



Welsh Triathlon Performance Return to Training Phase 1



Contents

1	Introduction	3
2	Purpose of this Document	3
3	Elite Athlete Definition	3
4	Risk Assessment and Risk Mitigation	3
5	Designated Contacts	4
6	Opt-in Process	4
7	Managing Vulnerable People	5
8	Mitigation and operating procedures.	5
9	Managing Covid-19 Cases	6
10	Return to training following Covid-19	6
7	Review	7
8	Appendix	8

1 Introduction

Welsh Triathlon is committed to working with Welsh Government, Sport Wales, and the Welsh Sports Association (WSA) to enable the safe return on elite sport.

Athlete and staff health and wellbeing has always been a priority and is at the centre of our plans and processes in a return to training.

The guidelines and processes outlined in this document will have to be adaptable and responsive due to the government advice around COVID-19, as such these guidelines will be regularly reviewed in accordance with that advice.

2 Purpose of this Document

The purpose of this document is outlining the measures and guidance Welsh Triathlon has put in place to allow us to support the resumptions of our performance programs in Phase 1.

All Welsh Triathlon guidance will be updated as per Welsh Government guidelines when they are made available or as soon as possible thereafter.

These guidelines will apply to Wales only and currently relate to our phase 1 return to sport.

In phase 1, venue-based training delivery will be limited to elite/world class athletes. There will be an agreed standard method of operation for all staff and athletes to follow.

3 Elite Athlete Definition

Elite refers to individuals who are nominated by their national governing body, but only those governing bodies who nominate for Olympic, Paralympic or Commonwealth Games for representation by Great Britain of Wales.

In relation to Welsh Triathlons performance programmes, athlete eligible to access venue-based sessions in phase 1 will be limited to those named on the Welsh Triathlon Performance Program (WTPP).

Being named on the WTPP does not guarantee access to venue-based training and total numbers of athletes supported at phased one will be determined by,

- Facility capacity
- Medical provision capacity
- Athletes being aged 17+

Athletes named on British Triathlons World Class Program will fall under British Triathlon's Return to Elite Training Guidance.

In phase 2 the eligibility for the opportunity to access venue-based training will be extended to include athletes named on the National Triathlon Performance Centre Wales (NTCW) squad.

4 Risk Assessment and Risk Mitigation

In depth risk assessment and risk mitigation processes are been put in place in conjunction with the facility providers. (Appendix A & B)

The remainder of this document sets out the risk mitigation steps taken by

Welsh Triathlon to enable the safe return to venue-based training.

5 Designated Contacts

COVID-19 Officers: Beverley Lewis (CEO), Louis Richards (Head of Performance)

The role of the Covid-19 officer is to be responsible for oversight of the Covid-19 risk assessments, ensuring the necessary level of risk mitigations are in place and that sports and any partners/host can adhere to their guidance responsibilities within local context of the environments involved.

COVID-19 Medical Officer: Dr Thom Philips

Although not exhaustive, the key responsibilities of the Medical Officer are to (a) Lead on ensuring any suspected or confirmed COVID-19 cases are managed in line with the sports COVID-19 case management protocols and current government guidance, (b) Have medical oversight of the return to training of any athletes with suspected or confirmed cases of COVID-19, (c) Support the COVID-19 Officer with any medical aspects of the risk assessment and mitigation process. The COVID-19 Medical Officer will work closely with the COVID-19 Officer, who will be responsible for reviewing the daily screening/monitoring information provided by the PDMS athlete AER application, and where applicable, report any issues or suspected cases to the Covid-19 Medical Officer for oversight.

COVID-19 Site Specific Officer: Louis Richards (Head of Performance), Vicky Johnston (Development Coach)

There will also be a Welsh Triathlon Sport Specific Venue COVID-19 officer on duty for all training sessions to help ensure compliance with standards in each facility and to oversee the screening procedures. In addition, the facility operator will appoint a facility COVID-19 officer/s, whose roles and responsibilities will be clarified as part of the Facility Risk Assessment.

6 Opt-in Process

All athletes and staff identified under the definition of 'elite' will need to voluntarily opt in to returning to training. Additionally, they may opt out at any point during the process or once they have resumed training.

The aim of the opt-in process is to

1. To ensure athletes & staff have understood:
 - The sport specific risks and mitigations
 - The training site protocols in place
2. To ensure athletes & staff:
 - Are physically and mentally well enough to engage in the specific daily training environment they operate in
 - Have actively and with full understanding of potential consequences agreed to engage in Phase One return to training

Athletes & staff will be informed that there is no pressure to return to the daily training environment and that they can continue to train & work from home if that is their preference. If they wish to opt out following

reviewing the documentation and having the conversations with the COVID-19 Officer, they can do so by speaking to the Head of Performance.

Athletes & staff, should be aware that they are able to ‘opt-out’ of any organised training environment at any time without prejudice or future ramifications.

The opt in process is detailed in appendix C

7 Managing Vulnerable People

As part of the opt in process staff & athletes will be asked to declare any COVID-19 vulnerability for both themselves and their household in 1:1 meeting.

Where required and additional 1:1 meeting with COVID-19 Medical Officer will enable further discussion of the associated risk and subsequent action required which will be in line with government advice on clinically vulnerable individuals.

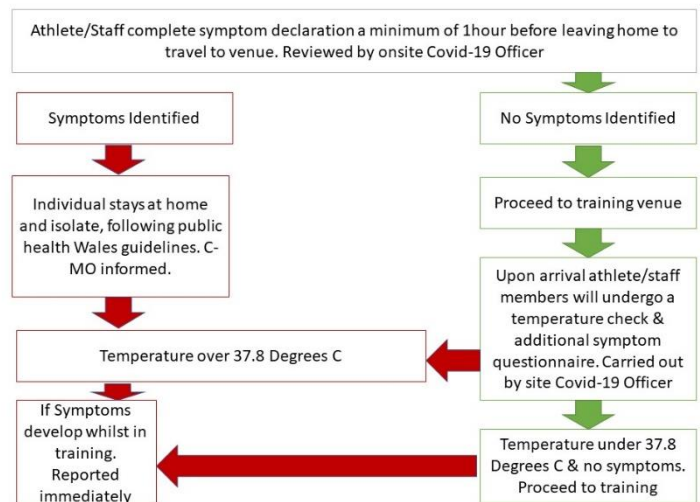
Athletes or staff deemed ‘clinically extremely vulnerable’ will be required to continue to follow Government advice. This currently includes maintaining ‘shielding’ and therefore, any such individuals will not return to organized training outside of the home.

8 Mitigation and operating procedures.

All athletes and staff should make sure they are up to date with any recent update’s advice and guidance from Welsh Government, Public Health Wales, or Welsh Triathlon.

To minimise the risk of spreading COVID-19 athletes & staff will be

required to adhere to strict protocols when attending an organised training session.



- Prior to each session athletes, coaches, staff must
 - Complete their COVID-19 screening questionnaire before leaving for the session
 - Coaches must send athletes a session plan & briefing at least 24 hours prior to the session
- Athletes & staff must ensure they adhere to all social distancing rules when travelling to the training venue
- Training venue arrival
 - Pre session COVID-19 screening questionnaire & temperature check administered by the COVID-19 Site specific officer
- During training
 - Social distancing rules always observed
 - Session delivery and design to enable compliance with social distancing
 - No pre session briefing at the venue
 - Athletes & staff will not be able to share any equipment & therefore must bring their own.
- Post session
 - Leave the facility immediately and do not congregate outside the facility after training.

Each venue will have its own access and egress routes clearly marked and communicated prior to attendance. These can be found in Appendix B

Detailed session protocol will be further explained to athletes & staff

at the initial briefing and can be found in Appendix D.

9 Managing Covid-19 Cases

If an athlete or staff member develop any suspected COVID-19 symptoms whilst at the training facility or are identified as a contact of a known case they should inform the onsite COVID-19 Officer and leave the training facility immediately and return home.

Any athlete, coach or member of staff experiencing/displaying and COVID-19 symptoms, must not attend any training sites and must self-isolate for a minimum of 7 days even if symptoms are mild in line with Public Health guidelines and inform the COVID-19 Medical officer.

Those that live in the same household with someone who has symptoms consistent with COVID-19 must self-isolate for a minimum of 14 days (or 7 days after they develop any symptoms).

As per Public Health guidelines, athletes, coaches, and support staff should not leave home if they or someone they live with experiences any of the following symptoms:

- A high temperature
- A new, continuous cough
- A loss, or change to, sense of smell or taste

10 Return to training following Covid-19

Athletes who have experienced even mild symptoms, have experienced prolonged fatigue and/or shortness of breath will be guided through a phased return to training as outlined

in appendix E. Athletes must be encouraged not to hurry their return and reassured that a slow recovery is common

Staff returning to the training environment from isolation due to suspected COVID-19 or other COVID-19 related reasons must gain medical clearance from their GP or occupational health practitioner before returning to the environment.

11 Review

The COVID-19 Officer will review the guidelines in place with the coaching team and venue on a weekly basis. Any updates will be communicated.

Staff & athletes can raise concerns &/or questions at any time.

Appendix A- Welsh Triathlon Risk Assessment & Mitigation in relation to Welsh Government Guidelines for Elite Sport Return to Training Guidance

Welsh Triathlon, Return to Training Risk Assessment

RA. 01.01

Document Name: WT COVID 19 - NTPCW

Date Created: 9th June2020

6 Inevitable	6	12	18	24	30	36		
5 Frequent	5	10	15	20	25	30		
4 Occurs Monthly	4	8	12	16	20	24		
3 Occasional	3	6	9	12	15	18		
2 Very rare	2	4	6	8	10	12		
1 Unlikely	1	2	3	4	5	6		
Likelihood/ severity	1 Nuisance	2 Minor	3 Assistance required	4 Hospitalised	5 Fatality	6 Multiple Fatality		
High Risk	Intolerable		Medium Risk	Tolerable- look to reduce		Low Risk	Tolerable- Monitor for change	
Effected persons	Employees	X	Visitors	Contractors	X	Public	X	Other

Subject Area Hazards- Any item, substance or condition with the potential to cause harm	Risk / Effect	To Whom	Severity rating x likelihood = primary risk based	Existing control Measures	Severity rating x likelihood = Risk with existing	Action required where risks are not adequately
---	---------------	---------	---	---------------------------	---	--

			on no controls SxL=R				control measures SxL=R			controlled/Further comments
			5	3	15		5	2	10	
Athletes returning to WT coached sessions when they do not feel prepared to do so.	Negative effect on mental-health/wellbeing	Athletes and staff	5	3	15	<ul style="list-style-type: none"> All athletes to opt in to training prior to returning to venue/coached activities. WT opt in process to be completed before any coached sessions take place Athletes to see risk assessments for each venue prior to opting in Athletes to be made aware of training environment protocols prior to opting in and to view the relevant venue video on venue protocols All athletes to have a personal discussion regarding returning to a coached environment prior to opting in - discussion to be recorded Athletes to be made aware of who they can contact regarding any concerns regarding coached training Athletes to be made aware that they can opt out of coached training sessions at any time and how they can do this 	5	2	10	<p>National COVID 19 Officer-LR/BL</p> <p>WT on-site COVID 19 officer - LR</p> <p>Venue COVID 19 Officer - TBC</p>

Staff returning to coaching athletes face to face when they do not feel prepared to do so	Negative effect on mental-health/wellbeing	Athletes and staff	5	3	15	<ul style="list-style-type: none"> All staff to opt in to coaching prior to returning to coaching any sessions Staff to see all risk assessments before opting in Staff to be made aware of training environment protocols prior to opting in and to have watched the relevant venue video on venue protocols Staff to have a personal discussion with their line manager regarding returning to a coached environment prior to opting in Staff to be made aware that they can opt out of coached training sessions at any time and how they can do this Staff to be made aware of who they should contact if they have any concern regarding the operation of the training environment 	5	1	5	<p>National COVID 19 Officer - BL/LR</p> <p>WT on-site COVID 19 officer - LR</p> <p>Venue COVID 19 Officer - TBC</p>
Social distancing during travel to the training venue	Transmission of virus due to lack of social distancing	Athletes and staff	5	3	15	<ul style="list-style-type: none"> Athletes and staff to confirm that they can socially distance during their travel to and from the training venue 	5	1	5	
Athletes entering the training environment when they are unwell	Transmission of virus	Athletes and staff	5	3	25	<ul style="list-style-type: none"> Athletes to take temperature at home before leaving for training. If above 37.8 they 	5	1	5	COVID site officer (WT) to be on-site for

						<p>do not leave home and they should follow NHS guidelines</p> <ul style="list-style-type: none"> • Athletes to complete WT daily athlete questionnaire before leaving home and submit via the on-line portal Non completion = no access to coached session. COVID medical lead to be informed of any issues and a decision made regarding whether the athlete can travel to training • Temperature checks for all athletes to take place in a designated area prior to entering the venue. If temperature above 37.8 athletes to return home and follow NHS Guidelines 				all sessions & be responsible for temp check, enforcing social distancing
Staff entering the training environment when unwell	Transmission of virus	Athletes and staff	5	3		<ul style="list-style-type: none"> • Staff to take temperature at home before leaving for training. If above 37.8 they should not attend training. • Staff to complete WT daily staff questionnaire before leaving home and submit via the on-line portal Non completion = no access to coached session. COVID medical lead to be informed of any issues and a decision made regarding whether the 	5	1	5	COVID site officer (WT) to be on-site for all sessions & be responsible for temp check, enforcing social distancing

						<p>staff member can travel to training</p> <ul style="list-style-type: none"> • Staff not to leave home if any significant issues raised and to follow NHS guidelines regarding isolation • Temperature checks for all staff to take place in the pool entrance area prior to entering the pool. This will be done by a WT nominated member of staff. If temperature above 37.8 staff to return home and follow NHS Guidelines 				
Social distancing	<p>Transmitting of virus lack of social distancing (2mts minimum).</p> <p>Infection through droplets from individuals which could be inhaled. - Infection through touching a surface, object, or the hand of an infected person that has been</p>	Staff, athletes, household	5	4	25	<ul style="list-style-type: none"> • Before facility is opened the FM/H&S compliance checklist must be completed and signed off by the relevant H&S department. • Refer to Social Distancing Guidance; Covid-19 • Pre and during training protocols explained to athletes prior to the start of any coached training • Nominated temperature checker to wear appropriate PPE • 2-meter (3 steps) distance to be adhered to at all times 	5	2	10	<p>Venue protocols video to be shown to all athletes</p> <p>Individual changing areas (2m apart) marked out for athletes</p> <p>Minimum staffing to be used (2 coaches to each 8 swimmers max)</p>

	contaminated with respiratory secretions and then touching their own mouth, nose or eyes					<p>both inside and outside of the training venue.</p> <ul style="list-style-type: none"> • Athletes and staff to remain outside of the venue reception area prior to entering for a temperature check • Hand gel to be used on entry to the venue • Limited number of users in the facility at one time. Maximum capacity to be calculated by venue and actual user numbers to be agreed by venue and WT • Athletes informed of social distance guidance and the expectation that they will adhere to these guidelines in the training venue. • Changing rooms to be closed and athletes to use allocated individual training areas • Athletes to adhere to the COVID 19 session protocols during sessions • Social distancing `enforcer' to be in place to assist coaches to monitor the above during sessions • Coaches to send athletes the training session in advance 				
--	--	--	--	--	--	--	--	--	--	--

						<p>and no group briefings or debriefs to take place</p> <ul style="list-style-type: none"> • Social distancing must be maintained at time during the session. Ensure session set up and delivery allows for this • Facility usage timetables agreed to limit cross-over of groups. • Athletes to be assigned a `training pod' and to only train in that group for WT coached sessions • Designated walkways indicated by tape on the floor and signage. • All facility users and staff informed of revised facility protocols to facilitate social distancing. • Users required to wipe shared equipment down after use with multipurpose spray provided • Additional signage to be used to inform users not to enter venues if they have symptoms • If guidance not being followed staff to escalate to a senior member of the team 				
--	--	--	--	--	--	--	--	--	--	--

						<p>on the day. (security if required)</p> <ul style="list-style-type: none"> • Athletes to be made aware of the route to report any concerns they have regarding the conduct of coached session/the venue • Athletes to increase the amount of times they wash their hands (20 seconds each time) and catch coughs and sneezes in tissues • Hand sanitiser available to all athletes for frequent use and regular breaks to allow them to wash their hands for 20 seconds. • Vulnerable workers will be supported in working from home 				
Social distancing - Staff	<p>Transmitting of virus lack of social distancing (2mts minimum).</p> <p>Infection through droplets from individuals which could be inhaled. - Infection through touching a surface, object, or the hand of an infected person that has been</p>	Staff, User, household	5	4	25	<ul style="list-style-type: none"> • Pre and during training protocols explained to staff prior to the start of any coached training, including their shared responsibility to ensure that the athletes adhere to the guidelines • Staff temperature checks to be in place for all staff prior to access to the venue. This is to be done in the foyer area of the venue by a WT nominated staff member. No 	5	2	10	

	contaminated with respiratory secretions and then touching their own mouth, nose or eyes					<p>access to be allowed to the venue for those with temperatures above 37.8 and staff to be sent home and to follow NHS guidelines</p> <ul style="list-style-type: none"> • Nominated temperature checker to wear appropriate PPE and record all temperatures • All staff to complete the WT online questionnaire each day before coming in to work. • Staff to work in set teams with specific `athlete pods` to reduce the circle of people they come in contact with. • Coaches to send athletes the training session in advance and no group briefings or debriefs to take place • Coaches to operate sessions in accordance with the WT session protocols for COVID 19 • Staff should work side by side, or facing away from each other, rather than face to face where possible • Employees to increase the amount of times they wash their hands (20 seconds each 				
--	--	--	--	--	--	---	--	--	--	--

