

# Leisure Centre Risk Assessment for all paddlers Parents & Guardians – Covid-19



The Covid-19 pandemic poses health risks to everyone. Fortunately, in the majority of cases the illness is mild. However, some people with underlying health condition are more at risk of becoming seriously ill if exposed to Covid-19.

**The following form should be used to identify and record how specific control measures will be implemented to protect all paddlers.**

**We all have a responsibility in helping to stop the spread of the virus and protect others by including and putting in appropriate measures to mitigate or reduce associated risks. If you require further information on COVID 19 visit the Health and Safety website.**

**All paddlers, Parents or Guardian **MUST** tell coaches if they or one of their dependents have any of the medical condition mentioned below or any other underlying conditions.**

Steps to follow:

1. Using the guidance, and based on information provided by the paddlers; identify which group (1 to 5) is applicable to the paddler.
2. Review the recommended control measures outlined in this document (Section 1 – Control measures column).
3. In conjunction with the paddler describe and record how these control measures will be implemented in practice (Section 2).
4. Agree identified mitigation measures with the paddler and implement identified control measures.

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## 1.0 Classification of Paddlers & Duddon Canoe Clubs Leisure Centre Operating Procedure



Type of paddlers	Proposed Control measures
<p><b>Group 1:</b> Paddlers aged 69 or under with no underlying health problems</p> <p><b>Group 2:</b> Paddlers aged 70 or over</p> <p><b>AND/OR</b></p> <p><b>Group 3:</b> Paddlers with one or more complex health conditions listed below:</p> <ul style="list-style-type: none"> <li>• People who have received an organ transplant and remain on ongoing immunosuppression medication</li> <li>• People with cancer who are undergoing active chemotherapy or radiotherapy</li> <li>• People with cancers of the blood or bone marrow such as leukaemia who are at any stage of treatment</li> <li>• People with severe chest conditions such as cystic fibrosis or severe asthma (requiring hospital admissions or courses of steroid tablets)</li> <li>• People with severe diseases of body systems, such as severe kidney disease (dialysis)</li> <li>• Severe asthmatics who are using oral steroids or have used oral steroids within the last 2 years. Severe asthmatics who use or have ever used 3 or more different types of inhalers and/or have previously been admitted to hospital (within the last 2 years) for more than 24 hours (inpatient) in relation to their asthmatic condition.</li> </ul> <p><b>AND/OR</b></p> <p><b>Group 4:</b> Pregnant paddlers</p>	<ul style="list-style-type: none"> <li>• Paddlers/Parents/Guardians to abide by all COVID 19 control measures implemented by the Duddon Canoe Club and leisure centre during this pandemic.</li> <li>• Paddlers from groups 1 &amp; 2 to follow all control measures all measures implemented by the club and leisure centre during this pandemic.</li>   <li>• Paddlers from groups 3, 4 &amp; 5 to seek guidance from doctor, paddlers will take responsibility for their decision to attend pool sessions during the pandemic and do so at their own risk.</li>   <li>• Pregnant paddler to seek information from doctor.</li> </ul>

**AND/OR**

**Group 5:** Paddlers with one or more underlying health conditions listed below:

Chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis

Chronic heart disease, such as heart failure

Chronic kidney disease.

Chronic liver disease, such as hepatitis

Chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy

Diabetes

Problems with your spleen – for example, sickle cell disease or if you have had your spleen removed


Weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy

- Paddlers from groups 3, 4 & 5 to seek guidance from doctor, paddlers will take responsibility for their decision to attend pool sessions during the pandemic and do so at their own risk.

**Leisure Centre Operating Procedure**

1. Paddlers to pre-book a session place with J Sherwen
2. Paddlers to turn up no more than 15 minutes before the start of the session
3. Paddlers to use alcohol gel or if not available wash hands upon entering the leisure centre.
4. Paddlers to turn up at the leisure centre ready to paddle where possible.
5. Where possible, maintain approximately 2 metres distance from others in the leisure centre.
6. Limit movement around the leisure centre as much as possible & one way system implemented by leisure centre to be adhered to.
7. At start of session paddlers to enter the pool maintaining social distancing and get straight into a boat and on the water or deposit dry clothes in the changing room then get on the water.
8. Face to face conversations only to be carried out to the side and not face on, or 2m apart where possible, not to exceed 15 min exposure threshold.
9. Option to identify vulnerable individuals in the club, to encourage others to distance themselves.
10. Paddlers are asked to refrain from voluntary capsizing at this time.
11. Paddlers asked to respect vulnerable paddler's condition and stay 2m away at all times.
12. Paddlers asked to stay 1m away from other non-vulnerable paddlers on the water where reasonably practicable.

## 2.0 Identification of control measures

<b>COVID 19 Leisure Centre Risk Assessment</b>	Creator	Scott Wilson	
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What are the hazards?	Who might be harmed and how?	How (specifically) will the control measures listed above be implemented?	
<p>Potential exposure of vulnerable person to Covid-19, causing increased ill health effects and/or aggravation of a current condition</p> <p>Cross contamination from infected surfaces.</p> <p>Human to human airborne transmittal of Covid-19 from personal close contact.</p> <p>Exposure to Covid-19 infected bodily fluids</p>	<ul style="list-style-type: none"> <li>Paddlers, Coaches, Parents, Guardians, Leisure Centre Staff and Members of the Public.</li> </ul>	1	Self-service alcoholic gel and wipes are accessible throughout leisure centre for use by all canoe club members and non-members. These will be identified to the paddlers and parents/guardians.
		2	All areas of the leisure centre have been arranged to accommodate social distancing. This also means maximum occupancy in the pool during this time is limited to 15 paddlers.
		3	Social distancing measures implemented throughout leisure centre premises. On the water where this cannot be adhered for coaching or rescuing purposes face to face conversations only to be carried out to the side and not face on.
		4	Movement around the leisure centre to be kept to a minimum, paddlers to stay in waiting area until instructed to get into a boat (specific boats cannot be claimed at this time)
		5	All canoe club personnel to follow 1 way system put in place by the leisure centre.
		6	Paddlers to arrive in paddling equipment where possible, enter the pool area depositing dry equipment in the changing room ensuring they stay socially distanced
		7	Paddlers are asked to shower only when necessary at this time.
		8	Vulnerable paddlers do so at their own risk at this time, after seeking medical advice.
		9	Coaches to prepare the boats, paddles and any other equipment needed by paddlers, paddlers are to get in the boats and on the water ASAP to allow the coaches to get paddlers on the water maintaining social distancing.
		10	Paddlers to have read Covid-19 operating procedures agreeing to all the control measures listed above.
			First aid will be conducted by the leisure centre.

## 3.0 Approvals

<b>Below are the names of the creator of this risk assessment and committee member</b>		
<b>Scott Wilson</b>	Signature:	Date:
	Signature:	Date:

