



ITEC



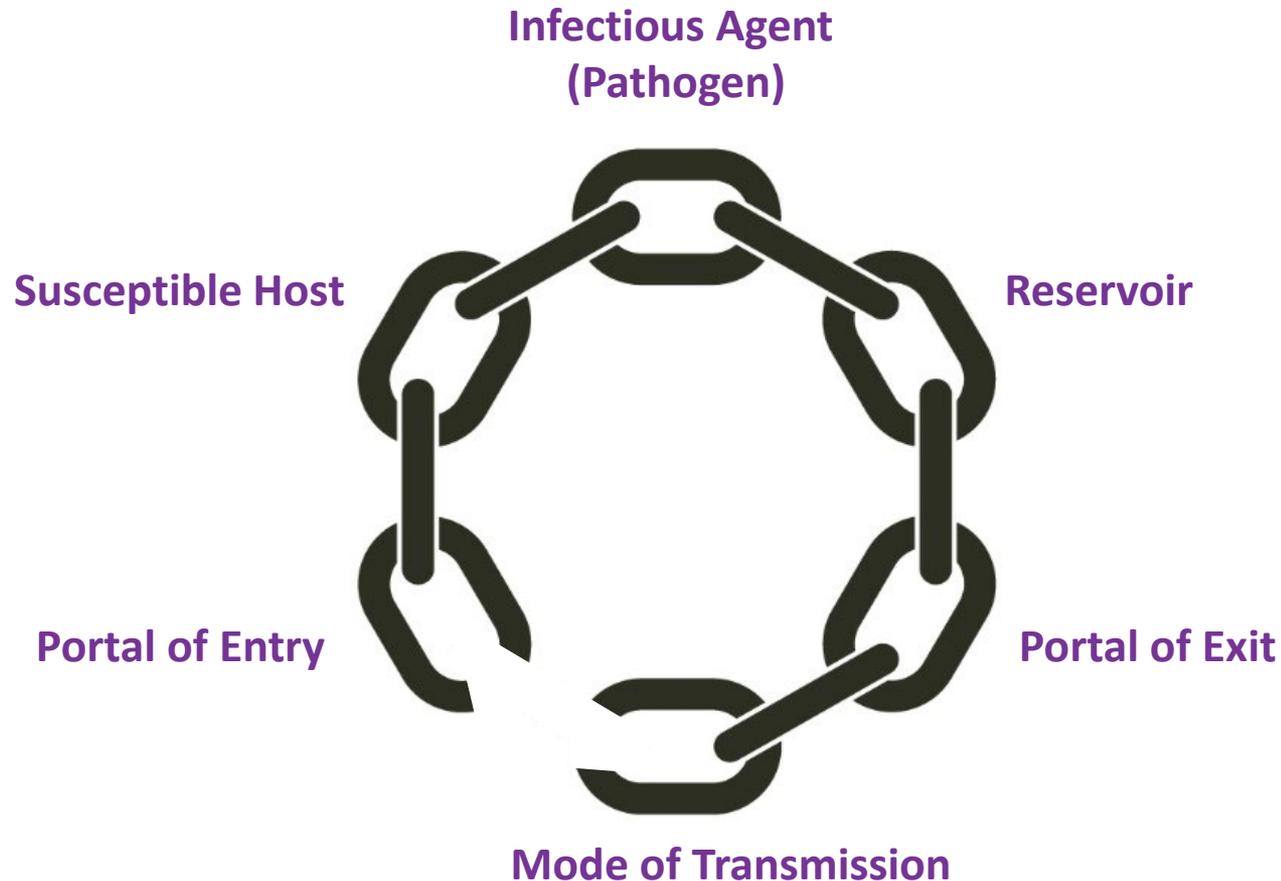
VTCT

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, disposable gloves, where appropriate
- Respiratory hygiene and cough etiquette

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 | **Patient Safety** | **SAVE LIVES**
A World Alliance for Safer Health Care | Clean Your Hands