						<p>time) and catch coughs and sneezes in tissues</p> <ul style="list-style-type: none"> • Hand sanitiser available to all staff for frequent use and regular breaks to allow them to wash their hands for 20 seconds. • Vulnerable workers will be supported in working from home 				
Staff PPE	<p>Transmitting of virus lack of social distancing (2mts minimum).</p> <p>Infection through droplets from individuals which could be inhaled. - 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 mouth,</p>	Staff, User, household	5	4	25	<ul style="list-style-type: none"> • Disposable gloves, aprons and face mask must be worn when carrying out temperature checks • Face mask must meet minimum rating of KN95 • Temperature checker to have read the wearing and disposal of PPE procedure before returning to the workplace • Shields in place for front of house reception desks. • Staff only use their own stop watches and not to share equipment 	5	2	10	

	nose or eyes									
Staff health	<p>Transmitting of virus lack of social distancing (2mts minimum).</p> <p>Infection through droplets from individuals which could be inhaled. - 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 mouth, nose or eyes</p>	Staff, User, household	5	4	25	<ul style="list-style-type: none"> • Staff to report any symptoms to their line manager • Staff to read though follow the NHS guidelines for return to work and communicate with WT HR department regarding their safe return to work post illness • Thermometers available to carry out temperature checks in the reception area • If a member of the team is sent home due to displaying symptoms venue are to be informed and the area they worked in is to be disinfected 	5	2	10	
Cleaning (venue)	<p>Transmitting of virus lack of social distancing (2mts minimum).</p> <p>Infection through</p>	Staff, User, household	5	4	25	<ul style="list-style-type: none"> • Cleaning to be carried out by venue staff after each designated session • Daily tasks amended to include additional COVID 19 cleaning tasks 	5	2	10	

	droplets from individuals which could be inhaled. - 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 mouth, nose or eyes					<ul style="list-style-type: none"> • Wear disposable or washing-up gloves and aprons for cleaning. • Using a disposable cloth, first clean hard surfaces with warm soapy water. Then disinfect these surfaces with the cleaning products as supplied. • Frequently clean and disinfect objects and surfaces that are touched regularly, using your standard cleaning products. (Particular attention to toilets, grab-rails in corridors and stairwells and door handles) • All disposable cleaning equipment once finished with must be double bagged, then stored securely for 72 hours before being thrown away in the regular rubbish. 				
Fire - Outbreak	Burns, fatalities	Staff, users	6	2	12	<ul style="list-style-type: none"> • Refer to relevant venue fire risk assessment <p>Prior to opening:</p> <ul style="list-style-type: none"> • Fire alarms system to be tested • All exits inspected • All firefighting equipment inspected and 	6	1	6	

						<ul style="list-style-type: none"> If faults found, they are to be reported though the university reporting system 				
Fire - Staff	Burns, fatalities	Staff, users	6	2	12	<ul style="list-style-type: none"> All venue staff to be fire marshal trained All staff to be familiar relevant EAP for the facilities Radios and pages in place to alert other members of the team 	6	1	6	
First Aid	General first aid	Staff, users	4	2	8	<ul style="list-style-type: none"> First aid kit and AED checked prior to opening. All venue staff first aid trained (FAW or NPLQ) New First aid guidance to be followed All accidents reported using the venues reporting procedure 	4	1	4	.
Building ventilation	Infection through droplets from individuals which could be inhaled. - Infection through touching a surface, object, or the hand of an infected person that has been contaminated with respiratory secretions and	Staff, User, household	5	4	25	<ul style="list-style-type: none"> All building ventilation has been assessed by the venue facility management team. Guidance has been taken from the venue Health and Safety department and recommendations applied Where possible building ventilation systems are running 24/7 Anyone showing any Covid-19 symptoms should self-isolate. This mean that anyone in the 	5	1	5	.

	then touching their own mouth, nose or eyes					workplace should be asymptomatic				
						<ul style="list-style-type: none"> • Screening in place for staff and athletes • Low levels of occupancy kept to. 				

Ongoing Review of Risk Assessment

Signature	Position	Date	
	COVID 19 Officer	9 th June	2020

Appendix B- Venue Risk Assessments & Risk Mitigation

Name:	Welsh Triathlon	Facility:	Regional Pool and Tennis Centre, NISV
Date Plan Completed:	02/07/2020		
Covid Officer Newport Live	Neil Sargeant	Contact Number	01633 656757 07814 707566
Welsh Triathlon Covid Officer	Louis Richards	Contact Number	07860 695287

Section 1– Introduction

The World Health Organisation declared the Coronavirus (COVID-19) a Global Health Emergency on the 30th January 2020 and Pandemic on 11th March 2020. Newport Live are taking all reasonable, proportionate steps in accordance with published guidance, to respond to the current (known) risks associated with the virus and will consult with you on a regular basis should any changes in guidance be made.

The health, wellbeing and safety of our colleagues and users remains our priority and we have considered what we need to do to ensure we can return to facilities and activities as safely as possible whilst adhering to Government, Medical and Industry guidance.

We appreciate that the situation is fast changing and consider it vital that the sharing of this information to comply with Welsh Government <https://gov.wales/health-protection-coronavirus-restrictions-wales-regulations-2020-amended> Health Protection regulations 2020 as updated 20th June 2020. These will be reviewed every 3 weeks between Newport Live and Welsh Triathlon to ensure compliance with changing regulations.


The following Normal Operating Procedure has been produced in conjunction with Welsh Triathlon officers to enable a safe Return to the Water for Welsh Triathlon Elite Athletes to outline the specific measures and processes which have been agreed in line with Welsh Government guidance for Elite athlete training.

Section Two - Procedure for Welsh Triathlon Staff and Elite Athletes to follow when using the South East Wales Regional Swimming Pool and Tennis Centre, Newport International Sports Village, Newport, NP19 4RA.

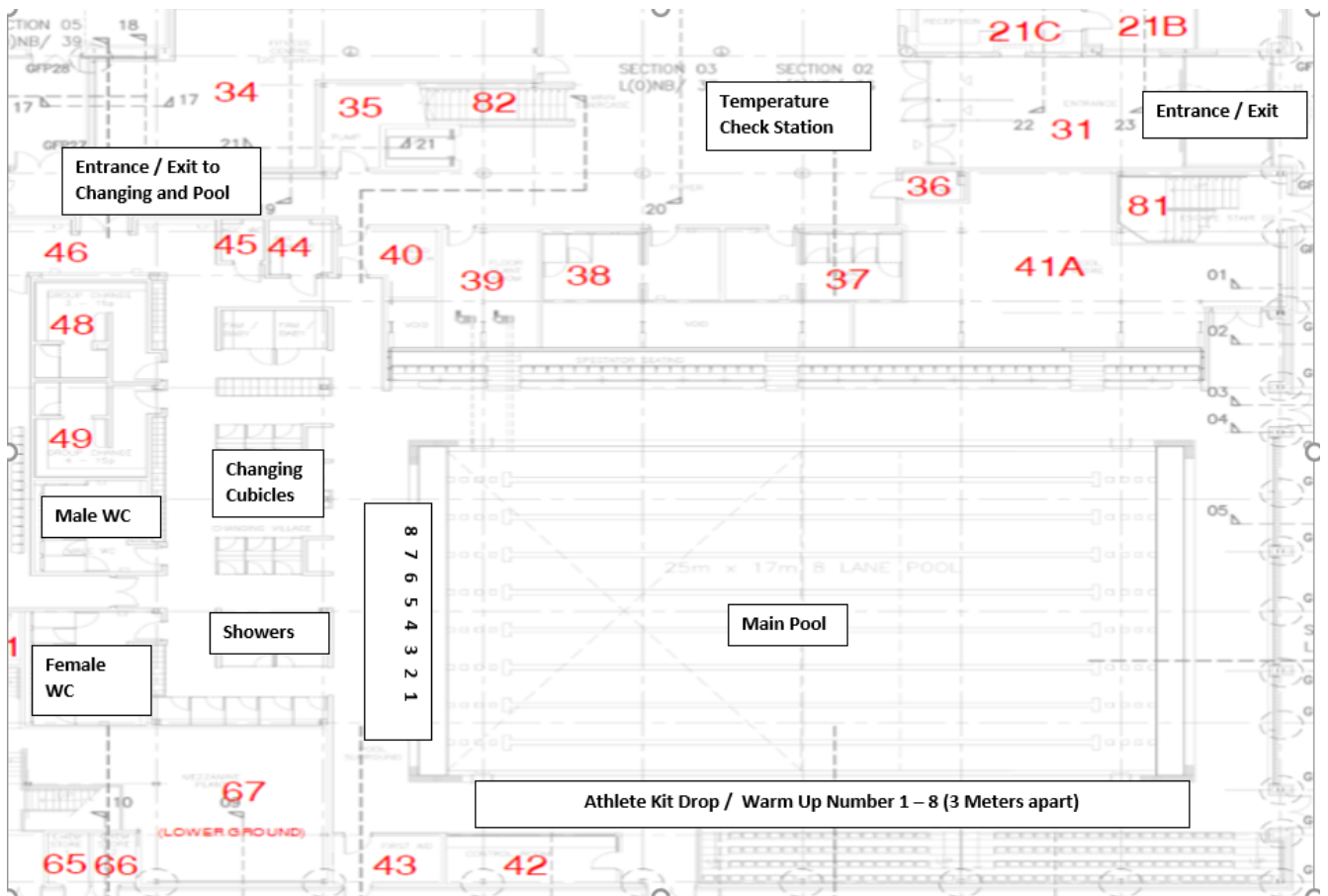
- Welsh Triathlon protocol will require all staff and athletes to be screened for symptoms prior to attending the facility.
- Welsh Triathlon Staff and Athletes will be the only users in the building during their training sessions.
- Upon arrival all visitors will enter the building via the automatic main entrance doors and maintain social distancing whilst completing a temperature check at the "Temperature Check Station" Located in the Café area.
- Hand washing and sanitiser is available at multiple locations throughout the facility.
- Once the Welsh Triathlon Sport Specific COVID Officer has confirmed that Athletes and Staff have a safe temperature Athletes will be permitted to proceed to the Main Pool Changing Rooms in order to get change.
- Doors to the changing rooms will be wedged open to prevent contact with door handles or the need to hold doors for one another. Doors will be closed once everyone has entered Pool area.
- Athletes will proceed to their numbered (pre allocated by Welsh Triathlon) changing cubicle and change. Their belongings will be placed into the plastic box provided and taken to their floor marked pre-pool area.
- The Newport Live Lifeguard will be positioned on the opposite side of the pool from the Athletes and Welsh Triathlon staff. They will be in situ during the pre-pool, pool and after pool activities.
- Athletes will then proceed to their pre pool warm up zone (demarcated on the floor and the same number as their changing cubicle) on poolside at 3 meter spacing.
- Before Athletes enter the water, they will be required to shower (maintaining social distancing) using the touchless poolside Showers.
- Athletes will have a dedicated lane number which will be the same number as their changing cubicle and pre pool warm up area i.e. Number T1 cubicle = T1 pre pool area = Swimming Pool Lane 1. The use of these zones will remain unique to the athlete throughout the whole duration of Welsh Triathlon return to training under current Coronavirus regulations.
- Athletes will enter the water from opposite ends of the pool in alternate lanes.
- Welsh Triathlon Coaching and Medical Team will manage the training sessions.
- Athletes will be able to access toilets during and after the sessions.
- Athletes will return to their individual cubicles to change prior to leaving
- Facility staff will wedge exit doors from Swimming Pool open once again for exit and close once everyone has exited.
- Facility staff will clean down all used areas ready for the next session with appropriate chemicals.

