



ST PAUL'S BOXING ACADEMY CIO HEALTH AND SAFETY COVID-19 RISK ASSESSMENT

This risk assessment should take into consideration:

- latest Government guidance
- most up to date England Boxing guidelines
- health and safety regulations
- St Paul's safeguarding policies and procedures.

This risk assessment must be completed by a responsible senior member of St Paul's Boxing Academy and should be stored in a safe place

Date of risk assessment	1/11/2020	
Full name of person completing this risk assessment (please print)	Barrie May Shelagh Devereux Mike Bromby	
Names of people in the gym e.g. boxers (including their age), coaches, volunteers, parents, visitors	This inspection was carried out prior to reopening the gym following closure due to refurbishment during the covid 19 pandemic. The gym is currently in Tier 3 restrictions.	
Numbers involved as a fraction of capacity allowed in the gym	Number of people in the gym N/A	Numbers allowed N/A
SIGNED	Position	

Level of Risk					
Low		Medium		High	
Area	Risk / Area of Consideration	Actions / Mitigation to Control / Minimise Risk Insert actions or procedures adopted to minimise Risk.	Current Status – (Red - high - not in place; Amber - medium - in progress; Green – low - complete)	Overall Status (Red / Amber or Green)	<ul style="list-style-type: none"> Person Responsible Notes Further Controls Action Required (Insert actions, name or further details e.g. on-going or surplus equipment stored and locked away. Or tissue and steriliser provided etc)
MAIN TRAINING / GYM AREA	Infection through lack of social distancing	<ul style="list-style-type: none"> Initial deep clean of the whole gym by suitable, trained, competent person - prior to any boxers, coaches, volunteers, visitors returning. 	Green		Completed by contractors prior to reopening of the gym.
	Infection through droplets from individuals which could be inhaled into the lungs	<ul style="list-style-type: none"> Boxing equipment to be cleaned prior to and after use. Equipment removed or moved to prevent use - in order to maintain social distancing. 	Green		All equipment to be cleaned by both members and coaches. Store facilities provided to remove all unused equipment.
	Infection through touching a surface, object, or the hand of an infected person that has been contaminated with respiratory secretions and then touching their own	<ul style="list-style-type: none"> Gym to be cleaned before and after each session, including equipment, by nominated person. 	Green		Gym cleaned after each session by coaches and three times a week by a professional cleaning company – Eco Brite.
		<ul style="list-style-type: none"> Maximum capacity agreed and confirmed (allowing for 2m space in each direction). 	Green		Maximum capacity of the gym is 40. Maximum capacity allowing for 2m space in each direction is 17.

	mouth, nose or eyes.	<ul style="list-style-type: none"> Gym divided up into sections for 2m social distancing. Area to be marked by tape. (To remain in place for all sessions). 	Green		Gym space has been divided up into 2m section and marked with tape.
	Infection between use of contaminated equipment	<ul style="list-style-type: none"> Safe disposal of all cleaning wipes and used materials once used at the end of each session. 	Green		Bins with disposable bin liners are placed around the gym. Bins will be emptied by professional cleaning company.
		<ul style="list-style-type: none"> Weekly deep clean of gym area including floors etc. 	Green		Gym deep cleaned 3 times weekly by professional cleaning company.
		<ul style="list-style-type: none"> Water coolers not to be used for direct drinking. Boxers, coaches etc to bring own water bottles. 	Green		Instructions provided warning against using the water coolers.
		<ul style="list-style-type: none"> Separate entrance and exit to be identified and used. Directional signage put in place. 	Green		Gym has both Entrance and Exit doors clearly marked.
		<ul style="list-style-type: none"> Procedures for minimising number of people in gym implemented. 	Green		Procedures in place – only members personally invited are allowed to attend sessions.
		<ul style="list-style-type: none"> No loud music. Shouting to be kept to a minimum. 	Green		No music will be played during sessions.
		<ul style="list-style-type: none"> Signage on social distancing and hygiene displayed. 	Green		All signage is displayed in the gym.
		<ul style="list-style-type: none"> Sufficient cleaning and sanitiser product available. 	Green		Eight cleaning stations are provided plus one for the coaches.
CHANGING ROOMS	Infection as above	<ul style="list-style-type: none"> Initial deep clean of changing room before boxers, coaches, volunteers enter the gym. 	Green		Completed by contractors prior to reopening of the gym.