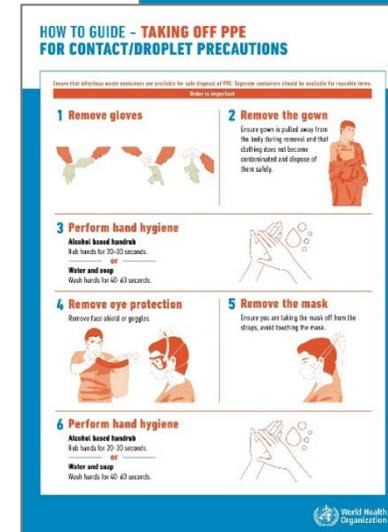
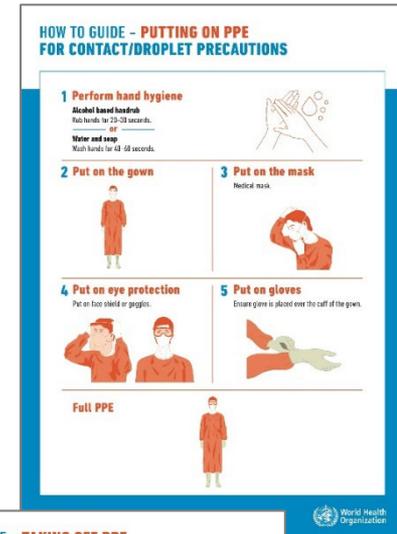
As illustrated, procedures may vary slightly for different soap dispensation methods. The illustration is intended to show the minimum number of strokes required to ensure that the patient's hands are being thoroughly washed without missing any of the areas where germs are most likely to be found. The responsibility for the introduction and use of the material lies with the user. To be sure that the World Health Organization has taken the necessary steps to ensure the quality of the material, WHO acknowledges the financial contribution of the Global Access Programme, in particular the expertise of the Patient Safety Programme, for the entire publication and printing of this material.



Breaking the chain of infection

Standard infection control precautions (SICPs):

- Safe management of sport and fitness equipment
- Safe management of laundry
- 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



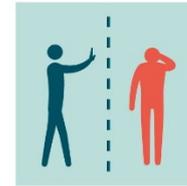
Breaking the chain of infection

Additional precautions (in accordance with local and national guidelines of the country therein):

- Immunisation/vaccination
- Improved ventilation
- Use of face coverings/masks
- Use of antivirals
- Social distancing measures
- Contact tracing
- Temperature checking



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



DO NOT SHARE
EATING UTENSILS
AND FOOD

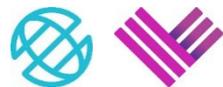
Workplace standard infection control procedures

- 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
- Methods of minimising risk in the sports and fitness environment
- Risk assessment notification
- Implications for insurance



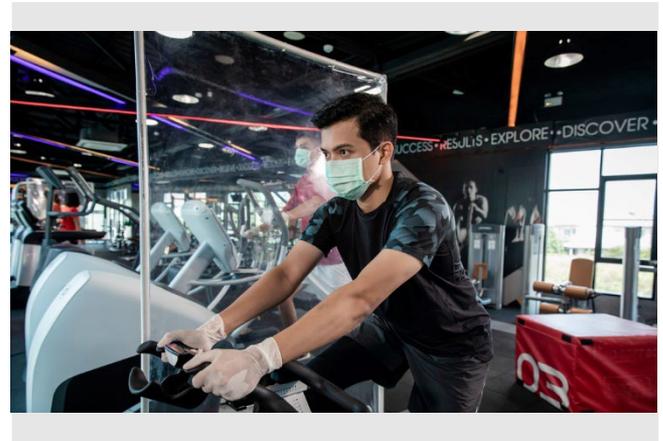
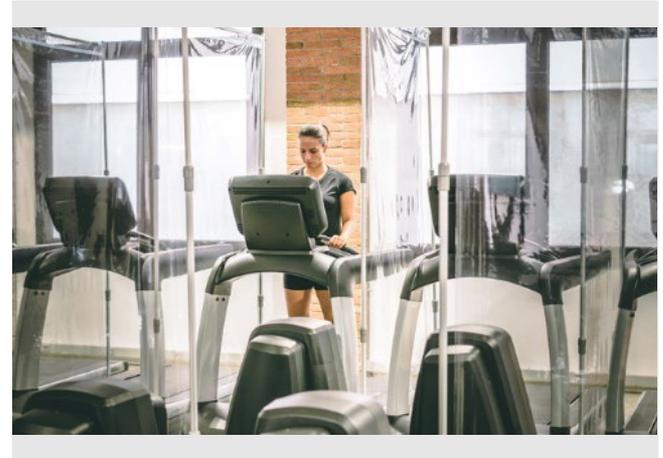
Social distancing

