



### COVID-19 Risk Assessment for Teaching Physical Education

Description	Who Could Be Harmed	Action Taken	Who	When
Lack of preparation could result in mistakes and errors being made in the workplace.	Staff, Children & Community	All coaches must read the entire ASM Sports Risk Assessment before returning to the workplace and must raise any concerns with management prior to their first day returning to work. All coaches must complete the return to work questionnaire. The questionnaire will determine the suitability of a return to work. Each individual will be risk assessed by the management team based on their own health and the health of their household among other factors.	Coaches & ASM Sports Management	Prior to returning to work.
All schools are different and will pose their own individual risks, such as site layout, and pupils with special considerations. Poor planning could result in inadequate PPE, resources, and spaces.	Staff, Children & Community	It is paramount that coaches contact their venue/setting prior to arrival to determine the spaces available, class sizes and familiarise themselves with site specific COVID19 considerations. Ask your setting specifically if they have changed their fire procedure due to Covid-19, if so make yourself familiar with the changes. It is advised that coaches keep an open narrative with their school via telephone or email as COVID19 continues.	Coaches	Prior to attending a setting for the first time after the National Lock down period. With regular ongoing communications as the government continue to make changes, such as the phased return of further age groups.

<p>Spreading Covid19 specifically through the use of fixed and shared apparatus and equipment required for the teaching of PE.</p>	<p>Staff, Children &amp; Community</p>	<p>Fixed playground apparatus should not be used. No shared gym equipment is to be used. No piece of equipment that travels , or is passed from one person to another should be used. Limit equipment used when planning and delivering activities, minimal - no equipment preferred. Guidance states that equipment should not be shared. If there is capacity to facilitate it, each child should have their own easily identifiable piece of equipment. This piece of kit should only be touched and returned by this one child. At the end of the lesson the kit should be returned to a box/bucket by the children (one at a time). After the lesson the coach will then clean and sanitize all equipment including the bucket or box. As well as interim cleaning between lessons the coach will be expected to deep clean the kit before loading it into his/her vehicle at the end of the session. This will ensure that only clean kit is carried in both company and individual vehicles. Equipment provided should be non-porous and easy to clean. This would exclude kit such as ropes and beanbags. Ensure that kit and equipment that is 'tempting' to grab habitually is locked away or out of sight.</p>	<p>Coaches &amp; ASM Sports Management</p>	<p>Ongoing.</p>
<p>Spreading Covid19 specifically through the touching of frequently touched surfaces, such as door handles, signing in screens.</p>	<p>Staff, Children &amp; Community</p>	<p>Coaches are expected to wash their hands thoroughly upon entering and before leaving a setting. Coaches should also wash hands in between class sessions. Hand washing should be thorough for 20 seconds or more and using soap, drying on paper towels. Every effort should be made to find a hand washing sink, however when one is not available coaches are encouraged to use hand sanitizer. ASM Sports will provide all staff with a personal hand sanitizing bottle that should be on their person at all times. It is the responsibility of the coach to advise management in a timely manner when a refill is required.</p>	<p>Coaches &amp; ASM Sports Management</p>	<p>Ongoing.</p>

