



DWPC COVID RISK ASSESSMENT

(To compliment generic water polo specific risk assessment)

Date Assessment carried out:	5 Sep 2020	Task/Activity being assessed:	Water polo training
Assessment carried out by:	R Metcalfe	Task/Activity area/location:	Carnegie LC Main Pool
Signature:		Assessment review date:	Feb 2021
Risk Assessment Number:	01		

What is the Hazard	Who might be harmed?	How might people be harmed?	Risk rating before controls	Controls required	Risk rating after controls	Monitored by whom?	Monitored by when?
Carpark/External Waiting Area	Athletes Parents/Carers Coaches Volunteers	Traffic. Reduced social distancing on path outside centre.	6	Reminders to comply with physical distancing. Parents advised to drop off athlete and collect later or wait in car.	4	Parents	
Access & Egress / Facility communal areas	Athletes Parents/Carers Coaches Volunteers	Reduced social distancing. Congregating with other centre users.	12	Facility to display guidance of protocols and police arrangements. Internal waiting area for parents/guardians who need to assist athletes. Only one parent/ guardian to escort Athlete if required.	6	FSLT	Ongoing

				Wearing of face coverings in communal areas. Limited physical distanced spectating available. Sanitising stations to be available throughout facility			
Changing village	Athletes Parents/Carers Coaches Volunteers	Multiple users Touch surfaces throughout.	16	FSLT to increase cleaning procedures. Hand sanitising stations to be available Attendees to limit use of cubicles, arrive pool ready. Limit access to showers. Only one parent/ guardian to escort Athlete if required.	10	FSLT	Ongoing
Moving around facility	Athletes Parents/Carers Coaches Volunteers	Multiple users Touch surfaces throughout. Pinch points where distancing will be <1m	15	Wearing of face coverings in communal areas. Maintain physical distancing where possible – Follow facility routes and avoid restricted areas. Minimise lingering when in transit. Staggered squad changeover times. Regular Hand sanitising. Spectator area restricted to allowable numbers under social distancing.	10	FSLT Covid Officers	
Club Health Screening	Athletes Volunteers Coaches	Risk of transmission	10	Completion of club health checklist prior to resumption of training. Report any possible symptoms and stay at	4	Covid Officers	15 Sep

				home, follow Gov guidelines.			
Attending other SASA club sessions	Athletes Volunteers Coaches	Risk of transmission between clubs	8	Completion of health checklist for both clubs. Both clubs to maintain SASA covid compliant environments. Remind all to report any symptoms and follow ScotGov/facility Guidelines. Covid Lead to liaise with other club Covid Officer.	8	Covid Officers (both clubs)	Ongoing
Pre-session checks	Athletes Volunteers Coaches	Once in the building risk of transmission	4	Coaches to ask all athletes at every session if anyone is feeling unwell and send home any who are where feasible. No physical contact with other venue user. Avoid touching as many surfaces as possible before entering water. Record attendance	4	Coach Covid liaison Officer	Ongoing
Poolside water polo equipment	Athletes Volunteers Coaches	Surfaces provide opportunity for harbouring virus	15	Equipment to be sanitised before use. Water polo Balls etc to be rinsed in pool water before use. Players limit the number of balls they use during session After use equipment to be cleaned and re-stowed	10	FSLT Club	Ongoing

Wearing of water polo caps	Athletes	Increase transmission risk. Difficult to ensure virus free.	15	Water polo Caps to be unavailable until guidance changes. WP Caps to be loaned to GKs to retain for personal use as PPE.	5	Coach	
Poolside	Athletes Volunteers Coaches	Reduced social distancing	15	Physical distancing protocols to be maintained	10	FSLT Coach and Covid Liaison Officer	
Pool area environment	Athletes Volunteers Coaches	Transmission risk from airborne droplets which are recirculated and not extracted	15	Ventilation to meet Gov guidelines for extraction and replenishment of fresh air	5	FSLT	
Projecting ladders and other non water polo poolside equipment	Athletes	Risk of physical injury. Increase in touch surfaces	12	Equipment to be removed or cleaned before each session	10	FSLT	
Injury during session	Athletes	Cuts, bruises, dental, eye and ear injuries.	12	Caps to be worn by GKs when necessary. Toe/finger nails to be kept short. PPE to be available to injured player (face covering) and first aider	6	Coach FSLT Lifeguard	
Illness during session	Athletes Volunteers Coaches	Sickness. Breathing difficulties.	15	Person with Non Covid symptoms should leave pool area and go home. Facemask will be required if	10	FSLT Covid officer	Ongoing