Please note – should any Welsh Triathlon Staff or Athletes become unwell during any session they must report this to Newport Live dedicated Covid Officer on site and a follow up report will be shared with Neil Sargeant so that any follow up actions can be taken.

There is a plan of the building on the last page of this document.

Newport Live Covid Officer	Neil Sargeant	Welsh Triathlon Lead Officer	Louis Richards
Signed		Signed	
Date:	02/07/2020	Date:	06/07/2020

Thank you for helping us to keep you and our facility safe



Booking & confirmation procedure

Newport Live operates an electronic booking process where forms are completed online and returned by email. During the Coronavirus Health Protection regulation period, the acceptance of the booking and confirmation will only be confirmed by the Newport Live Covid 19 Officer and Chief Executive. Confirmations will be sent via email once all Risk Assessments in line with Sport Guidelines (World, UK and or Wales National Governing Body and professional bodies) are concluded and Return to Training Guidance group review and feedback concluded and any recommended actions taken.

Hours of access

Newport Live Staff will open at 7.00am and close the facility at 2.30pm to enable cleaning, required building and swimming pool checks and all normal operating procedures to be carried out.

7.00am	Arrival of Welsh Triathlon Staff
7.15am	Arrival of athletes
9.45am	Welsh Triathlon staff and athletes to leave

Facility numbers based on government guidance

Newport Live will provide a minimum of 3 members of staff at any time to support the return to training for Welsh Triathlon. They will work in isolated teams to reduce transmission across teams and provide business resilience.

Welsh Triathlon will have 6 athletes and up to 3 members of staff on any given day. Therefore, there would be a maximum of 9 individuals in the facility at any one time.

25 This falls well below maximum occupancy levels for the building, no government guidance has been agreed or published on maximum occupancy levels for such buildings. The agreed operating procedure is well within the guidance being developed for the facility and next stage operation of Swimming Pools by Swim England, UK Active and other stakeholder organisations.

Travel to and from venue

Welsh Triathlon protocols provide guidance on travel for their athletes and staff.

Newport Live staff will travel independently to the facility.

Car parking

The is a 275-space car park available at the front of the facility. Staff will travel individually and park with spaces between each vehicle in the car park. Welsh Triathlon will provide guidance to athletes and staff to park vehicles leaving a minimum of one space between

vehicles when parking. Parking for disabled athletes are provided to the front left of the building and marked accordingly.

Access and Egress arrangements including the process to follow

Welsh Triathlon protocols include a temperature check upon arrival at the facility before proceeding through to the changing rooms. If the temperature of the athlete or staff member is above 37.8°C Welsh Triathlon will not permit access for the athlete or member of staff. Welsh Triathlon protocols

Newport Live protocols will ensure that colleagues will self-assess prior to coming into work and providing service to Welsh Triathlon, they will not access the building if they present with any symptoms of Coronavirus and will be replaced by another Newport Live colleague.

Should any Newport Live colleagues have any symptoms of Coronavirus out of work or when in the workplace the Government guidance will be followed accordingly.

<https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>

Rules of facility use

The standard rules for use of the facility and associated use for sport and physical activity remain in place as per the terms and conditions and the appropriate pool side signage. The only rules to recognise which are now different are those relating to social distancing, handwashing as per government guidance together with Welsh Triathlon guidance to athletes and their staff.

Equipment protocol

This is covered in the Welsh Triathlon protocols. Newport Live will not be providing any equipment besides the following :

Anti-turbulence / wave lanes ropes within the pool.

Back stroke flags above the Pool at 5 meters from either end.

All other pool equipment has been removed from poolside and placed in storage.

Changing, hand washing, sanitising stations, and toilet facilities

Handwashing and sanitising products are available throughout the facility and are covered within the Welsh Triathlon protocols.

Athletes will be provided with a personal changing cubicle which they will have sole and exclusive use of during any visit to the facility and will be cleaned prior and after use each day.

Toilet facilities will be cleaned prior to and after use with handwashing and sanitisation products available for use before and after use.

Training and COVID Induction

Newport Live staff have received training and COVID induction virtually and will have on site briefing prior to Welsh Triathlon training commencing on Monday 13th July 2020.

The topics covered include - opening and closing procedures, Normal Operating Procedures & Risk Assessment updates, Physical and Social distancing rules, Cleaning procedures & Personal Protective Equipment, Personal Hygiene guidance, First Aid procedures & Personal Protective Equipment, Emergency Action Plan procedures.

Welsh Triathlon have completed athlete/staff briefings covering all of these aspects.

Reporting procedures for facility staff to report COVID illness

Newport Live Staff have been briefed and will be questioned each day to confirm their health prior to attending work. They are aware to report to the on site COVID Officer and Newport Live COVID officer should they personally feel unwell, display symptoms, become aware of a family member feeling unwell or displaying symptoms or if they are contacted by track and trace scheme.

Reporting procedures for Welsh Triathlon Staff and Athletes to report COVID illness

As detailed in the Welsh Triathlon Protocols there is medical screening of staff and athletes.

Reporting procedures for Newport Live to report COVID illness

Newport Live will continue to report using Human Resources and Line Management following <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> and utilising Occupational Health advice and taking Operational actions as required for employee replacement, cleaning and any associated actions. The Newport Live Covid 19 Officer will be responsible for Newport Live and statutory reporting procedures.

27

COVID officer for facility / Elite

Newport Live's Operations Director (Neil Sargeant) will undertake the role of COVID Officer. Welsh Triathlon (Louis Richards) will undertake the role of COVID Officer.

Safeguarding and Wellbeing

Welsh Triathlon protocols and policies will be followed and have been included within athlete briefings and 1-1's with Welsh Triathlon coaches. There is no change to the Newport Live Safeguarding policies and procedures, and we continue to follow the All Wales Safeguarding Procedures and compliance with Welsh Triathlon guidance and policies.

Cleaning and waste disposal

Cleaning of the facility is carried out prior to and after any usage and appropriate disposal has been considered within the facility risk assessments. Staff are trained in handling all waste materials appropriately and associated use of PPE.

Blood or body fluid spills

Newport Live utilise fluid spills kits as part of their normal operation. These are available and will be used as required on each site.

First aid reporting procedures

Newport Live use an online reporting platform for first aid incidents supplied by Right Directions (UK Leisure based Health and Safety Consultancy). Anyone member of staff or facility user such as Welsh Triathlon should report any accident, incident or near miss to the Leisure Operations Officer who will complete the appropriate report using the online reporting platform.

CPR

Newport Live Staff will provide first aid cover should the need arise in line with the revised guidance and training issued by the Royal Life Saving Society. A defibrillator is located at the Reception of the Pool and Tennis Centre and guidance from RLSS And Resuscitation Council UK will be used, and Newport Live employee re-induction will include updates and revised guidance from these organisations.

28

<https://www.rlss.org.uk/pages/news/category/coronavirus-disease-covid-19>

<https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/>

RIDDOR Guidance

Any instance of work related COVID 19 will be reported by the Newport Live Covid Officer in line with Newport Live policy and revised HSE Guidance.