<p>Poor communication with Staff and pupils.</p>	<p>Staff, Children &amp; Community</p>	<p>Communication is key. Call and email ahead. Keep an open line of communication with school in a remote way. Consider the use of google meet to video call with class teachers for the purpose of report writing and pupil updates. Communication with children must be clear and easily readable. If children in the PE lesson do not have sufficient command of the English language, attention or understanding then they should not participate in PE alongside their peers and alternative arrangements for physical education should be made. Use a socially distancing management system during PE lessons to ensure children are maintaining safe distances during activities. ASM Sports are happy to use the system below or equally adhere to any system that the school has in place. Suggested socially distancing management system for PE: Coaches are encouraged to use the ASM Sports traffic light system as a clear visual verbal indicator to the children. Green- Safe to proceed with the activity. Amber- Stay Alert. Remember to ensure 2m distance and proceed with caution. Red- Stop and reset to a 2m distance. Traffic light cards will be laminated and easy to clean and personal to each coach. Coaches should report any issues or considerations back to the ASM Sports Management team asap so that the Risk Assessment and consideration of operation can be safe and helpful.</p>	<p>Coaches &amp; ASM Sports Management</p>	<p>Prior to returning to the setting and ongoing.</p>
<p>Spreading of COVID19 by contact with the face and mouth such as the sharing of drinks bottles, bibs, bands.</p>	<p>Staff, Children &amp; Community</p>	<p>Coaches should have their own drinks bottle, clearly labelled with their name. We advise coaches to bring as much water as they need with them each day to minimise the amount of time that they spend within a school setting. (Avoiding opportunities for additional contact such as having to go into the kitchen, staff room, or to a water fountain) Children are encouraged to bring clearly labelled water bottles to a lesson with them. These bottles should be placed down around the perimeter of the room or space, at least 2m apart. Remind children that they should not share. Coaches should avoid using whistles, unless in emergencies.</p>	<p>Coaches &amp; ASM Sports Management</p>	<p>Discussed with the setting prior to arrival and ongoing.</p>
<p>Spreading of COVID19 by lack of robust hygiene routine in children.</p>	<p>Staff, Children &amp; Community</p>	<p>It is the role of the Coach to ensure that a robust hand hygiene is in place for their students. Coaches and children should wash their hands with soap before and after activity. Coaches should include good time for hand hygiene and cleaning in between each class. This should be discussed with the setting prior to arrival. Children should be given good space at the sink and so will need to allow additional time to allow for social distancing within bathrooms. Coaches should monitor the number of children permitted to use the bathroom at one time. Settings may choose to close 'middle stalls' to ensure social distancing can take place in bathrooms.</p>	<p>Coaches</p>	<p>Ongoing.</p>

Spreading COVID 19 via person to person contact when moving in and around the setting.	Staff, Children & Community	Coaches should adhere to social distancing and should remain 2m apart from all others. This may mean that new spaces are used, and one way systems will need to be adhered to where necessary. As above we advise that coaches get in touch with their setting ahead of time to familiarise themselves with the layout of their setting and to discuss Safe entry and exit. Ideally lessons should take place outdoors where possible and classes should be brought outside by the teacher to prevent unnecessary inside traffic.	ASM Sports Staff	Discussed with the setting prior to arrival and ongoing
Spreading COVID19 via person to person contact that may be required in order to administer first aid.	Staff, Children & Community	As satellite teachers that may see several social bubbles of children within the week it is advised that first aid is administered wherever possible by the teacher or teaching assistant that regularly cares for the children within the given social bubble. Where the regular teacher or TA is not available the health of the child will take priority and coaches will administer first aid in the usual way by breaking the social distancing 2m rule. As always with first aid, coaches will be considerate of infection control.	ASM Sports Staff	Discussed with the setting prior to arrival and ongoing
Spreading Covid19 via person to person contact usually required for the safe teaching of PE.	Staff, Children & Community	Lessons should adhere to social distancing and children and coaches should remain 2m apart. This may mean that a new space and smaller classes will need to be arranged. To encourage social distancing with younger children (KS1) Individual equipment such as spots or hoops may be useful (note that these will adhere to the personal equipment rule above and will be sterilised before and after each lesson and will not be shared during use.) There should be no organised contact activities, including team practices or training. High risk activities where a coach would be required to support the body of a pupil (such as the safe teaching of a hand stand or forward roll in gymnastics should be avoided). Individual activities and sports are recommended, where pupils are working in isolation. Safety is paramount- if a child can do a skill safely and it is well within their ability, then allow it. Discourage activities that are physically challenging, which might require adult intervention or physical support, or could result in injury. Z There should be no sports or games where children or coaches are close (within 2m of each other). This can be replaced this with personal challenges (speed, flexibility, strength based), running, jogging, free skipping (without ropes), Dance, Yoga, Aerobics.	Coaches	Discussed with the setting prior to arrival and ongoing
Spreading of Covid19 within the PE lesson.	Staff, Children & Community	Group sizes should not exceed 15. Groups can be smaller but social bubbles should not be mixed. Sports coaches will lead their group by providing exercises and activities that can be done whilst adhering to social distancing. After school and extra-curricular clubs will not exceed 15 people and will not accept children from different social bubbles.	Coaches & ASM Sports Management	Discussed with the setting prior to arrival and ongoing

