

## STEYNING ATHLETIC CLUB

### Risk Assessment for Junior Athletics

LOCATION : Outdoor tennis courts at Steyning Grammar School.

TIME : 7 to 8 pm. Tuesdays.

Participants : Children aged between 7 and 11, who have been offered and paid up for club membership.

Coaches : Sessions are run by 4 qualified Level 2 coaches and 2 run leaders, plus occasional parental help.

HAZARDS	RISKS – TO WHO	CONTROL MEASURES
Poor weather	All children and adults attending	If weather very wet, frozen ground, stormy or snow, we will advise all those coming that the session is cancelled, on our WhatsApp by one hour before.
Tripping and slipping	All children and adults attending	Adults arrive early and check the tennis courts and the track surround for fallen leaves, debris such as branches and stones, and holes in the surface. Any loose debris is removed and holes covered with cones or marker tape.
Injuries needing First Aid	All children and adults attending	At least one of the adults is First Aid trained, and a fully supplied First Aid box is always on site. If necessary, the parent will be called to come and collect. If more serious, an ambulance may be called and the parent called to attend. An accident book is always on site, to be filled in if anything occurs.
Feeling unwell	All children and adults	Everyone involved in junior athletics has been told not

		<p>to attend if they feel unwell or are carrying an injury. They can inform us on our WhatsApp group. If a child feels unwell while at a session, we will separate them from the others and call the parent to come and collect.</p>
<p>Covid-19 infections and providing a Covid secure area</p>	<p>All children and adults attending</p>	<p>Guidelines written by coaches and sent to all those taking part to advise of procedures in place. Hand sanitiser and antiseptic wipes provided at entrance to sanitise hands. Each group will consist of 5 children with one coach or run leader. At least 1 metre of social distancing is aimed for by using cones, and no contact while doing activities. Each group is suitably distanced from each other.</p> <p>All parents are strongly advised not to bring children if they are unwell, not just symptoms of Covid-19, but ANY viral infection. We should be informed of any positive Covid-19 cases within our children and their families, so that we can Track and Trace and decide on self-isolation.</p> <p>All children are asked to use the toilet before coming to athletics, as no toilets are available in the near vicinity. At the end of the session all children must remain at their cone until collected by their parent. They will be asked to hand sanitise again upon leaving. Groups are arranged before Tuesday</p>

		using a booking system, and a register is taken on the night to confirm attendees.
Exercising while isolating	Children and adults	If anyone has been asked to isolate by NHS Test and Trace because you are a contact of a known Covid-19 case, do NOT exercise outside your own home and garden, and do NOT exercise with others; you can spread the virus to others even if you never get symptoms.

Junior Athletics guidelines, which everyone attending is asked to read, are below.

#### STEYNING ATHLETIC CLUB

#### SAFEGUARDING ARRANGEMENTS FOR RESTARTING JUNIOR GROUPS

#### COVID 19 AWARENESS

- Juniors will be meeting outside at 7pm on Tuesdays, using the tennis courts at Steyning Grammar School(weather permitting, if cancelled we will let you know by 6pm on the WhatsApp group) in small groups (5) led by a coach.
- Juniors will be booked in using our Tuesday Athletics WhatsApp. Please do not turn up at the tennis courts without permission, as you will be turned away.
- Before attending, make sure juniors have been to the toilet and washed their hands thoroughly. There are no toilets open at the courts or the nearby schools.
- You will be asked to hand sanitise upon your arrival at athletics, and again when you leave afterwards.
- Juniors should be aware that training will be without contact, and that any equipment used has been cleaned thoroughly beforehand.

- DO NOT TURN UP FOR TRAINING IF JUNIORS OR PARENTS ARE DISPLAYING SYMPTOMS OF COVID – 19 e.g. High temperature, continuous cough, loss of sense of taste or smell. Please do not come training if you have any symptoms of illness, so that we can avoid passing on any viruses.
- Bring your own bottle of water, this must only be handled by the junior themselves, no refills allowed.
- Be prepared to listen and obey the instructions of your allocated coach.
- Should you need First Aid, this will be administered by a nominated First Aider, who will carry the equipment necessary.
- Do not bring 50p for training. We have finished with this, and now just ask everyone invited to join the junior athletics session to become a member by filling in the form on our website under membership. Currently a year's junior membership costs £5.00.

Steyping AC Junior Coaches