<https://www.hse.gov.uk/coronavirus/riddor/index.htm>

Powered By
Right Directions

Covid-19 (Coronavirus) Pandemic - Operation - Building/Facility General

Safe

Location of Activity

Ref No. **Assessors Name** **Date of Assessment** **Next Review Date**

QMS/Work Instructions

Names of Employees Consulted

Training/Qualifications Required to Complete this Activity

Personal Protective Equipment (PPE) Required to Complete this Activity

Legislation, guidance and information used in support of this assessment

- Covid-19 (Coronavirus) Pandemic - Safe Operation - Staff & Staffing Areas
- Covid-19 (Coronavirus) Pandemic - Safe Operation - Activities

Hazard Risk Rating VERY LOW

Potential Risk Rating VERY LOW

Potential Harm/Consequence		Likelihood That Harm Will Occur		The risk rating indicates the level of response required to be taken when adding actions to the improvement plan (RRP). Ratings between 15 and 25 require an urgent review of existing control measures.	Risk Rating	
1	Insignificant	1	Very Unlikely		Very Low Risk 1 - 2	No action required
2	Minor	2	Unlikely		Low Risk 3 - 6	Monitor
3	Moderate	3	Possible		Medium Risk 8 - 12	Action required
4	Major	4	Likely		High Risk 15 - 16	Urgent Action
5	Catastrophic	5	Very Likely	Critical Risk 20 - 25	Work must stop and take immediate action	

If the Risk Rating is 15 or more and no further control measures are practicable, add the risk to the H&S Risk Register.

Hazard	Who May be Harmed	Current Control Measures in Place	Risk Rating With Current Control Measures In Place	Simple or any Revised Control Measures	Additional Control Measures Required	Potential Risk Rating After Additional Control Measures Implemented
Keeping up to date with official guidance						
<input type="button" value="+"/> Category			1 x 1	Add Sample Measure	Please select additional control measure or manual	1 x 1
<input type="button" value="+"/> Information						

	Lack of up-to-date information regarding the virus	<ul style="list-style-type: none"> Staff Contractors Customer - Adult Customer - Child 	<ul style="list-style-type: none"> Attendance at Covid-19 clinics, webinars and other CPD Regular review of NCR advice and guidance Following advice and guidance from industry bodies such as CIMSPA, UKactive, RLSS, PWTAG Reviewing best practice examples from within the industry Reviewing other sectors where applicable 		<ul style="list-style-type: none"> View Files View Links 		
-	Information - Responsibilities Lack of up-to-date information regarding the virus	<ul style="list-style-type: none"> Staff Contractors Customer - Adult Customer - Child 	Covid-19 Response Team established. <Nominated individual(s) or role(s)> develop sources of information to keep up-to-date with the latest guidance available on managing the response to the pandemic and feed this into the risk assessment process	1 x 1	Add Sample Measure <ul style="list-style-type: none"> View Files View Links 	Please select additional control measure or manual	1 x 1
-	Information - Responsibilities Lack of up-to-date information regarding the virus	<ul style="list-style-type: none"> Staff Contractors Customer - Adult Customer - Child 	Government (www.gov.uk) and NHS (www.nhs.uk) advice is regularly checked and followed by <Insert Name>	1 x 1	Add Sample Measure <ul style="list-style-type: none"> View Files View Links 	Please select additional control measure or manual	1 x 1
-	Preventing the spread of Covid-19 in the building - General						
+	Access points to premises No restriction of entry and exit points to the premises which reduces the control of persons entering/exiting the building/area	<ul style="list-style-type: none"> Staff Contractors Customer - Adult Customer - Child 	<ul style="list-style-type: none"> Suitable locking/closing mechanisms available on non-emergency exit doors Restricted entry/exit on some external doors (not compromising emergency exits) 	1 x 1	Add Sample Measure <ul style="list-style-type: none"> View Files View Links 	Please select additional control measure or manual	1 x 1
-	Capacity - Group Exercise Customers in close contact with other customers and visitors to the facility resulting in incorrect social distancing	<ul style="list-style-type: none"> Staff Customer - Adult Customer - Child 	Group exercise class capacity reduced by X%	1 x 1	Add Sample Measure <ul style="list-style-type: none"> View Files View Links 	Please select additional control measure or manual	1 x 1
-	Capacity - Gym Customers in close contact with other customers and visitors to the facility resulting in incorrect social distancing		Gym occupancy reduced by X%	1 x 1	Add Sample Measure <ul style="list-style-type: none"> View Files 	Please select additional control measure or manual	1 x 1

		<ul style="list-style-type: none"> Staff Customer - Adult Customer - Child 				<ul style="list-style-type: none"> View Links 		
-	Capacity - Pool Customers in close contact with other customers resulting in incorrect social distancing	<ul style="list-style-type: none"> Customer - Adult Customer - Child 	Pool bather loads reduced by X%	1 x 1	<ul style="list-style-type: none"> Add Sample Measure View Files View Links 	Please select additional control measure or manual	1 x 1	1
-	Touch points High touch points increasing risk of transmission of virus	<ul style="list-style-type: none"> Contractors Customer - Adult Customer - Child 	High touch points identified across all facility areas and used to develop additional cleaning and sanitising points and cleaning regimes	1 x 1	<ul style="list-style-type: none"> Add Sample Measure View Files View Links 	Please select additional control measure or manual	1 x 1	1
-	Door mechanisms Contactpoints ondoors/revolving doors creating increased risk of virus contamination	<ul style="list-style-type: none"> Staff Contractors Customer - Adult Customer - Child 	<ul style="list-style-type: none"> Sensor operated mechanisms in place Foot operated door opening mechanisms in place Additional/ enhanced cleaning regime in place Handsanitisation provided on entry /exit to activity areas Magnetic door hold opener linked to fire alarm panel / noise operated door hold open / foot grips to assist in opening doors 	1 x 1	<ul style="list-style-type: none"> Add Sample Measure View Files View Links 	Please select additional control measure or manual	1 x 1	1
-	Lack of handwashing facilities Lack of handwashing facilities leading to increased risk of spread of the virus	<ul style="list-style-type: none"> Staff Contractors Customer - Adult Customer - Child 	<ul style="list-style-type: none"> Hand soap dispensers checked regularly and refilled Hand dryers maintained in working order Paper towels provided along with foot operated pedal bins Hot water system maintained to provide constant supply Additional hand sanitiser points rprovided around the facility to complement existing hand washing facilities Sanitiser is either anti-viral or minimum 60% alcohol based Hand washing, sanitising, toilet facilities and consumables checked and replenished regularly as part of the enhanced cleaning and inspection regime Sufficient planning with consumables suppliers in place 	1 x 1	<ul style="list-style-type: none"> Add Sample Measure View Files View Links 	Please select additional control measure or manual	1 x 1	1

-	<p>Incorrect social distancing <input type="checkbox"/></p> <p>Customers in close contact with other customers and visitors to the facility resulting in incorrect social distancing</p>	<p>Staff</p> <p>Contractors</p> <p>Customer - Adult</p> <p>Customer - Child</p>	<p>Cafe tables removed or closed off</p> <p>Spectators of lessons encouraged to wait in vehicles or outside</p> <p>Signage is in place in toilet areas outlining restrictions (regarding closeness of sinks and urinals)</p> <p>Government guidance on social distancing followed</p>	1 x 1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	Please select additional control measure or manual	1 x 1	
-	<p>Customer awareness <input type="checkbox"/></p> <p>Customer unaware of good hygiene and social distancing practices</p>	<p>Staff</p> <p>Customer - Adult</p> <p>Customer - Child</p>	<p>Signage in key facility areas (entrance, reception, changing rooms, toilets, activity areas, staff areas) promoting good hygiene practices and facility social distancing guidelines</p> <p>Government guidance followed and promoted</p>	1 x 1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	Please select additional control measure or manual	1 x 1	
-	<p>Access points to premises <input type="checkbox"/></p> <p>Opening of entry and exit points to premises to reduce touch points and increase ventilation during Covid-19 compromises</p>	<p>Staff</p> <p>Contractors</p> <p>Customer - Adult</p> <p>Customer - Child</p>	<p>Restricted areas kept locked to prevent unauthorised access</p> <p>Existing access controls maintained for high risk areas, e.g. access to pool hall, access to trampolines</p> <p>Or where this is not the case, identify the new controls implemented for these high risk areas</p>	1 x 1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	Please select additional control measure or manual	1 x 1	
<p>Categories Handling customers presenting symptoms whilst in the facility <input type="checkbox"/></p>								
+	<p>Covid-19 symptoms <input type="checkbox"/></p> <p>Customers entering the premises with Covid-19 symptoms</p>	<p>Staff</p> <p>Contractors</p> <p>Customer - Adult</p> <p>Customer - Child</p>	<p>Clear statement on website and at entrance for customers not to participate or attend if exhibiting any symptoms or been in contact with anyone exhibiting symptoms within the last 14 days</p> <p>Customers are tactfully refused entry and directed to stay home, self-isolate and call/email NHS 111</p> <p>Government guidance is followed</p>	1 x 1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	Please select additional control measure or manual	1 x 1	
<p>Categories Social Distancing - Car Parking and Entrance to Building <input type="checkbox"/></p>								
+	<p>Overcrowding / social dista <input type="checkbox"/></p> <p>Possible transmission of Covid-19 due to over-crowded parking / failure to maintain social distancing</p>	<p>Staff</p> <p>Contractors</p> <p>Customer - Adult</p> <p>Customer - Child</p>		1 x 1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	Please select additional control measure or manual	1 x 1	

