



**ITEC**



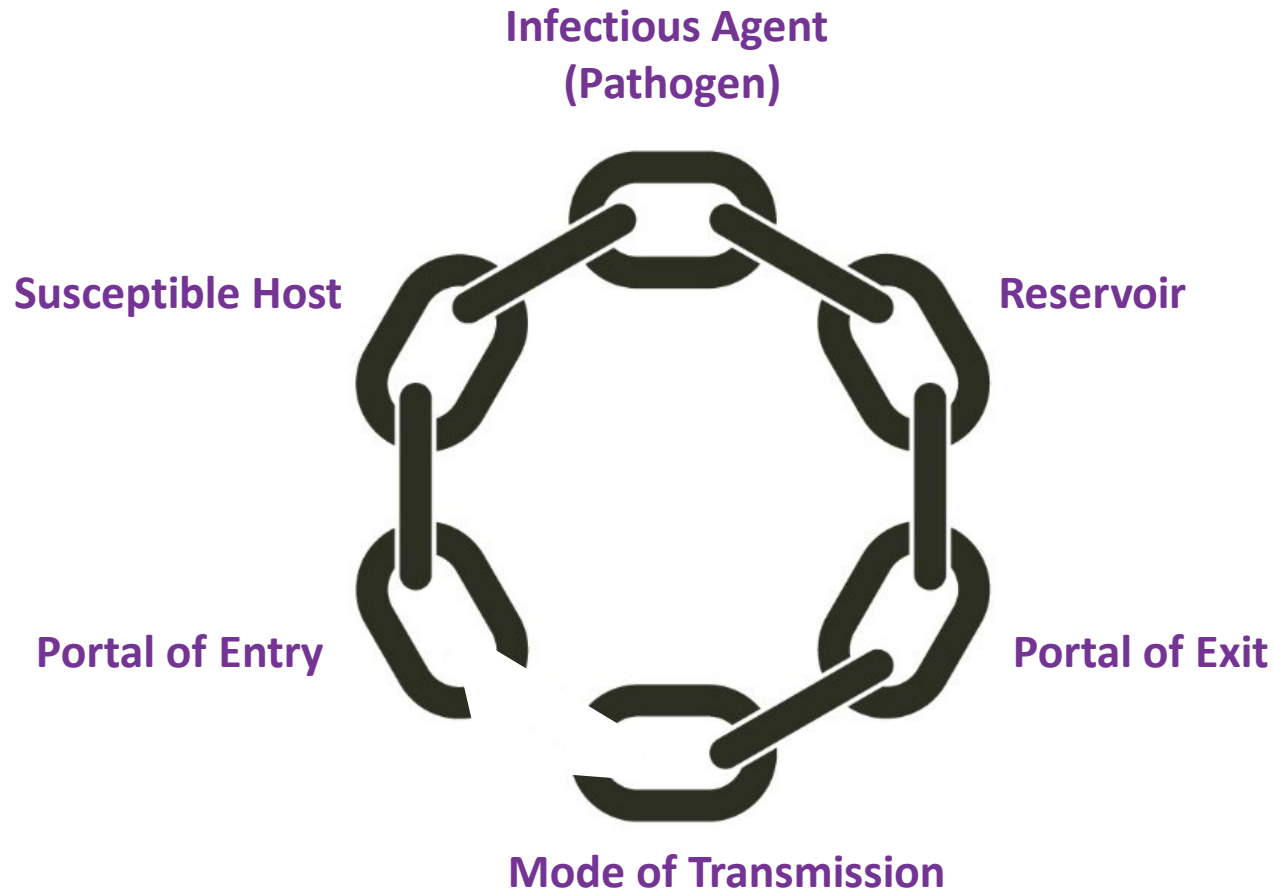
**VTCT**

# **UIP5** - Infection Prevention (COVID-19) for Sport and Fitness Sessions

LO3 Understand the controls necessary to prevent the spread of COVID-19

# Breaking the chain of infection

To stop the chain of infection it is essential to break at least one link in the chain.



