



RARC Risk Assessment

Anyone assessing risk should be competent to do so. It is the responsibility of anyone assessing risk to ensure that a risk assessment is suitable and sufficient before carrying out an activity.

Any need for additional control measures should be allocated an action owner and date for when the control will be implemented.

Scope of risk assessment	RARC training activities
Date	7 th June 2020
Review Date	4 th July 2020
Person completing RA	Annabelle Thorpe Tech IOSH, Health & Safety Consultant E: royalarsenalhealth@gmail.com
Responsible Manager	John Gavin, Club Chairman E: royalarsenlarugby@gmail.com M: 079465 29888

Brief description of what is intended:

Royal Arsenal Rugby Club is keen to re-start training sessions. These usually consist of drills and game play; however, a revision of the usual training session structure is being undertaken to ensure that RFU and government guidelines can be met.



Information/ Notes:

The Virus

Covid 19 is a new virus which causes flu-like illness sometimes leading to serious respiratory failure particularly in the elderly or those with underlying health conditions. The main symptoms are a new persistent cough, a high temperature, and loss of smell or taste. Individuals can be infectious before they experience any symptoms (between 3 and 5 days).

The virus is spread primarily in droplets coughed or sneezed from infected individuals which can be inhaled by others in close proximity (less than 2m) or which fall onto surfaces where the virus can be picked up on the hands and infect the individual when they touch their face.

Protocols

It is envisaged that the current UK government restrictions will be released gradually with some restrictions remaining in place until vaccines and treatments are successfully developed. Usual protocols and guidance should be examined in their current ways of working to see if changes can be made to help produce content in the safest way possible until restrictions are lifted fully, and life returns to "normal".

At the moment it is acceptable to spend time outdoors in groups of up to six people from different households, following social distancing guidelines.

When assessing the hazards of covid-19 infection prevention and control, there are 4 key elements to consider:

1. Social distancing
2. Personal Hygiene
3. Cleaning
4. Health monitoring

Government Updates SEE LINK <https://www.gov.uk/coronavirus>



Hazards Identified and Risks Arising <i>Identify and list what hazards could cause significant harm, how and to whom.</i>	Who could be harmed? <i>This includes anybody who may be present and affected by your activity, not only your team (e.g. public, disabled and those who may be more vulnerable to certain hazards)</i>	Risk Assessment & Proposed Precautions <i>Evaluate the risks and decide if existing precautions/controls are sufficient or more needs to be done.</i>
<p>Vulnerable persons Increased risk of contracting infection</p> <p>Two categories</p> <ul style="list-style-type: none"> • High risk • Moderate risk <p>See link https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk-from-coronavirus/</p>	<p>Players / Members / Staff / Visitors</p> <p>(in this context referred to as "individuals")</p>	<p>If any individual has a condition that is listed as moderate risk by the UK government, whilst this may not prevent the player from participating, Royal Arsenal Rugby Club will want to discuss their circumstances to see if more controls are required to protect them.</p> <p>If an individual has a condition that is listed as high risk by the government, they will not be permitted to participate at this time.</p> <p>If an individual lives with someone who has been identified as clinically extremely vulnerable and who may be currently shielding, it is not recommended that those individuals participate at this time.</p>
<p>Breach of Social Distancing due to nature of game (close proximity/ soft contact) Failing to adhere to SD guidelines</p>	<p>Individuals/ public</p>	<p>Wherever possible physical separation of at least 2m should be maintained and activity will only be in groups of 6, ensuring the group remain a cohort.</p>