- Cones, tape or barriers used to direct individuals towards the entrance and to any queuing system
- Directional signage used to direct individuals
- Activity start times staggered to try to avoid pinch point times in car parks
- Parking bays adjacent to queuing system are cordoned off, without compromising disabled parking bays
- The queuing system is positioned closed to the building to ensure segregation of pedestrians and vehicles
- The ground is marked at 2m intervals to encourage social distancing whilst queuing
- Bike racks are cleaned and sanitised regularly
- Secure points for cycles are increased to avoid overcrowding
- Notices are displayed encouraging customers to pay for parking by phone or mobile app
- Ticket machines are cleaned and sanitised regularly
- Ticket machines are configured to prevent necessity to obtain refunds for facility users
- Arrangements regarding ticketing are agreed with the car park operator (as necessary)
- Litter bins are emptied regularly by staff wearing PPE
- Step/slope handrails are cleaned frequently

–
Social Distancing - Entering and Exiting the Building
□

+
Social distancing
□

Possible transmission of Covid-19 due to not following 2m social distancing guidelines

Staff
□

Contractors

Customer - Adult

Customer - Child

Add Sample Measure

□ View Files

□ View Links

Please select additional control measure or manual

- Social separation queuing system in place from outside areas through to reception
- The flooring is marked at 2m intervals to encourage social distancing
- Staff are positioned at the entrance door to control entry to reception and maintain 2m separation
- The staff member positioned at the entrance door keeps 2m away from persons queuing
- Radio communication is in place between the staff member on the door and the manager on duty to not permit further customer admissions to the facility if it has reached maximum capacity
- Admission is based on a one in, one out basis
- Occupancy levels are controlled via booking systems
- Hand sanitiser is available at the point of entrance and exit to encourage good hand hygiene practice
- Staff check sanitiser levels regularly
- Doors are kept open, unless automatic, to prevent touching and aid fresh air movement
- Where possible, entrance and exit doors are separate and are clearly defined
- Retractable queue barriers used to define the access/egress routes to doors/separation

Category: **Social Distancing and Preventing the Spread of Covid-19 - Reception**

-
 + Social distancing / hygiene

- Customer - Child

- The flooring is marked at 2m intervals to encourage social distancing
- Staff check sanitiser levels regularly
- Perspex screens are fitted to reception desks to help maintain social distancing
- Reception desks are extended where it is not possible for reception staff to maintain 2m distance with one another (where more than one receptionist is needed, unless able to work back to back)
- Only one receptionist is situated at reception where desks cannot be extended and where 2m distance cannot be maintained
- Floor marking indicate where customers should stand at reception
- Receptionists wear non-surgical facemasks (not advised by government)

Add Sample Measure

View Files
 View Links

Please select additional control measure or manual

Possible transmission of Covid-19 due to not following 2m social distancing guidelines
Spread of virus due to

Receptionists wear gloves (not advised by government)



- Hand sanitiser is available to receptionists to be used if having to handle cash
- Card payments and contactless is strongly encouraged
- Card payment machines are sanitised frequently
- Customers are encouraged to book online
- Turnstiles and gates are kept open
- Tills/touchscreens are sanitised on staff changeover
- Desks, telephones, radios and PA controls are sanitised on staff changeover and immediately after another member of staff touches them
- Regular cleaning of the Perspex screen takes place
- Returned retail stock is isolated for 72 hours prior to placing back on display
- Hire equipment is sanitised between use / re-issue
- Staff receiving back hire equipment wash / sanitise their hands immediately after handling it
- Contractors and visitors are signed in/out by receptionists
- Contractors are provided with guidelines and any rules related to Covid-19 arrangements in advance of their attendance
- Any visitor passes an keys that are handed out to contractors are sanitised upon return

- Category
Social Distancing and Preventing the Spread of Covid-19 - Circulation Areas and Seating/Spectator Areas

+ Social distancing / hygiene

Possible transmission of Covid-19 due to not following 2m social distancing guidelines
 Spread of virus due to

Staff

Contractors
 Customer - Adult
 Customer - Child

1 x 1

Add Sample Measure

Please select additional control measure or manual

View Files

View Links

1 x 1

		<p>Where practical, flooring is marked to indicate direction of travel through the building</p> <p>Prominent signage is displayed reminding of social distancing guidelines</p> <p>Prominent signage is displayed encouraging the use of hand sanitiser</p> <p>Hand sanitiser stations are fitted throughout, especially at entrances to each activity area, by key touch points and in areas where customers congregate</p> <p>Staff check sanitiser levels regularly</p> <p>Where possible, doors (except fire doors) are kept open throughout the building, ensuring air handling is not compromised or any building plant or fabric is not adversely affected</p> <p>Magnetic doorhold openers linked to fire alarm or similar noise activated devices are fitted to fire doors which operate when the fire alarm is activated</p> <p>Door foot pulls are fitted on doors to reduce the need to touch handles and push plates</p> <p>Door handles, push plates and door edges are frequently sanitised throughout the day</p> <p>Where practical, seats and tables are removed or taped over to prevent customers congregating</p> <p>Lifts are restricted to a maximum of one person or more if from one household at a time, e.g. one parent and their child or a disabled customer and their carer</p> <p>Drinks fountains other than dispensers which can only be used to enable a water bottle to be filled, are removed or isolated</p>			
<p>Category: Social Distancing and Preventing the Spread of Covid-19 - Technical and Maintenance</p>					
+	<p>Social Distancing / Hygiene</p> <p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p>	<p>Contractors</p>	<p>Access to plant rooms and workshops restricted to authorised persons only</p> <p>Staff trained in social distancing good practice</p>	1 x 1	<p>Add Sample Measure</p> <p>Please select additional control measure or manual</p> <p>View Files</p> <p>View Links</p>
-	<p>Hygiene arrangements</p>			1 x 1	<p>Add Sample Measure</p> <p>Please select additional control measure or manual</p>

Spread of virus due to insufficient hygiene arrangements in plant rooms and technical areas and through

[View Files](#)



		<p>Staff</p> <p>Contractors</p> <p>Customer - Adult</p> <p>Customer - Child</p>	<p>Only essential tasks completed to maintain safety and quality standards where two people are required to complete the task</p> <p>Where practical, work is completed outside of opening hours to reduce potential for contact with customers</p> <p>Specific risk assessment completed for any essential tasks (e.g. maintenance tasks) where social distancing is not possible</p>					
-	<p>Hygiene arrangements</p> <p>Spread of virus due to insufficient hygiene arrangements on the use of shared tools and equipment</p>	<p>Staff</p>	<p>Shared tools and equipment is sanitised by staff at the start of shift or on handover</p> <p>Hand sanitiser and wipes are available</p>	1 x 1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	Please select additional control measure or manual	1 x 1	
-	<p>Hygiene arrangements</p> <p>Spread of virus due to insufficient hygiene arrangements on the control of contractors</p>	<p>Staff</p> <p>Contractors</p> <p>Customer - Adult</p> <p>Customer - Child</p>	<p>Contracted work kept to a minimum to maintain safety standards, compliance and essential quality/environmental standards</p> <p>Where possible, contractors complete work outside of opening hours</p> <p>RAMS are requested and reviewed and include Covid-19 considerations</p> <p>Contractors are advised of facility standards on social distancing and hygiene in advance and when entering the facility</p> <p>Contractors are signed in by receptionist or receiving member of staff</p> <p>Quotation work completed remotely where possible</p> <p>Service/inspection sheets are sent electronically</p>	1 x 1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	Please select additional control measure or manual	1 x 1	
-	Category	<p>Statutory Inspections Past Expiry Date</p>						
+	<p>Fixed electrical</p> <p>Fixed electrical past due date for inspection</p>	<p>Contractors</p> <p>Customer - Adult</p> <p>Customer - Child</p>	<p>Inspection body contacted weekly to establish an inspection date</p> <p>Housekeeping standards focussed in areas of electrical intake points and distribution boards</p> <p>Daily check of building and electrical points to establish if any issues</p> <p>Access to local/company electrician to resolve any faults</p> <p>Controls reviewed weekly to ensure valid and up-to-date</p>	1 x 1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	Please select additional control measure or manual	1 x 1	
-	<p>Fire alarm</p>			1 x 1	<p>Add Sample Measure</p>	Please select additional control measure or manual	1 x 1	

