



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

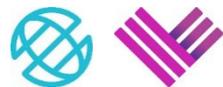
- A chance, high or low, that harm caused by the hazard may occur, for example, cross-infection from poor hygiene controls



Hazards and risks

For example:

- Inadequate or poor COVID-19 staff training
- Client booking/re-booking
- Staff/volunteers at higher risk of serious illness from COVID-19
- Clients/participants at higher risk of serious illness from COVID-19
- Hand hygiene
- Working safely throughout the activity



Hazards and risks

For example:

- Ventilation
- Correct handling and storage of all equipment
- Correct decontamination processes appropriate to equipment and working areas
- Storage of clean and dirty equipment
- Disposal of waste
- Handling of cash



Safe and hygienic working practices

For example:

- Establish internal policies and procedures to prevent and control the spread of infection
- Maintain adequate ventilation
- Ensure frequent cleaning of regularly touched surfaces and objects, for example mats, free weights, stationary gym equipment
- Provide anti-viral spray, wipes and/or disposable cloths with instructions to wipe down any equipment after use



Safe and hygienic working practices



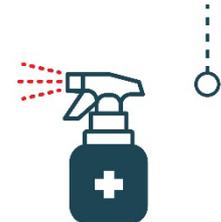
WASH HANDS



USE SOAP



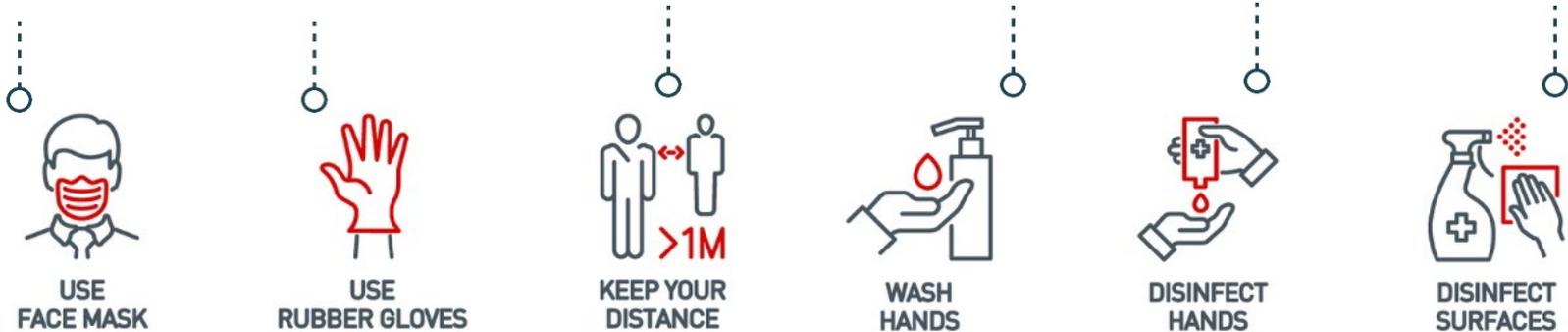
WEAR MASK



DISINFECTION

- As appropriate, in accordance with organisational requirements and guidance of the country therein
- Pre-session/activity
- Client/participant arrival
- During sports/fitness activity
- Post sports/fitness activity
- Decontamination following sports/fitness session
- Safe working practices

Possible service adaptations/ mitigations



- All sports/fitness sessions/activities must be risk assessed
- Adaptations and requirements for PPE will be informed by risk assessment