<p>Complacency Person to person transmission</p>		<p>Training sessions will be organised to ensure social distancing (minimum 2m) can be maintained e.g. cardio drills or passing a ball</p> <p>Training session will be in open outside space only. No tag shorts will be for rental or on loan until further notice.</p> <p>By nature of the game it would be usual to have close proximity or soft contact however, in order to maintain social distancing guidelines, game play including use of tags will not be permitted at this time.</p> <p>Individuals are requested to maintain social distancing when socialising during breaks, and, before and after training.</p> <p>Spectating is discouraged at this time.</p>
<p>Poor Hygiene procedures Person to person transmission Contaminated surfaces/equipment transmission</p>	<p>Individuals/ Public</p>	<p>Good personal hygiene is important. Individuals should wash their hand regularly. Due to the absence of hand washing facilities at the training location, all individuals should bring hand sanitiser with them (at least 70% alcohol/ or antimicrobial).</p>



		<p>Follow <u>Catch it, Bin it, Kill it</u> and to avoid touching face, eyes, nose or mouth with unclean hands.</p> <p>Gloves are not encouraged. They are essentially a second skin and is not a replacement for good hand hygiene. Gloves will become easily contaminated if touching your face and then potentially contaminated surfaces, and vice versa.</p> <p>Washing your hands is one of the easiest ways to protect yourself and others from illnesses such as food poisoning and flu. HERE IS A USEFUL LINK https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/</p> <p>It's important to note that overuse of alcohol based sanitising gels can lead to dry skin.</p> <p>Emollients are moisturising treatments applied directly to the skin to soothe and hydrate it. They cover the skin with a protective film to trap in moisture. HERE IS A USEFUL LINK https://www.nhs.uk/conditions/emollients/</p>
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<p>Poor Cleaning Regimes Contaminated surfaces/equipment transmission</p>	<p>Individuals</p>	<p>Enhanced cleaning procedures will be in place. The kit bag and equipment i.e. ball, will be sanitised before and after each use, by training session organisers.</p> <p>Use of disposable gloves will be used when carrying out cleaning of bag and equipment, ensuring correct and safe removal and disposal. HERE IS A USEFUL LINK https://www.youtube.com/watch?v=1zwmny4vwel</p>
<p>Absence of health monitoring Slow to identify and react Delay with enacting track and trace</p>	<p>Individuals</p>	<p>Self-monitoring can reduce person to person transmission if symptoms are identified without delay.</p> <p>All individuals are required to complete a self (health) declaration form before they are permitted to participate in any training session activities.</p> <p>Individuals are expected to monitor their health before and after participating and report if there are any changes which may indicate they have covid-19.</p>



		<p>If an individual believes they have covid-19 and has participated in club activity within the last 14 days, they must report this without delay to John Gavin, Club Chairman. This will enable a track and trace protocol to be enacted (see policy).</p> <p>Note: Temperature checking is what is referred to as health monitoring, forming part of a collective set of measures designed to more accurately identify if someone has covid-19. A raised temperature (above 37.8c) indicates unwellness, with the possibility of having covid-19.</p>
<p>Suspected or confirmed case of COVID-19</p>	<p>Individuals</p>	<p>If an individual believes they have covid-19 and has participated in club activity within the last 14 days, they must report this without delay to John Gavin, Club Chairman. This will enable a track and trace protocol to be enacted (see policy).</p> <p>If an individual becomes unwell during the training session, And it seems symptoms are concurrent with those of covid-19, they should leave the session without delay, use private transport if possible. They should self-isolate and follow government advice.</p>



<p>Food and Drink Increased risk of breaking social distancing measures Person to person transmission</p>	<p>Individuals/ Public</p>	<p>It's important to keep hydrated when exercising and therefore all individuals are encouraged to bring their own personal water bottles, however, should avoid sharing with others.</p> <p>Food should not be shared or left out for communal access. Food items such as snacks should remain wrapped and with personal belongings until being consumed. Wrappings should remain with personal belongings or be disposed of in a closed bin.</p>
<p>Travel to and from training location Increased risk of breaking social distancing measures Person to person transmission</p>	<p>Individuals/ Public</p>	<p>It is an individual's legal and moral responsibility to travel safely, abiding by government guidelines. Therefore, travelling to a training location should be by foot, bike, or private transport.</p> <p>Use of public transport should be avoided.</p> <p>Note: from 15th June wearing of face covering will be mandatory when travelling on public transport in England.</p>



Emergency Arrangements e.g. Fire, First Aid

First Aid

General Guidance to be applied by existing first aiders

1. Try to assist at a safe distance from the casualty as much as you can and minimise the time you share a breathing zone.
2. If they are capable, tell them to do things for you, but treating the casualty properly should be your first concern. *Remember the 3P model – preserve life, prevent worsening, promote recovery.*

Preserve life: CPR

- Call 999 immediately – tell the call handler if the patient has any COVID-19 symptoms
- Ask for help. If a portable defibrillator is available, ask for it
- Before starting CPR, to minimise transmission risk, use a cloth or towel to cover the patient's mouth and nose, while still permitting breathing to restart following successful resuscitation
- If available, use:
 - a fluid-repellent surgical mask
 - disposable gloves
 - eye protection
 - apron or other suitable covering
- Only deliver CPR by chest compressions and use a defibrillator (if available) – **don't** do rescue breaths

Prevent worsening, promote recovery: all other injuries or illnesses

- If you suspect a serious illness or injury, call 999 immediately – tell the call handler if the patient has any COVID-19 symptoms
- If giving first aid to someone, you should use the recommended equipment listed above if it is available
- You should minimise the time you share a breathing zone with the casualty and direct them to do things for you where possible



After delivering any first aid

- Ensure you safely discard disposable items and clean reusable ones thoroughly
- Wash your hands thoroughly with soap and water or an alcohol-based hand sanitiser as soon as possible

Guidance for resuscitation

Resuscitation Council UK Statement on COVID-19 in relation to CPR and resuscitation in first aid and community settings. This statement is for anyone who is performing CPR/defibrillation in an out-of-hospital setting.

Whenever CPR is carried out, particularly on an unknown victim, there is some risk of cross infection, associated particularly with giving rescue breaths. Normally, this risk is very small and is set against the inevitability that a person in cardiac arrest will die if no assistance is given. The first things to do are shout for help and dial 999. Because of the heightened awareness of the possibility that the victim may have COVID-19, Resuscitation Council UK offers this advice:

1. Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. Do not listen or feel for breathing by placing your ear and cheek close to the patient's mouth. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives.
2. Make sure an ambulance is on its way. If COVID 19 is suspected, tell them when you call 999.
3. If there is a perceived risk of infection, rescuers should attempt compression only CPR and early defibrillation until the ambulance (or advanced care team) arrives. Put hands together in the middle of the chest and push hard and fast.
4. Early use of a defibrillator significantly increases the person's chances of survival and does not increase risk of infection.
5. If the rescuer has access to personal protective equipment (PPE) (e.g. FFP3 face mask, disposable gloves, eye protection), these should be worn.
6. After performing compression-only CPR, all rescuers should wash their hands thoroughly with soap and water; alcohol-based hand gel is a convenient alternative. They should also seek advice from the NHS 111 coronavirus advice service or medical adviser.



Further information, including an instructional video, can be found at <https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/>

Detail how this risk assessment will be communicated to all relevant parties:

- This is legal document and should be suitable and sufficient for the activities being undertaken.
- Copies of final risk assessment must be communicated and remain accessible to all participating individuals and anyone involved else in the defined scope of activities.
- It is the responsibility of individuals to familiarise themselves with this risk assessment document and adhere to controls measures.

Sign Off

Name: John Gavin	Role: Club Chairman	Signature: J. Gavin
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Overall Risk Level when all controls are in place: <i>(Please Tick)</i> ✓		
LOW – Tolerable If the controls are fully implemented, this should reduce the risk from these activities to a low level. ✓	MEDIUM – Further Consideration required (Seek to implement further controls to reduce risk)	HIGH – Not acceptable (Risk level not acceptable, further control required. Do not go ahead without consulting Club Chairman)