



ITEC



VTCT

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

LO5 Understand potential hazards and risks and the workplace procedures necessary to prevent the spread of COVID-19 in the sports and fitness environment

The potential hazards and possible risks in relation to COVID-19

Hazards

- Anything that has the potential to cause harm, for example inadequately maintained toilet facilities

Risks

- A chance, high or low, that harm caused by the hazard may occur, for example, cross-infection from poor hygiene controls



Hazards and risks

For example:

- Inadequate or poor COVID-19 staff training
- Staff/volunteer and client/participant levels
- Client/participant booking/re-booking
- Sport and fitness environment layout
- Clinically vulnerable staff/volunteers
- Clinically vulnerable clients/participants



Hazards and risks

For example:

- Suitability of activity and appropriate PPE
- Hand hygiene
- Working safely throughout the activity
- Management of client throughout the service – PPE, etc.
- Ventilation
- Correct handling and storage of all equipment



Hazards and risks

For example:

- Correct decontamination processes appropriate to equipment and working areas
- Storage of clean and dirty equipment
- Disposal of waste
- The handling of cash



Safe and hygienic working practices

- Creation of a COVID-19 safe checklist
- Display of risk assessment notification in accordance with COVID-19 secure guidance of the country therein
- Prevent or limit walk-in clients/participants
- Signage
- Separate entry and exit doors, door opening/closing, control of access
- Temperature checks in accordance with the local and national guidelines of the country therein
- Restrict the number of staff/volunteers, clients/participants and visitors dependent on the size of the premises and social distancing guidelines of the country therein
- Adequate ventilation



Safe and hygienic working practices

- Indicate social distancing requirements
- Removal of seating or allocate seating in accordance with social distancing guidelines of the country therein
- Request that clients/participants do not arrive until allotted booking/event time
- Request that clients/participants attend the session alone where possible (except in the case of a minor and/or disabled person requiring a support worker)
- Introduce specific sports/fitness session times for more vulnerable clients/participants



Safe and hygienic working practices

- Request that clients/participants bring minimal personal items into the sports and fitness environment
- Where possible request that clients/participants arrive wearing the required kit and change/shower at home
- Introduce 'no touch' greeting policy
- Ensure frequent cleaning of work areas and equipment
- Ensure frequent cleaning of objects and surfaces which are touched regularly
- Provide disinfectant spray and disposable cloths and instruction on use



Safe and hygienic working practices



- Pre-session/activity
- Client/participant arrival
- During sports/fitness activity
- Post session/activity
- Decontamination following sports/fitness session
- Safe working practices



Service adaptations



- COVID-safe working practices
- All sport/fitness sessions/activities must be risk assessed
- Adaptations and requirements for PPE will be informed by risk assessment