# Breaking the chain of infection

## Standard infection control precautions (SICPs):

- Risk assessment
- Regular hand washing
- Use of hand sanitisers
- Use of Personal Protective Equipment (PPE)  
– face coverings, gloves, aprons, etc.
- Safe management of laundry

## How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

**⌚ Duration of the entire procedure: 40-60 seconds**

- 0**  Wet hands with water;
- 1**  Apply enough soap to cover all hand surfaces;
- 2**  Rub hands palm to palm;
- 3**  Right palm over left dorsum with interlaced fingers and vice versa;
- 4**  Palm to palm with fingers interlaced;
- 5**  Backs of fingers to opposing palms with fingers interlocked;
- 6**  Rotational rubbing of left thumb clasped in right palm and vice versa;
- 7**  Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
- 8**  Rinse hands with water;
- 9**  Dry hands thoroughly with a single use towel;
- 10**  Use towel to turn off faucet;
- 11**  Your hands are now safe.

 World Health Organization  
A World Alliance for Safer Health Care

**SAVE LIVES**  
Clean Your Hands

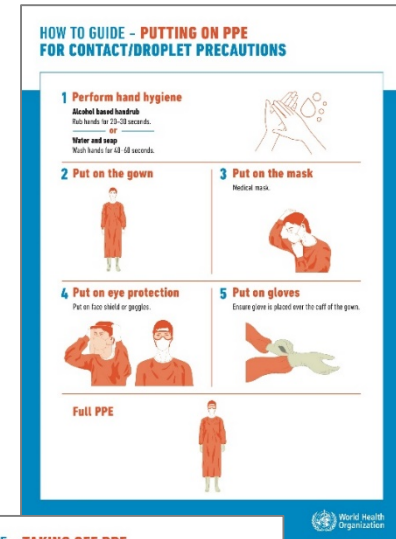
As illustrated, procedures may vary slightly for different soap dispensation methods. The illustration demonstrates the minimum standard for handwashing. The patient safety team is not responsible for any errors or omissions. The responsibility for the interpretation and use of the material lies with the reader. To us, it is most important that the World Health Organization logo is not used for any other purpose than its own. WHO acknowledges the financial contribution of the Bill & Melinda Gates Foundation to the Patient Safety Programme, for the initial publication of this material.



# Breaking the chain of infection

## Standard infection control precautions (SICPs):

- Respiratory hygiene and cough etiquette
- Safe management of equipment
- Safe management of sports and fitness environment
- Safe management of blood and body fluids
- Safe disposal of waste
- Occupational safety/managing the prevention of exposure



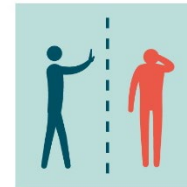
# Breaking the chain of infection

## Additional precautions:

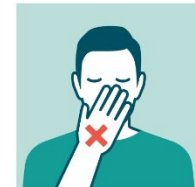
- Social distancing measures
- Immunisation/vaccination (where possible)
- Temperature checking
- Anyone entering the premises is required to undergo temperature checks in accordance with local and national guidelines of the country therein



WASH HANDS WITH WATER AND SOAP/SANITIZER, AT LEAST 20 SECONDS



AVOID CONTACT WITH SICK PEOPLE



DON'T TOUCH EYES, NOSE OR MOUTH WITH UNWASHED HANDS



WEAR A MASK



AVOID CROWDED PLACES



DO NOT SHARE EATING UTENSILS AND FOOD



AVOID TRAVELLING TO AFFECTED AREAS UNLESS NECESSARY



# Workplace standard infection control procedures

- Risk assessment
- Infection prevention and control (IPC)
- Provision of Personal Protective Equipment (PPE)
- Hand hygiene
- Promotion of safe work spacing
- Provision of clean environment
- Waste management
- Education