Fire alarm past due date for inspection

			<p>Inspecting body contacted weekly to establish an inspection date</p> <p>Guidance from inspecting body to be obtained in interim period</p> <p>Daily checks on fire panel to take place</p> <p>Test of all call points prior to re-opening</p> <p>Daily test on at least one break glass call point to take place and be recorded in place of weekly test</p> <p>Controls reviewed weekly to ensure valid and up-to-date</p> <p>Guidance received is XXX and is followed</p>		<p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>				
-	<p>Emergency lighting <input type="checkbox"/></p> <p>Emergency lighting past due date for inspection</p>	<p>Staff</p> <p>Contractors</p> <p>Customer - Adult</p> <p>Customer - Child</p>	<p>Inspecting body contacted weekly to establish an inspection date</p> <p>Guidance from inspecting body to be obtained in interim period</p> <p>Daily recorded visual check on all lighting to confirm operational</p> <p>Weekly recorded flick tests on lighting to take place instead of monthly</p> <p>Controls reviewed weekly to ensure valid and up-to-date</p> <p>Guidance received is XXX and is followed</p>	1 x 1	1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	<p>Please select additional control measure or manual</p>	1 x 1	1
-	<p>Passenger lift <input type="checkbox"/></p> <p>Passenger lift past due date for inspection</p>	<p>Staff</p> <p>Contractors</p> <p>Customer - Child</p>	<p>Assessment made to determine whether lift is critical for essential work</p> <p>Inspecting body contacted weekly to establish an inspection date</p> <p>Inspecting body consulted for guidance</p> <p>Insurers notified and consulted for advice</p> <p>Daily recorded checks of lift operation and alarm completed prior to opening to testsafe to use</p> <p>Additional service of lift arranged until examination completed</p> <p>Controls reviewed weekly to ensure valid and up-to-date</p> <p>Guidance from inspecting body has been received and is followed</p> <p>Justification for keeping the lift operational is documented, including why it is deemed essential, no significant history of issues from previous examinations, and this is verified by competent person or inspection body</p>	1 x 1	1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	<p>Please select additional control measure or manual</p>	1 x 1	1
-	<p>Pool hoist and disabled hoist <input type="checkbox"/></p>			1 x 1	1		<p>Please select additional control measure or manual</p>	1 x 1	1

<p>Pool hoist and disabled hoist past due date for inspection</p>	<p>Staff Customer-Adult Customer-Child</p>	<p>Inspecting body contacted weekly to establish an inspection date</p> <p>Inspecting body consulted for guidance</p> <p>Daily recorded checks of hoist operation completed prior to opening to test safe to use</p> <p>Additional service of hoist arranged until examination completed</p> <p>Controls reviewed weekly to ensure valid and up-to-date</p> <p>Hoists closed off to public as deemed not essential for use</p> <p>Guidance from inspecting body is received and followed</p> <p>Justification for keeping the hoist(s) operational due to it being essential is documented, along with justification on the basis that there have been no history of issues. This is verified by competent person or inspecting body</p>		<p>Add Sample Measure</p> <p>View Files</p> <p>View Links</p>		
<p>MEWP/Cherry Picker/Tallescopes past due date for inspection</p>	<p>Staff Contractors</p>	<p>Inspecting body contacted weekly to establish an inspection date</p> <p>Inspecting body consulted for guidance</p> <p>Daily recorded checks of MEWP/Cherry Picker/Tallescope completed prior to opening to test safe to use</p> <p>Additional service of MEWP/Cherry Picker/Tallescope arranged until examination completed</p> <p>Controls reviewed weekly to ensure valid and up-to-date</p> <p>MEWP/Cherry Picker/Tallescope closed off as deemed not essential for use</p> <p>Guidance received from inspecting body and is followed</p> <p>Justification for the equipment being essential to operate is documented, along with justification due to history of no significant issues. Justification verified by competent person or inspecting body</p>	<p>1 x 1</p> <p>1</p>	<p>Add Sample Measure</p> <p>View Files</p> <p>View Links</p>	<p>Please select additional control measure or manual</p>	<p>1 x 1</p> <p>1</p>
<p>Non-passenger lift past due date for inspection</p>	<p>Staff Contractors</p>		<p>1 x 1</p> <p>1</p>	<p>Add Sample Measure</p> <p>View Files</p> <p>View Links</p>	<p>Please select additional control measure or manual</p>	<p>1 x 1</p> <p>1</p>

			<p>Inspecting body contacted weekly to establish an inspection date</p> <p>Inspecting body consulted for guidance</p> <p>Daily recorded checks of lift operation and alarm completed prior to opening to test safe to use</p> <p>Additional service of lift arranged until examination completed</p> <p>Controls reviewed weekly to ensure valid and up-to-date</p> <p>Lift closed off as deemed not essential for use Guidance received from inspecting body is followed</p> <p>Justification that the lift is essential to use is documented, including that there is no history of significant issues. Justification is verified by competent person/inspection body</p>						
-	<p>Pressure vessels <input type="checkbox"/></p> <p>Pressure vessels past due date for inspection</p>	<p>Staff</p> <p>Contractors</p>	<p>Inspecting body contacted weekly to establish an inspection date</p> <p>Inspecting body consulted for guidance</p> <p>Additional service of pressure vessel arranged until examination completed</p> <p>Controls reviewed weekly to ensure valid and up-to-date</p> <p>Coffee machine/pressure vessel closed off as deemed not essential for use</p> <p>Guidance from inspecting body is received and followed</p> <p>Justification that the pressure vessel/system is essential is documented and includes evidence of no significant issues. Justification is verified by competent person/inspection body</p>	1 x 1	1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	<p>Please select additional control measure or manual</p>	1 x 1	1
-	<p>Fire extinguishers <input type="checkbox"/></p> <p>Fire extinguishers past due date for inspection</p>	<p>Staff</p> <p>Contractors</p> <p>Customer - Adult</p> <p>Customer - Child</p>	<p>Inspecting body contacted weekly to establish an inspection date</p> <p>Guidance from inspecting body to be obtained in interim period</p> <p>Weekly recorded check on extinguishers' operational ability to take place</p> <p>Controls reviewed weekly to ensure valid and up-to-date</p> <p>Guidance received from inspecting body is followed</p>	1 x 1	1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	<p>Please select additional control measure or manual</p>	1 x 1	1
-	<p>Gas boiler <input type="checkbox"/></p> <p>Gas boiler past due date for inspection</p>			1 x 1	1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	<p>Please select additional control measure or manual</p>	1 x 1	1

		<ul style="list-style-type: none"> Staff Contractors Customer - Adult Customer - Child 	<ul style="list-style-type: none"> Inspecting body contacted weekly to establish an inspection date Guidance from inspection body to be obtained in interim period Daily recorded check on boiler operation takes place Local contractor available to complete remedial works and repairs Controls reviewed weekly to ensure valid and up to date Review of recent service examinations highlights no significant history of issues Guidance received from inspection body is followed 						
-	<p>Kitchen canopy <input type="checkbox"/></p> <p>Kitchen canopy past due date for inspection</p>	<ul style="list-style-type: none"> Staff Contractors 	<ul style="list-style-type: none"> Inspecting body contacted weekly to establish an inspection date Internal deep clean of canopy to take place prior to re-opening Weekly clean of canopy to take place Controls reviewed weekly to ensure valid and up-to-date 	1 x 1	1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	Please select additional control measure or manual	1 x 1	1
-	<p>Lightning protection <input type="checkbox"/></p> <p>Lightening protection past due date for inspection</p>	<ul style="list-style-type: none"> Staff Contractors Customer - Adult Customer - Child 	<ul style="list-style-type: none"> Inspecting body contacted weekly to establish an inspection date Controls reviewed weekly to ensure valid and up-to-date 	1 x 1	1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	Please select additional control measure or manual	1 x 1	1
-	<p>Fall arrest equipment <input type="checkbox"/></p> <p>Fall arrest equipment past due date for inspection</p>	<ul style="list-style-type: none"> Staff Contractors 	<ul style="list-style-type: none"> Inspecting body contacted weekly to establish an inspection date Guidance from inspecting body to be obtained in interim period Weekly and pre-use recorded check on fall arrest equipment takes place Controls reviewed weekly to ensure valid and up-to-date Fall arrest equipment isolated and staff not to complete any work that requires its use until examination takes place Previous examinations highlights no significant history of issues Guidance received from inspecting body is followed 	1 x 1	1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	Please select additional control measure or manual	1 x 1	1
-	<p>Climbing wall <input type="checkbox"/></p> <p>Climbing wall past due date for inspection</p>			1 x 1	1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p>	Please select additional control measure or manual	1 x 1	1

		<p>Staff</p> <p>Customer - Adult</p> <p>Customer - Child</p>	<p>Inspecting body contacted weekly to establish an inspection date</p> <p>Guidance from inspecting body to be obtained in interim period</p> <p>Daily recorded pre-use checks of climbing wall takes place</p> <p>Weekly deep clean and inspection of wall takes place in line with manufacturers instructions</p> <p>Controls reviewed weekly to ensure valid and up-to-date</p> <p>Review of previous service inspections highlights no significant history of issues</p> <p>Guidance from inspecting body is followed</p>		<p><input type="checkbox"/> View Links</p>	
-	<p>Climbing wall</p> <p>Climbing wall belay systems past due date for inspection</p>	<p>Staff</p> <p>Customer - Adult</p> <p>Customer - Child</p>	<p>Inspecting body contacted weekly to establish an inspection date</p> <p>Review of previous XX service inspections highlights no significant history of issues</p> <p>Guidance from inspecting body to be obtained in interim period</p> <p>Guidance received is XX and to be followed</p> <p>Daily recorded pre-use checks of climbing wall takes place</p> <p>Weekly deep clean and inspection of wall takes place in line with manufacturers instructions</p> <p>Controls reviewed weekly to ensure valid and up-to-date</p>	1 x 1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	Please select additional control measure or manual
-	<p>Hammer cage</p> <p>Sacrificial section of hammer cage past due date for inspection</p>	<p>Staff</p> <p>Customer - Adult</p>	<p>Inspection body contacted weekly to establish an inspection date</p> <p>Guidance from inspection body to be obtained in interim period</p> <p>Dialy recorded pre-use checks of hammer cage takes place</p> <p>Controls reviewed weekly to ensure valid and up-to-date</p> <p>Review of previous service inspections highlights no significant history of issues</p> <p>Guidance received from inspection body is followed</p>	1 x 1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	Please select additional control measure or manual
-	Category	Legionella				
+	<p>Hot and cold water system</p>			1 x 1	<p>Add Sample Measure</p>	Please select additional control measure or manual

