



Risk Assessment for COVID-19

02/09/20

Summary of Essential Measures	Risk Control Measures
	<p>People with symptoms of Coronavirus do not enter site</p> <p>If confirmed case on site, the centre closes for 14 days and all staff self isolate.</p> <p>Cleaning systems enhanced and scheduled to avoid person-person contact</p> <p>Displays/Staff training/facilities enable good hand/respiratory hygiene</p> <p>Contact information recorded to assist with tracing</p> <p>Every individual activity/location/event adapted to minimise risk of transmission and maximise possibility for physical distancing.</p> <p>Activities/locations/events where risk unacceptable, are not used/run.</p>

Running Activities	
Arrival (specific to school groups)	<p>Staggered arrival times</p> <p>Parents not permitted to leave the car</p> <p>Roundabout system in place for drop off</p> <p>Hand Sanitiser available on the gate</p>
Entrance/exit	<p>One way system clearly marked at entrance</p> <p>Signs reminding people to keep 2m apart</p> <p>2m distance markers on floor</p> <p>Direction signs for different guests</p> <p>Gate handles cleaned at start and end of every day and gate left open when site is open</p>
Reception area	<p>Limit numbers of people in reception area, ask people to wait outside if necessary</p> <p>Staff tasked with regularly cleaning and sanitising all hard surfaces</p> <p>Hand sanitiser available</p> <p>Clients asked to wash hands upon entering the building</p>
Reception area	<p>Limit numbers of people in reception area, ask people to wait outside if necessary</p> <p>Set up sign in desk for guests outside and away from building</p> <p>Signs reminding people to keep 2m apart</p> <p>2m distance markers taped on floor</p>
Changing Rooms (specific to school groups)	<p>Number of guests allowed in changing room limited to 5</p> <p>Marked areas inside changing rooms and each guest allocated an area</p> <p>Clean thoroughly between usage</p> <p>Signs in changing rooms reminding people to touch as few surfaces as possible and wash hands regularly</p> <p>Changing rooms used only for activities that require full change of clothes (eg, kayaking requires a wetsuit)</p>
Changing rooms	<p>Guests asked to come changed to limit changing room use</p> <p>Number of guests allowed in changing room limited to 2</p> <p>Outdoor changing space provided in Bell Tents</p> <p>Clean thoroughly in between usage</p> <p>Signs in changing rooms reminding people to touch as few surfaces as possible and wash hands regularly</p>
Classrooms / theory sessions	<p>Do not use indoor space wherever possible - brief and debrief outside</p> <p>Set out individuals 2m apart if indoor space is required</p> <p>Tape 2m distancing on the floor</p> <p>Use large, ventilated indoor space if required</p> <p>Provide hand sanitiser</p>
Use of centre kit (wetsuits / BAs / waterproofs)	<p>Guests encouraged to bring their own kit where possible</p> <p>Staff handing out kit wash hands before</p> <p>Kit and a peg for storage allocated to an individual for the duration of their visit</p> <p>Kit sanitised before and after each use</p> <p>Used kit returned to separate rack</p> <p>Only one set of kit per client - no swapping or changing</p>
Rigging / launching / set up of activities	<p>Each individual only touches their own kit, and rigs through verbal instructions OR the kit is already rigged by the instructor and ready for the students.</p> <p>Surfaces are sanitised between usage - anti bac spray / wipes are available where kit is being set up / used</p>
Sailing (singlehanders)	<p>Instructor teaching from powerboat</p> <p>Full briefings on capsizing recovery and careful dynamic risk assessing of conditions to minimise the need to perform a rescue on the water</p> <p>2m distancing at all times</p>

Sailing (longboats)	<p>Reduced numbers in boats- 1:5 if 5 are one household/bubbled school group, 1:3 if they are not</p> <p>Instructor to wear buff/mask where face to face communication is required for long periods</p> <p>Avoid sharing tiller but where this is not possible, anti bac wipe between use and take hand sanitiser afloat</p> <p>Clear communication from instructor when moving around the boat to ensure that social distancing is adhered to</p> <p>Social distance markers taped to longboat seats</p>
Kayaking	<p>Full briefings on how to launch and land independently</p> <p>Only single sit on top kayaks unless members of one household</p> <p>Full briefing on how to attach tow lines etc in the event of a rescue - instructor can tow and remain 2m apart</p> <p>Full briefing on capsize recovery</p> <p>Careful dynamic risk assessing of conditions to minimise the need for a rescue</p>
Rafted Canoes	<p>Only households or bubbled school groups can take part in raft building</p> <p>Full briefing on how to attach tow lines etc in the event of a rescue - instructor can tow from safety boat and remain 2m apart</p> <p>Careful dynamic risk assessing of conditions to minimise the need for a rescue</p> <p>Instructor to maintain distance and give verbal instructions only</p>
Assault Course	<p>Additional equipment provided to enable guests to participate without assistance</p> <p>Full briefing from instructor on how to complete the course to minimise need for assistance</p> <p>All participants regularly wash hands throughout activity</p>
Archery	<p>Instructor to set up equipment before use and sanitise in advance</p> <p>Full sanitising of equipment each time it is used</p> <p>Bows and arrows colour co-ordinated to avoid crossover</p> <p>2m distancing at all times</p>
Team Building Games	<p>Full sanitising of equipment each time it is used</p> <p>Guests to wash hands before and after each activity</p> <p>Some activities not included because they don't encourage social distancing</p> <p>Instructor to maintain distance and give verbal instructions only</p>
Safety Boat	<p>Additional PPE supplied in case of emergency</p> <p>Equipment sanitised before and after use</p>
First Aid	<p>Additional PPE supplied in First Aid kits</p> <p>Resuscitation face shields must be used where CPR is required</p> <p>Where possible the casualty is instructed in their own First Aid</p>