# The role of risk assessment in the prevention of COVID-19

- A risk assessment is a careful examination of what in the workplace could cause harm to people so that you can assess whether you have taken enough precautions or should do more to prevent harm
- It is a legal requirement to assess the risks in the workplace so that plans can be put in place to control and minimise those risks. The law does not require all risks to be eliminated, but that people are protected as far as is 'reasonably practicable'
- Processes involved in risk assessment
  - Identify the hazard
  - Decide who might be harmed and how
  - Evaluate the risks and decide on precautions
  - Record the findings and implement them
  - Review the assessment and update if necessary
  - Risk assessment notification – signage, publication on website



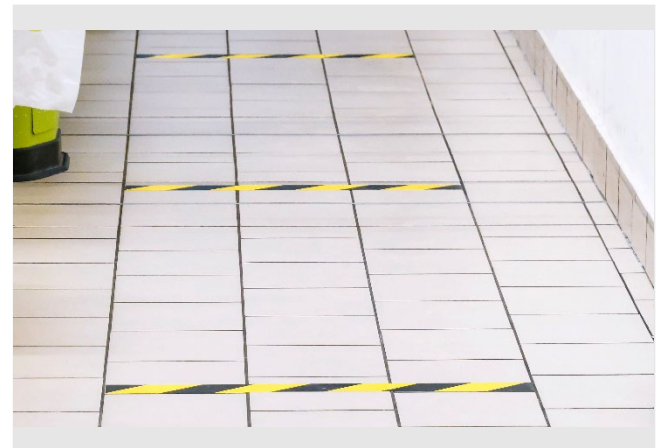
# The role of risk assessment in the prevention of COVID-19

- Risk assessment for:
  - Staff/volunteers
  - Clients/participants
  - Sports/fitness/recreation environment
  - Services
- Method of minimising risk in the sports and fitness environment
- Implications for insurance



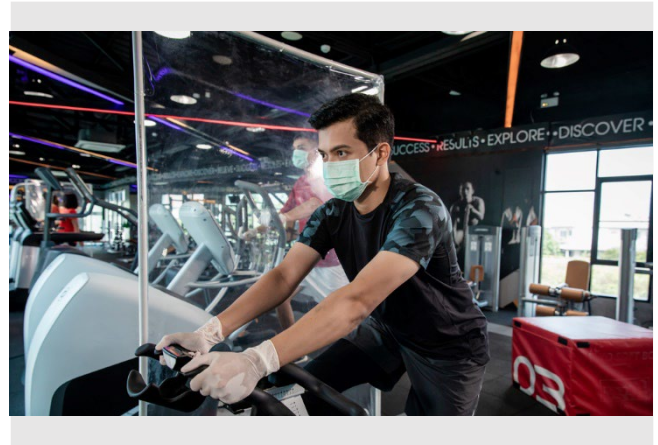
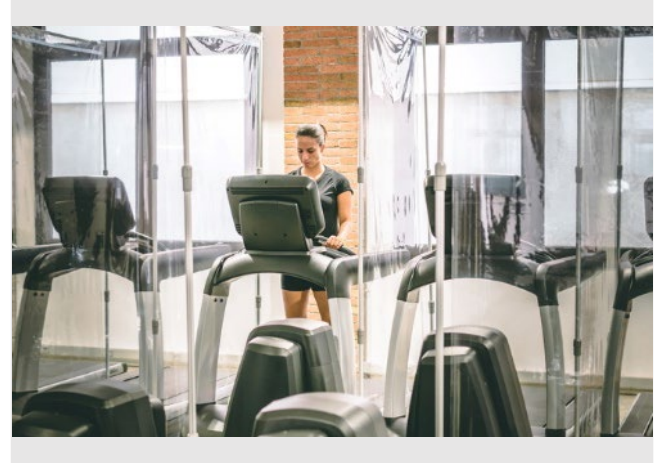
# Social distancing

- Individuals maintaining distance whilst interacting
- Social distancing is enforced to limit or prevent the spread of COVID-19
- It is important to follow social distancing guidance of the country therein



