

Covid Risk Assessment: Return to Competition Welsh Masters outdoor jumps and throws training

Date:	Assessed by:	Location :	Review :

Covid rules as at2021

Maximum attendees 30 Welsh Masters club members, including Covid Official for the evening

Test and Trace

1. Only club members to attend, so full contact details known
2. Covid Officer to check off all participants on arrival to ensure only those booked take part
3. Covid Officer to ask all participants if they are experiencing Covid symptoms, and if so to exclude them
4. Covid Officer to prompt athletes as necessary regarding the Covid rules

Potential Hazards

Inhalation of Covid aerosols

1. Masks to be worn inside any building at all times
2. Training activity permitting, masks to be worn in the track area
3. Social distancing of 2 metres to be adhered to wherever possible, except when participants in own household bubble

Touching contaminated surfaces

1. All to be encouraged to use hand sanitiser points regularly
2. All to be encouraged to ensure proper handwashing as the occasions permit
3. Athletes encouraged to bring own throwing implements and keep to them
4. Athletes to keep to one implement if at all possible, if not implements to be cleaned between throws
5. Athletes to recover their own implements once thrown

6. Athletes to organise a rota to wipe down HJ crossbar and uprights
7. Athletes to organise a rota to wipe sand rakes, etc. regularly
8. Athletes to ensure any movement of boards is accompanied by appropriate cleaning of the lifting implements (boards should not be touched)
9. Athletes to be properly attired in at least vest and shorts with appropriate shoes; tights and long sleeved vests encouraged

Responsibility

Covid Officer, athletes and facility staff

Clarifications

1. No spectators permitted in the track or stand
2. Only the ordinary m/f toilets will be available
3. No changing rooms will be available
4. Athletes to bring their own drinking water with them
5. No food to be brought into the track area
6. No first aiders will be in attendance, so own first aid kits recommended