

Cherwell Canoe Club – Woodgreen risk assessment – Covid-19 specific

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Overview:

This document covers the risk and mitigation procedures for Cherwell Canoe Club whilst using Woodgreen Leisure Centre swimming pool and facilities.

Key areas of concern, risk level and mitigations are listed below. If there are any further questions or queries in relation to this they should be addressed to the club committee via: secretary@cherwellcc.org.uk

This document runs in conjunction with guidance set out by Woodgreen Leisure centre 'WGL', British Canoeing 'BC' and British Canoe Polo Committee 'CPC'

A return to team sport can provide many individuals with both physical and mental relief as well as the social benefits of playing. British Canoeing (BC) are providing guidance for this to be done in a suitable manner as safely as possible within the current Government guidelines. In preparing to return Clubs and Regions should not rush to restart, doing so could give the impression of a return to normality which is not the case. Risk in sport cannot be eradicated however through care and caution it can be reduced.

Whilst for many a return to team sport will be welcome, it is important to note that some individuals, groups and communities are still deemed vulnerable in respect of Covid-19. We remind you to follow the Governments guidance in these situations only returning when it is right for you to do so. **There is no pressure to return**, other individuals may also feel they are not ready to return in these cases we ask you to respect the persons decision. Everyone's health, wellbeing and safety are the priorities.

Risk, category and Mitigation:

Scenario	Risk, G - low, Y - medium, R - High	Mitigation and subsequent risk
Pre session	Low	Pre-registration of individuals must be completed on Web-Collect the day prior to the session. Where numbers warrant it, groups will be pre assigned and time slots may vary.
Pre entry to Leisure Centre	Medium	<p>Temperature checks and registration questionnaire to be completed by all.</p> <p>Question 1: do you have any symptoms associated with Covid-19, New persistent cough, High Temperature or loss of taste or smell?</p> <p>Question 2: have you been inContact with anyone that has been diagnosed with or is isolating Coronavirus in the last 14 days?</p> <p>If the answer is yes to any of these questions the individual will not be permitted to enter the centre.</p> <p>Should an individual have a temperature above 38 degrees Celsius they will be refused entry to the centre.</p> <p>Records must be kept for anyone answering yes or with an excessive temperature.</p>
Personal Entry to leisure centre	Medium	<p>At your allotted time slot. Only participants and trainers will be able to enter. No spectators.</p> <p>Entrance through the gate in the car park (will be signposted). Participants will be 'Paddle ready'.</p>
Equipment entry to Leisure centre	Medium	All personal equipment should be clean prior to use in the pool, individuals should carry their own equipment and set down as instructed by either pool staff or session leader.
Changing	Low	Participants will arrive ready changed where possible, no changing facilities are provided. Should individuals require to change this will be along the fence line with decent towel coverage and at a safe distance (2m) for any other individual.
Entry to pool (rec)	Medium	Follow 1-way system and move down to next available entry space, spend the minimum time possible entering the pool, once you are on the water move away from the side if you are able to do so to allow safe space for others to enter.
Entry to pool (polo)	Medium	Following CPC guidance players should enter and leave the water from within their own subs area, make your way to these areas in a safe manner following 1-way systems where necessary.
Maintained social distancing (rec and non-competitive polo)	Medium	Social distancing of 2m should be maintained at all times where possible on the water, should contact arise through necessity of rescue etc hands and equipment should be sanitised at the first possible opportunity.
Canoe polo (competitive)	Medium	See -Polo Risk assessment document Appendix 1
Exit from water (rec)	Low	Exit water where safe to do so, allow for social distancing and let individuals clear the area prior to you getting out. Remove your own Kit to the designated area, all pre booked club kit must be rinsed down and returned to the stores by yourself. This must not be left for someone else to do.
Exit from water (polo)	Low	Exit from own subs area in line with CPC guidance.

Changing	Low	Ensure 2m distancing from other individuals, change along the fence area on the grass, ensure decency is maintained at all times.
Leaving the centre	Low	Follow 1-way system and guidance of centre staff, ensure all kit is taken with you. Do not re-enter the facility without permission of centre staff or session leader.
Hand sanitation	Medium	Sanitise hands before, during where possible and after the session. Alcohol sanitiser will be available on the pool side.
Set up and removal of equipment	High	Goals and club kit shall only be handled by nominated individuals. These rolls will be assigned prior to the session. Please follow them and use PPE as appropriate.
Use of shared equipment	High	There will be no shared equipment. Any club kit required must be pre booked through relevant session leader. Only personal whistles should be used for refereeing, shot clock controls must be sanitised between users.