<p>Spreading Covid 19 during the changing of clothes and shoes for PE</p>	<p>Staff, Children &amp; Community</p>	<p>The 2m social distancing rule must be adhered to whilst changing for PE. Young children who are not capable of changing independently will be encouraged to take part in PE by removing jumpers, ties and changing footwear only. The activities planned will take into account the risk of the participants not wearing the correct PE kit. If possible, we recommend that children wear their PE kit all day and arriving at school in kit on days when PE is scheduled. This consideration may already be addressed in your settings site specific risk assessment and may differ setting to setting. It is the responsibility of coaches to suggest this to their setting in their pre visit conversations. Where this is not possible consider the use of large hoops for changing inside, or the 'dressing the chair' method to prevent cross contamination between clothes. Lost clothes and shoes that have been worn by another child in error should be bagged up and returned home to parents with a message, where possible. If this occurs we recommend that the coach brings it to the attention of the class teacher for consideration. It may be that the setting can offer a clean alternative or clean change of clothes.</p>	<p>Coaches</p>	<p>Discussed with the setting prior to arrival and ongoing</p>
<p>Spreading COVID 19 across multiple settings via clothing.</p>	<p>Staff, Children &amp; Community</p>	<p>Coaches have been provided with a full set of clean uniform by ASM Sports. Coaches must wear a completely clean set of uniform each day to work. Coaches are only provided with one winter coat and one Zipped jacket. If worn these items must be washed before the next use. The Bee Active uniform is a form of PPE and should only be worn in the work setting. Coaches should change before making other essential trips, such as food shopping for example. All staff should ensure that the uniform is not worn into and around the home. It is advised that clothing is washed immediately at the end of each working day.</p>	<p>ASM Sports Staff</p>	<p>Ongoing.</p>

Persons developing symptoms during a session or club.

Staff, Children & Community

If a child becomes unwell with a new, continuous cough or a high temperature you should inform the supervising teacher immediately and the pupil should be sent home. From this point ASM Sports staff should take advice from the setting Risk Assessment as all venues will be laid out differently. Government advice recommends: Children under 18 should be supervised by one adult, if safe and appropriate, in an open air space away from equipment, minimising the risk of transfer to the accompanying staff member. If a child is awaiting collection, and it is not safe or appropriate for them to be in an open air space, they should be moved, if possible and if appropriate, to a room where they can be isolated behind a closed door. Settings should be mindful of individual children's needs – for example it would not be appropriate for younger children to be alone without adult supervision. Ideally, a window should be opened for ventilation. If it is not possible to isolate them, move them to an area which is at least 2 metres away from other people. Each setting will have a designated room or space for this isolation to take place. Coaches should familiarise themselves with the location of the space at the setting prior to teaching. If they need to go to the bathroom while waiting to be collected, they should use a separate bathroom if possible. The bathroom should be cleaned and disinfected using standard cleaning products before being used by anyone else. If they need clinical advice, they (or their teacher, parent or guardian) should go online to NHS 111 (or call 111 if they don't have internet access). In an emergency, call 999 if they are seriously ill or injured or their life is at risk. Do not visit the GP, pharmacy, urgent care centre or a hospital. All household members of the unwell person must leave together; this includes siblings and parents that may also be on site as staff or volunteers. If a member of staff has helped someone who was taken unwell with a new, continuous cough or a high temperature, they do not need to go home unless they develop symptoms themselves. They should wash their hands thoroughly for 20 seconds after any contact with someone who is unwell. If a ASM Sports staff member has come into contact with someone that has been sent home with suspected COVID19 they must inform the ASM Sports management team so that a RA can be undertaken based on the individual circumstances. Once an unwell person has been identified care should be taken to thoroughly clean down all surfaces and equipment that they have been in contact with. If a ASM Sports coach becomes unwell with continuous cough or a high temperature at a setting, they should inform the setting staff and leave site immediately. Without touching anything further where possible. If appropriately well to do so, the ASM Sports staff member must inform the ASM Sports management team as soon as it possible. This staff member will be asked to remain at home in isolation as per the government recommendation. An individual RA will be undertaken before this person can return to work. Schools and settings are duty bound to inform ASM Sports asap if an outbreak of COVID19 occurs in their school.