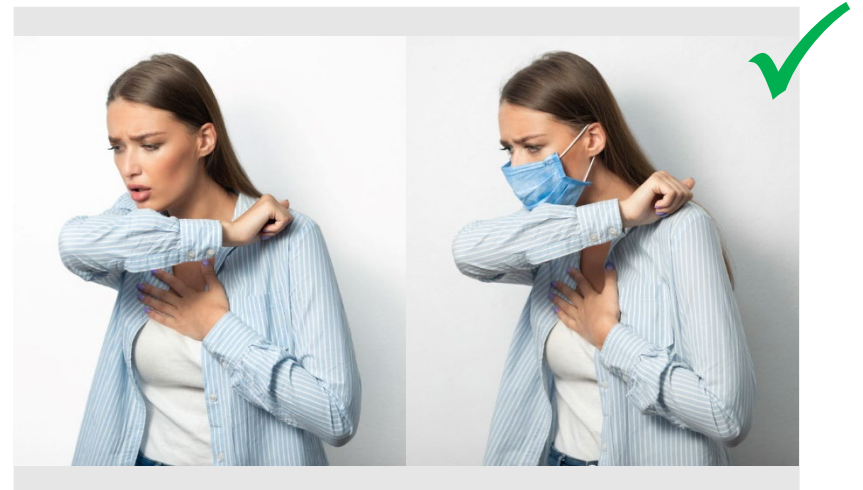
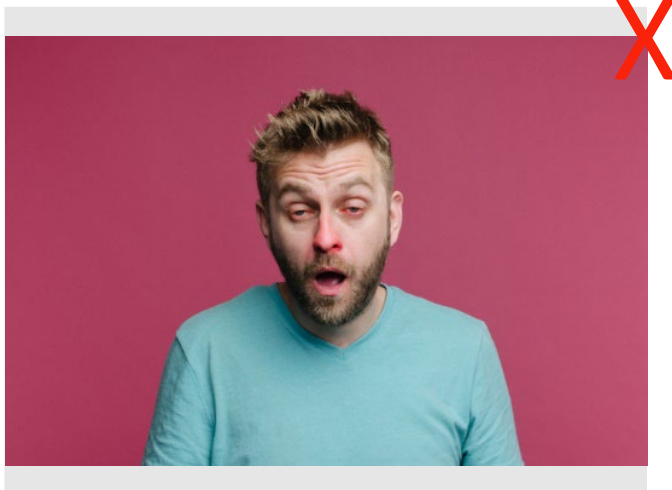
# Social distancing

- Social distancing will affect the workplace layout, for example, communal staff and client/participant areas, such as pools/wet side facilities, courts, sports halls, the number of staff, volunteers, clients/participants and visitors permitted and the management of staff, clients, volunteers and visitors, for example amendments to timetabling of training sessions/fitness classes, etc.



# Respiratory hygiene and cough etiquette

It is important to maintain the correct respiratory hygiene and cough etiquette to prevent the spread of COVID-19.



# Respiratory hygiene and cough etiquette

## To reduce the spread of microorganisms:

- Turn head – sneeze/cough away from others
- Cover mouth and nose with tissue when coughing, sneezing or blowing the nose
- Discard used tissues immediately in a lined, enclosed, foot-pedal controlled waste bin
- Cough/sneeze into inner elbow, not the hand, if no tissues available
- Wash hands/use hand sanitiser immediately after coughing or sneezing
- Ensure correct hand hygiene is performed immediately after coughing or sneezing
- Tissues, hand hygiene facilities and waste bins must be available at appropriate points throughout the sports and fitness environment for staff, clients and visitors
- Posters used throughout the sports and fitness environment can help to reinforce the correct respiratory hygiene and cough etiquette methods



# CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



# BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



# KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



Respiratory  
hygiene  
and  
cough  
etiquette

<https://www.england.nhs.uk/south/wp-content/uploads/sites/6/2017/09/catch-bin-kill.pdf>

