

Activity: Swimming or water polo training & competition	Date and Time: September 2020	Location: Sports centre Studio
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, and will be cleaned before and after use with spray and a microfibril cloth (provided by centre). Towels should not be brought as per UK Active advice- instead paper towels should be provided and disposed of accordingly.
Taking/putting back equipment		X		<i>Provisional, specifics to be discussed with ops team prior to booking commencing</i> Equipment will be picked up from the storage room one by one, to avoid close interactions in the room or when entering/exiting it. Each individual will only pick up equipment to be used by them- sufficient preparation (i.e. different programs for different individuals) will be taken to compensate for potential equipment shortages. This must be done in a preassigned order, to minimise

				confusion and potential errors. The same applies for putting it back once cleaned at the end of the session. When planning sessions, five minutes must be taken out at the start and end to have plenty of time for these tasks. It may be worthwhile to ensure everyone brings a band to increase available exercise options.
Entering/exiting the facilities		X		To avoid clumping at crucial points, a COVID officer will organise the entry into and out of the studio. Team members will stand outside the sports centre before the session as there is ample space for social distancing there. The COVID officer alone will walk to check that the studio is available as booked. If so, they will instruct (message) the remaining team members to proceed one-by-one from outside into the studio and to their respective zones, without stopping (the COVID officer will already be in their zone). In case of disruption by external users of the sports centre, this process should be stopped, until clear again. Masks will be worn upon entry into the sports centre and until reaching the designated zone in the studio. The one-way system currently in place will be adhered to, every one who trains must know the way to and from the studio before being allowed entry. The same process should work when exiting the building at the end of the session.
Changing areas			X	Changing areas are currently closed and will not be used by team members. They should arrive prepared for the session.
Water fountains		X		Team members should ensure they bring sufficient water for the whole session. If needed, they may refill a water bottle at a water fountain, provided no one is using it (if so, they should wait to adhere to social distancing). Team members should not be admitted to a training session without a full water bottle.
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 for example there aren't enough weights for someone, they should under no circumstances use weights that are heavier than what they are comfortable with- instead, as mentioned previously, there should be sufficient foresight in planning different sessions for people based on equipment availability. If one is feeling unwell, they should (feeling permitting) leave the centre 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.

EMERGENCY PROCEDURES

Action to be taken in case of reasonably foreseeable emergencies (e.g. overheating, loss of electricity, flooding):

In the case of a power cut, follow centre procedure.

In case of injury or first aid required, the COVID officer (or if they are the one injured, the most senior team member present) should proceed along the one way route from the studio to the foyer, where they will seek help from centre staff.

Any special First Aid Measures required?

No. Trained first aiders are provided by centre through lifeguards and staff.

ASSESSOR

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