ASM Sports & Setting

Ongoing.

<p>Cleaning of contaminated areas.</p>	<p>Staff, Children &amp; Community</p>	<p>Where possible, cleaning of contaminated areas should be undertaken by setting staff. If a ASM Sports Coach is required to clean a contaminated area they should: Clean an area with normal household disinfectant after someone with suspected coronavirus (COVID-19) has left will reduce the risk of passing the infection on to other people. Note that if an area can be kept closed and secure for 72 hours, wait until this time has passed for cleaning as the amount of virus living on surfaces will have reduced significantly by 72 hours. Wherever possible, wear disposable or washing-up gloves and aprons for cleaning. These should be double-bagged, then stored securely for 72 hours then thrown away in the regular rubbish after cleaning is finished. Using a disposable cloth, first clean hard surfaces with warm soapy water. Then disinfect these surfaces with the cleaning products you normally use. Pay particular attention to frequently touched areas and surfaces, such as bathrooms, grab-rails in corridors and stairwells and door handles. If an area has been heavily contaminated, such as with visible bodily fluids, from a person with coronavirus (COVID-19), consider using protection for the eyes, mouth and nose, as well as wearing gloves and an apron. Wash hands regularly with soap and water for 20 seconds, and after removing gloves, aprons and other protection used while cleaning.</p>	<p>ASM Sports &amp; Setting</p>	<p>Following the identification and removal of an unwell person or known COVID19 case.</p>
<p>Waste Disposal following contaminated area cleaning.</p>	<p>Staff, Children &amp; Community</p>	<p>Waste from possible cases and cleaning of areas where possible cases have been (including disposable cloths and tissues): Should be put in a plastic rubbish bag and tied when full. The plastic bag should then be placed in a second bin bag and tied. It should be put in a suitable and secure place and marked for storage until the individual's test results are known. Waste should be stored safely and kept away from children. You should not put your waste in communal waste areas until negative test results are known or the waste has been stored for at least 72 hours. If the individual tests negative, this can be put in with the normal waste if the individual tests positive, then store it for at least 72 hours and put in with the normal waste storage for at least 72 hours is not appropriate, arrange for collection as a Category B infectious waste either by your local waste collection authority if they currently collect your waste or otherwise by a specialist clinical waste contractor. They will supply you with orange clinical waste bags for you to place your bags into so the waste can be sent for appropriate treatment. ASM Sports staff should contact a member of the ASM Sports management team who will assist with this process.</p>	<p>ASM Sports &amp; Setting</p>	<p>Following the identification and removal of an unwell person or known COVID19 case.</p>

Safe handling of cleaning products, soaps and sanitizers.	Staff, Children & Community	ASM Sports staff will be provided with their own cleaning kit for the purpose of sanitizing equipment. The kit will include multi-purpose cleaner, sanitizing wipes and hand gel. Along with disposable cloths, gloves, aprons and bin bags. Staff will be advised on the safe use and storage of the kit at the point of issuing. The kit and its contents will be kept with the coach at all times and kept out of reach of children. Where this is not possible Coaches are encouraged to return it to their vehicle in between use. It is the responsibility of the coach to replenish their kit from the provisions at the ASM Sports office. If a coaches individual RA states that they are not to attend the office, then they should inform a member of the management team when kit supplies are running low.	ASM Sports Staff	Ongoing.
Fast evolution of the virus spread and a risk that advice will change.	Staff, Children & Community	If you have any questions about the above recommendations please contact a member of the ASM Sports management team for guidance. There is also a dedicated government helpline number for educational settings – please call 0800 046 8687 for any specific question not covered on this risk assessment.	ASM Sports & Setting	Ongoing.