Appendix 1:

Prior to any canoe polo activity

- All participants (players, coaches, officials, volunteers and spectators) should check for symptoms of COVID-19. In line with current UK Government Guidance, if an individual is symptomatic and/or living in a household with a possible COVID-19 infection they should remain at home and follow UK Government guidance.
- All participants (players, coaches and officials) should share their contact details with the event organiser/ club prior to training/ matches to allow NHS Test and Trace to contact all participants if an individual becomes ill with COVID-19.
- Any participants who have been asked to isolate by NHS Test and Trace because they are a contact of a known COVID-19 case, must not exercise outside their home or garden and must not exercise with others.
- Personal hygiene measures should be carried out at home before and after activity.
- Participants should bring their own hand sanitiser and maintain strict and frequent hand hygiene measures whenever possible.
- Participants should follow UK Government guidance on best practice for travel, including minimising the use of public transport and limiting car sharing.
- Team representatives should make all participants aware of expected social distancing and hygiene measures during play and whilst on site.
- Teams should strictly limit the time spent congregating at a venue before activity begins. Meet-up times should reflect this. Participants should arrive changed and ready to play if possible.
- Clubs/teams should ensure they have a current affiliation with British Canoeing.
- All clubs must identify a Covid-19 officer who will be responsible for developing a Covid-19 plan and risk assessment prior to the restart of any activity. The Covid-19 officer should continually monitor how compliance is being observed within the club. Guidance here.
- Any payment of match fees should be made in advance by bank transfer.
- Face coverings have not been considered as a standard control measure as there may be situations where there is an abundance of water over the deck and where face masks may be ineffective and restrictive. We do believe there are situations where face coverings could provide valuable mitigation¹.

¹ "People should not wear cloth face coverings while engaged in activities that may cause the cloth face covering to become wet, like when swimming at the beach or pool. A wet cloth face covering may make it difficult to breathe." (Centers for Disease Control & Prevention, 2020)

During all canoe polo activity

- **Competitive training can take place for all participants, provided this takes place in groups of no more than 30 (including coaches).**
- Participants should enter the site and prepare their personal equipment whilst maintaining social distancing. Teams will be segregated into separate areas with appropriate space.
- Where possible players should limit sharing of equipment. If they do share equipment, they must practise strict hand hygiene before and after use.
- Any shared equipment must be cleaned before use by another person.
- All participants should sanitise their hands prior to the start of the activity.
- Hand sanitiser should be used at all breaks in activity and prior to consuming any food or drinks.
- Players should refrain from spitting or rinsing out their mouths.
- Individuals should bring their own food and drink. Water bottles or other refreshment containers should in no circumstances be shared.
- Player's water bottles should be individually labelled to avoid cross contamination.
- Players and coaches should refrain from shouting instructions to members of their team.
- Any spectators (including parents and carers) must be restricted to discrete six-person gathering limits and spread out, in line with wider government guidance, ensuring space for officials, coaches and substitutes.
- Pre/post-match exchange of gifts or handshake should not happen.
- Set plays - referee's and coaches should encourage players to get on with the game and not prolong setup play.
- Goal celebrations should be avoided.

After all activity

- All participants should sanitise their hands after the completion of activity.
- Participants should exit the playing area whilst maintaining social distancing.
- One team representative/volunteer should be responsible for collecting and disinfecting any shared equipment.
- Regular cleaning of equipment should take place, particularly between one group finishing, and the next group starting.
- Clubs should encourage all participants to report any infection of their household to the NHS Test and Trace system following use of the facility to limit the spread of the virus.
- Players should take their own equipment home and wash it themselves.

The risk of transmission of COVID-19 during Canoe Polo has been assessed based on three key variables.

1. Droplet transmission

2. Fomite transmission

3. Population

Droplet Transmission

Contact point	Type	Proximity	Risk	Interaction time	Cumulative Risk	Adaptions/Mitigation	Reasoning	Overall Risk
Charge Start	Face to face	1-0m	Medium	Fleeting <3 sec	Medium	Temporarily suspend the charge start, The team on the right of the lead referee will start with the ball.	Reduce risk of injury that needs medical attention, Temporary removal will have little effect on game.	Low
Open Play	Not face to face	>1m	Low	Fleeting <3 sec	Low	Ensure maximum of 10min halves, enforce the minimum break of 3 mins. During this time players must sanitise hands. Remind players and coaches not to shout during games.	Avoid 'Increased Risk' and keep to 'Medium Risk' Activity.	Low
Zone Play	Face to face	1-0m	Medium	>3 sec	Medium	3min half time break must be enforced, this will keep accumulated time less than 15mins. Possible addition of flexible plastic on face guard (see Appendix 2)	Avoid 'Increased Risk' and keep to 'Medium Risk' Activity.	Medium
Hand Tackle	Face to face	1-0m	Low	Fleeting <3 sec	Medium	3min half time break must be enforced, this will keep accumulated time less than 15mins. Any player who hand tackled an opponent will be reminded at half time and end of game to sanitise hands due to contact.	Risk is low if hand cleaning measures adhered to. Also facemasks stop people touching face.	Low