		<ul style="list-style-type: none"> Checks of all changing rooms before and after each session and cleaned as required. 	Green		Coaches will carry tis out as part of their duties.
		<ul style="list-style-type: none"> Restrict access to one person into the changing room at any one time. 	Green		Monitored closely by coaches.
		<ul style="list-style-type: none"> Boxers, members and coaches to come already changed to training. All boxers, members and coaches to shower at home. 	Green		All boxers, coaches and members instructed to arrive at the gym changed for training.
		<ul style="list-style-type: none"> Weekly deep cleaning of changing rooms and toilets. 	Green		Gym deep cleaned 3 times weekly by professional cleaning company.
KIT / EQUIPMENT	Infection as above	<ul style="list-style-type: none"> Coaches to identify all equipment which is to be used. All equipment not to be used to be marked "out of use" or removed. 	Green		Coaches will do this as part of their duties.
		<ul style="list-style-type: none"> All equipment to be used to be thoroughly cleaned in before members and boxers return. 	Green		All equipment has been cleaned and will continue to be cleaned by coaches, boxers and our professional cleaning company.
		<ul style="list-style-type: none"> Cleaning of all used equipment at the end of each group session and between different users. 	Green		Coaches will do this and supervise the cleaning by boxers during sessions.
		<ul style="list-style-type: none"> All gloves – members and boxers to use own gloves (cleaned before and after use) or: Boxers to use clubs' gloves with 72 hours between different users and thoroughly cleaned before and after each use. Boxers to wear consultation gloves under wraps Boxers to wash hands thoroughly before and after wearing gloves. Wraps not be shared and washed after each use. Headguards not required at this stage. 	Green		All members have been instructed to provide their own gloves.

		<ul style="list-style-type: none"> Boxers only to use own training kit and own towels. No towels to be shared. 	Green		All members have been instructed to bring their own equipment.
		<ul style="list-style-type: none"> Safe disposal of all cleaning wipes and used materials at the end of each session. 	Green		Bins with disposable bin liners are placed around the gym. Bins will be emptied by professional cleaning company.
		<ul style="list-style-type: none"> Initial deep cleaning of all fixtures and fittings. 	Green		Gym has been deep cleaned by contractor.
		<ul style="list-style-type: none"> Hand sanitiser and wipes provided for use by members, boxers, coaches and volunteers before and after training and between use of different equipment. 	Green		Eight hand sanitizing stations are provided plus one for the coaches.
		<ul style="list-style-type: none"> Cleaning record to be accurately maintained. 	Green		Cleaning record kept by professional cleaning company.
		<ul style="list-style-type: none"> Bins emptied daily and any cleaning wipes safely disposed of. 	Green		Bins emptied by professional cleaning company.
OUTDOOR TRAINING AREAS	Infection as above	<ul style="list-style-type: none"> Following government advice, consideration given to what training activities can take place safely outside. 	Green		No Outside traing being provided during the winter months.
		<ul style="list-style-type: none"> Assessment of the risks for outside training. 	Green		N/A
		<ul style="list-style-type: none"> Identify safe area for parents/guardians 	Green		N/A
		<ul style="list-style-type: none"> Identify safe area for boxers 	Green		N/A
		<ul style="list-style-type: none"> Ensure equipment cleaned during session 	Green		N/A
		<ul style="list-style-type: none"> Ensure 2m distancing at all times 	Green		N/A
KITCHEN (When applicable)	Infection as above	<ul style="list-style-type: none"> Initial deep clean of kitchen before any coaches, members, boxers and volunteers return. 	Green		Completed by contractors prior to reopening of the gym.

OFFICE / OTHER AREAS	Infection as above	<ul style="list-style-type: none"> Cups, crockery not to be shared. 	Green	Cups etc will not be shared.	
		<ul style="list-style-type: none"> Daily cleaning of kitchen facility and after each use. 	Green		Cleaning routine in place including a professional cleaning company.
		<ul style="list-style-type: none"> Access to kitchen restricted to catering team - no more than 2 people at one time. 	Green		Only two people will be allowed in the kitchen at any one time.
		<ul style="list-style-type: none"> Initial deep clean of office administrative areas before any members, boxers, coaches, volunteers or visitors return. 	Green	Completed by contractors prior to reopening of the gym.	
		<ul style="list-style-type: none"> Ongoing cleaning of all fixtures and fittings (tables, light switches, etc) 	Green	Cleaning routine in place including a professional cleaning company.	
		<ul style="list-style-type: none"> Clear desk policy in place. 	Green	In place as part of our overall policies.	
		<ul style="list-style-type: none"> Equipment not to be shared and to wiped after use – wipes provided. 	Green	Equipment will not be shared.	
		<ul style="list-style-type: none"> Daily cleaning to be conducted. 	Green	Cleaning routine in place including a professional cleaning company.	
		<ul style="list-style-type: none"> Bins emptied daily and waste disposed of. 	Green	Bins emptied by professional cleaning company.	
<ul style="list-style-type: none"> Weekly deep clean to include all areas of the office. 	Green	Gym deep cleaned 3 times weekly by professional cleaning company.			