		(new cough, high temp, loss of taste)		<p>close contact needed to offer assistance. For children, parent/guardian should be contacted immediately.</p> <p>If a member becomes unwell with COVID-19 symptoms during a training session, they should be removed from the session as quickly and as safely as possible.</p> <p>The supporting individuals should remain physically distanced and wear a mask. If the person requires first aid, that should be delivered in accordance with venue guidance and processes along with the appropriate PPE. That way the supporting individual is significantly less likely to be considered a close contact.</p> <p>If under 18 - The COVID-19 Liaison Officer should inform the parent/guardian that their athlete has been removed from the session and requires collection from the venue. If 18 & Over – Working with the facility staff, the COVID-19 Liaison Officer should support the</p>			
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				<p>member till they have left the facility safely. The member should return home and contact NHS Scotland for the next steps as appropriate The COVID-19 Liaison Officer is expected to stay for the duration of each training session in case a member requires support. If the member returns a positive COVID-19 test result – the NHS (Test & Protect Team) will be in touch to advise next steps. It is the NHS' responsibility to advise your members, do not share the positive test confirmation with any other club members, the NHS will follow their own processes Before returning to the training environment, the individual should complete a health screening form. Club PPE grab bag to be available.</p>			
During training	Athletes	Risk of injury due to inactivity, reduced cardiovascular output, poor	16	<p>Restrict numbers in the pool to 36 (6 per lane). Intensity of sessions & duration must be reduced for a period of 3 - 6 weeks. The increase of intensity must be carefully managed.</p>	8	Coaches	Ongoing

		posture, weakening of Isometric & eccentric muscles due to amount of time away from waterpolo		Follow guidance by Scottish Swimming best practice. Athletes to only use own drink containers.			
Training Structure	Athletes	Risk of transmission between groups	15	Squads to be structured into sub groups (bubbles) to minimise interaction and number of direct contacts during session.	10	Coaches	Ongoing
Training activities	Athletes	Close Contact and sharing of balls etc increases risk of transmission	15	Athletes to keep moving and if static should adhere to physical distancing. Make use of rebound nets or walls. Focus on technical drills and maintain physical distancing for set plays. Shooting with GK only if maintaining physical distance	10	Coaches	Ongoing
Conclusion of session	Athletes Volunteers Coaches	Multiple users Touch surfaces throughout. Pinch points where distancing will be <1m	15	Session conclusions will be staggered, this will ensure numbers in the changing village are kept to manageable levels. Athletes must make their way immediately to the cubicle, change & leave the facility as quickly as is reasonably practicable.	8	Coaches Covid officer	Ongoing

				Face covering to be worn. No congregation or social activity after the session. Only one parent/ guardian to escort Athlete if required.			
Showers after conclusion of session.	Athletes	Multiple users Touch surfaces throughout.	15	Minimal facilities available. Athletes will be expected to shower at home.	5	FSLT Covid officer	Ongoing
Departure from facility	Athletes Volunteers Coaches	Multiple users Touch surfaces throughout.	10	Hand sanitising on departure to reduce any risk of transmission to family. Face covering worn. Club members must exit the facility following the marked exit route. If being collected, parents should preferably wait within their vehicle. Once safely inside the vehicle. Depart immediately.	6	FSLT Parents/Carers	Ongoing

Guide to terminology

LR	SR	RR
Likelihood rating	Severity rating	Risk rating = (LR x SR)

Risk matrix

Likelihood	Very likely	5	10	15	20	25
	likely	4	8	12	16	20
	Fairly likely	3	6	9	12	15
	Unlikely	2	4	6	8	10
	Very Unlikely	1	2	3	4	5
		Insignificant	Minor	Moderate	Major	Catastrophic
		Severity				

Risk Rating & Corresponding action

Risk Rating (P x I)	Action
20-25	Stop Activity , take immediate action
15-16	Urgent Action required , take immediate action, stop activity if necessary, maintain existing controls
8-12	Action required , improve situation within a specified timescale
3-6	Monitor , look to improve at next review or if there is a significant change
1-2	No Action required , but ensure controls are maintained and reviewed