- Individuals maintaining distance whilst interacting
- Social distancing rules were introduced to limit or prevent the spread of COVID-19



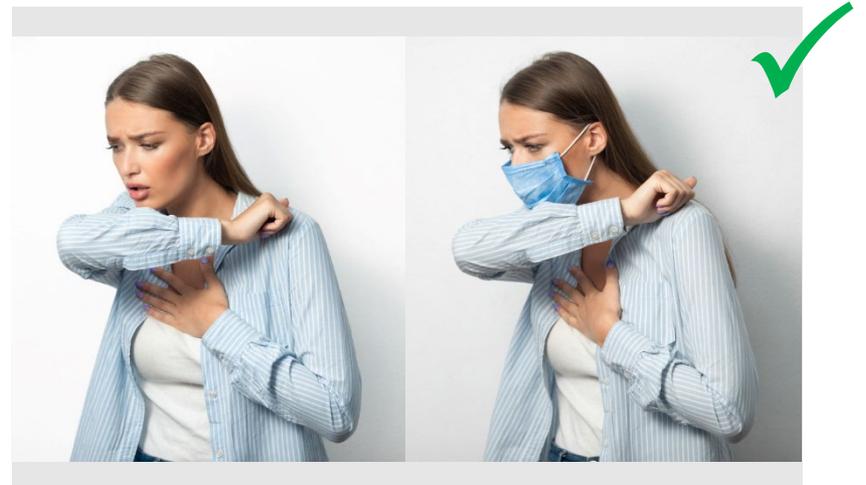
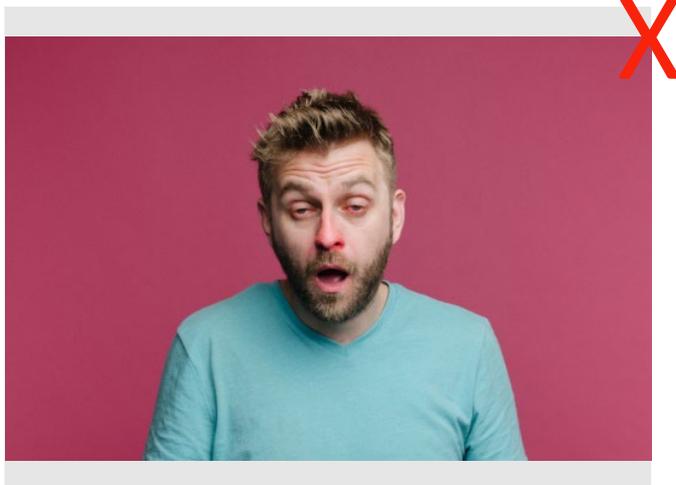
Social distancing

- Social distancing affected 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
- It is important to follow social distancing guidance of the country therein



Respiratory hygiene and cough etiquette

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



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
- Ensure correct hand hygiene is performed immediately after coughing or sneezing – wash hands/use hand sanitiser
- Tissues, hand hygiene facilities and lined, enclosed, foot-pedal controlled waste bins must be available at appropriate points throughout the sport and fitness environment for staff/volunteers, clients/participants and visitors
- Use of posters 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>