TOILETS	Infection as above	<ul style="list-style-type: none"> Toilets to be deep cleaned ahead of members, boxers, coaches, volunteers returning. 	Green		Completed by contractors prior to reopening of the gym.
		<ul style="list-style-type: none"> Clean after each individual use. Ensure cleaning materials readily available. 	Green		Coaches will supervise this.
		<ul style="list-style-type: none"> Use limited to one person at a time. 	Green		Coaches will strictly monitor this.
		<ul style="list-style-type: none"> Rubbish, waste to be safely disposed of after each session. 	Green		Bins emptied by professional cleaning company.
		<ul style="list-style-type: none"> Ensure plenty of soap and appropriate towels/hand driers. 	Green		Plenty of soap, hand towels/driers are in the toilets. The cleaner will monitor use and replenish as necessary.
		<ul style="list-style-type: none"> Ensure plenty of hand sanitiser available in each toilet area. 	Green		Plenty of hand sanitizer is in the toilets. The cleaner will monitor use and replenish as necessary.

Area	Risk	Actions to Control Risk	Current Status – (Red - high - not in place; Amber - medium - in progress; Green – low - complete)	Overall Status	Further Controls/Action Required
TRAVELLING TO AND FROM THE CLUB	Infection as above	<ul style="list-style-type: none"> Government guidance on social distancing concerning travel to and from the gym maintained. Academy members reminded of responsibilities. 	Green		All members attending sessions have been provided with 3 guidance

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					notes produced by the gym outlining their responsibilities including travel to and from the gym.
<ul style="list-style-type: none"> Entrances and Exits clearly marked. One-way system implemented. Different entrances and exits. 	Green	Exit and Entrance is clearly marked. One-way system is in place. There is a different exit and entrance.			
<ul style="list-style-type: none"> All over 18 to complete Test and Trace form on arrival for each session 	Green	NHS Test and Trace QR code is at the entrance. All details are collected via our invitation system and our Attendance Register.			
<ul style="list-style-type: none"> Members, boxers and coaches to complete a PARQ. 	Green	Every member, coach and volunteer complete a PARQ as part of registration process.			
<ul style="list-style-type: none"> All arrivals to use hand sanitiser prior to entering the gym. Handwashing process in place for members, boxers, coaches, volunteers, visitors. 	Green	Hand sanitizers are available at the entrance, within the gym and at the exit.			

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		<ul style="list-style-type: none"> Members, boxers and coaches to come already changed and to shower at home. 	Green		All members, boxers and coaches are instructed to attend the gym already changed in training gear.
		<ul style="list-style-type: none"> Only transport members of your household to training (Try to avoid public transport if possible) 	Green		All members instructed to do this via our 3 guidance notes.
<u>Boxing Sessions/ Training / General</u>	Infection as above	<ul style="list-style-type: none"> Booking session process put in place, based on how many people the gym can safely hold. Training session kept to the same bubbles / groups. 	Green		Booking process is in place via our LoveAdmin process.
		<ul style="list-style-type: none"> Details of the process and procedures and what to expect communicated to members. 	Green		All invited members have received email advice plus copies of our 3 guidance notes designed to provide advice.
		<ul style="list-style-type: none"> Coaches updated on roles and responsibilities. 	Green		Face to face, zoom, and email briefings have taken place with coaches.
		<ul style="list-style-type: none"> General health and safety requirements, safeguarding, England Boxing regulations considered and adherence confirmed. 	Green		All safety requirements have been followed.
		<ul style="list-style-type: none"> Shorter session implemented. Time between session factored in to accommodate cleaning, arrival and departure etc. 	Green		Sessions have been shortened to 45 minutes to allow for such factors.
		<ul style="list-style-type: none"> Indoor areas to be ventilated as much as possible. 	Green		Plenty of ventilation in the gym.

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[Redacted]	[Redacted]	<ul style="list-style-type: none"> Coaches made aware of the fears and issues for those returning to the academy – especially young people. 	Green		Coaches have been made aware of such issues.
		<ul style="list-style-type: none"> Consideration given to those deemed vulnerable within the academy and relevant measures taken. 	Green		Consideration has been given. All our members health issues have been monitored via our LoveAdmin system.
		<ul style="list-style-type: none"> Once everyone has left coaches to disinfect all the equipment ready for the next session. 	Green		This is part of the coach's duties and will be monitored by the Head Coach.