasons). Communicate to all members any changes in procedure at any site used for any CUSWPC activity.

ASSESSOR

Name of assessor: Segev Gonen Cohen	Signature: Segev Gonen Cohen	Date: 23/09/2020
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