Re-starting of water system and potential for release of legionella bacteria

[View Files](#)

[View Links](#)



		Staff Contractors Customer - Adult Customer - Child	<p>Flushing regime maintained during closure</p> <p>Temperature checks maintained during closure</p> <p>PWTAG guidance followed on close down and re-commissioning of boilers</p> <p>System cleaned, disinfected and re-commissioned by external competent contractor or competent staff member</p> <p>Samples taken and tested for legionella, with results satisfactory, prior to re-opening</p>						
-	Swimming/spapool <input type="checkbox"/> Swimming / spa pool return to operation	Staff Customer - Adult Customer - Child	<p>Pool water monitoring completed during close down</p> <p>PWTAG guidance followed throughout and on re-opening</p> <p>Samples taken and tested for legionella, with results satisfactory, prior to re-opening</p>	1 x 1	1	Add Sample Measure <input type="checkbox"/> View Files <input type="checkbox"/> ViewLinks	Please select additional control measure or manual	1 x 1	1
-	Category	Cleaning and Waste						<input type="checkbox"/>	
+	Cleaning staffng <input type="checkbox"/> Reduced levels of cleaning staff available increasing risk of being able to provide adequate cleaning services	Staff Contractors Customer - Adult Customer - Child	<p>Additional multi-skilled staff trained and rostered to carry out cleaning tasks</p> <p>Restriction of areas available to staff/public to reduce facilities to be cleaned</p> <p>Business continuity plan in place</p>	1 x 1	1	Add Sample Measure <input type="checkbox"/> View Files <input type="checkbox"/> ViewLinks	Please select additional control measure or manual	1 x 1	1
-	Untrained staff <input type="checkbox"/> Untrained staff using new cleaning substances and equipment introduced as part of the revised Covid-19 cleaning regime	Staff Contractors Customer - Adult Customer - Child	<p>COSHH assessments for all staff have been undertaken</p> <p>Work instructions for all tasks in place</p> <p>All staff who complete cleaning duties are trained in the use of new substances and tasks as part of their return to work training</p> <p>Only staff trained in safe methods and use of substances carry out cleaning tasks, including the use of mechanical cleaning equipment</p> <p>Staff are trained to wash their hands prior to placing PPE on and wash their hands again after removing their PPE</p>	1 x 1	1	Add Sample Measure <input type="checkbox"/> View Files <input type="checkbox"/> ViewLinks	Please select additional control measure or manual	1 x 1	1

<p>— Ineffective cleaning <input type="checkbox"/></p> <p>Poor cleaning practice increasing risk of viral contamination</p>			<p>1 x 1</p>		<p>Add Sample Measure</p> <p><input type="checkbox"/> ViewFiles</p> <p><input type="checkbox"/> ViewLinks</p>	<p>Please select additional control measure or manual</p>	<p>1 x 1</p>	

		<p>Staff</p> <p>Contractors</p> <p>Customer - Adult</p> <p>Customer - Child</p>	<p>Robust general cleaning schedule in place</p> <p>Cleaning tasks monitored by supervisor</p> <p>Additional cleaning programmed for high touch points, including door handles, switches, furniture, handrails, IT equipment, desks, phones, flush plates, taps, dispensers, lockers etc.</p> <p>Government guidelines followed in the event of known or suspected Covid-19 contamination: https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings</p>						
-	<p>Cross contamination</p> <p>Contamination transferred from waste</p>	<p>Staff</p> <p>Contractors</p> <p>Customer - Adult</p> <p>Customer - Child</p>	<p>Personal protective equipment available, including gloves and aprons</p> <p>Staff wash hands following removal/transfer of waste</p> <p>Waste bins are emptied frequently</p> <p>Waste placed in plastic rubbish bags and tied, then placed immediately in normal secured waste disposal receptacle</p> <p>Where additional cleaning and waste is required following a suspected case of someone with symptoms of Covid-19, the waste is double bagged and safely set aside for 72 hours prior to placing in general waste as per government guidelines</p>	1 x 1	1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	Please select additional control measure or manual	1 x 1	1
Categories									
-	<p>Deliveries</p> <p>Deliveries exposing staff and drivers to transmission of the virus</p>	<p>Staff</p> <p>Delivery Drivers</p>	<p>Bulk purchasing to reduce the number of deliveries required</p> <p>Electronic delivery notes not used and staff verbally confirm name</p> <p>One person to handle the delivery, unless manual handling required two. If two persons required, the same pair to try and partner up</p> <p>Hands to be washed or sanitised after opening and disposing of packaging</p> <p>Delivery points designated depending on type of product</p> <p>Delivery times agreed as far as possible with supplier</p>	1 x 1	1	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	Please select additional control measure or manual	1 x 1	1
-	<p>Post, Packages and Food</p>	<p>Staff</p>		1 x 1	1	<p>Add Sample Measure</p>	Please select additional control measure or manual	1 x 1	1

Handling post, packages and food

[View Files](#)

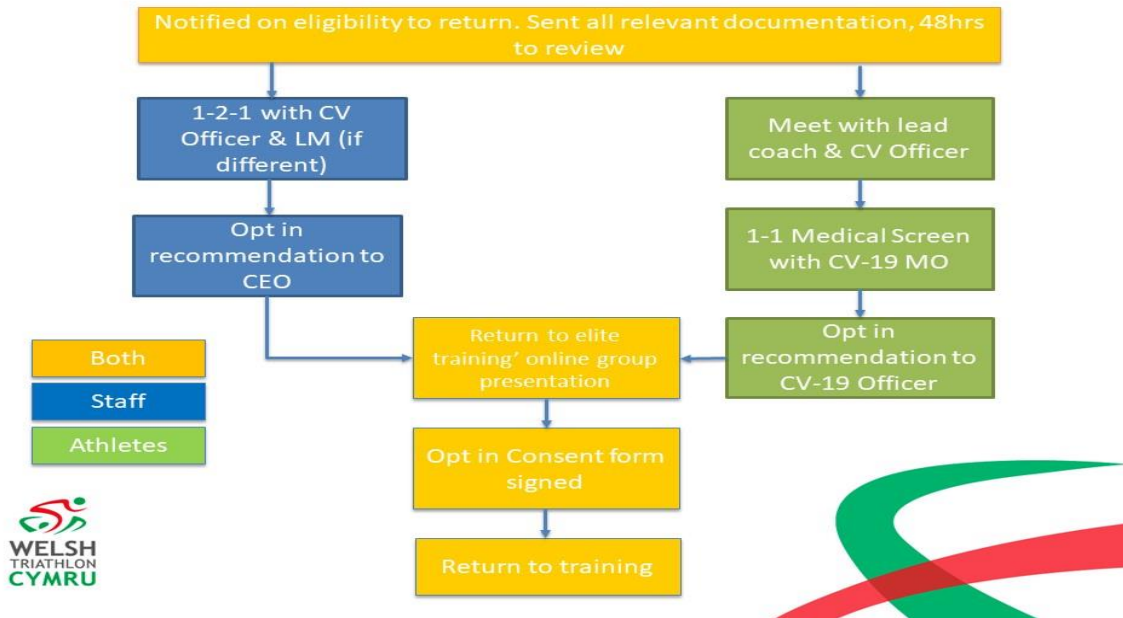
[View Links](#)



			<p>Work instructions in place</p> <p>Personal protective equipment provided for handling items if required</p> <p>Government guidelines followed: https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/guidance-for-employers-and-businesses-on-coronavirus-covid-19</p> <p>Hands are washed or sanitised after handling post or packages</p>			
<p>- Category</p> <p>Lost and Found Property</p>		<p>Lost and Found Property</p>				
<p>+</p> <p>Lost and Found Property</p> <p>Spread of virus due to insufficient hygiene arrangements</p>	<p>Staff</p>		<p>1x1</p>	<p>Add Sample Measure</p> <p><input type="checkbox"/> View Files</p> <p><input type="checkbox"/> View Links</p>	<p>Please select additional control measure or manual</p>	<p>1x1</p>
		<p>Found property, apart from valuables, is bagged up and secured</p> <p>Personal clothing such as underwear and swimwear is disposed of</p> <p>Valuables are bagged up and placed in a safe</p> <p>Staff will not access property other than valuables for at least 72 hours after finding</p> <p>Staff handling lost property to wash or sanitise hands immediately after touching</p>				



Appendix C- WT COVID-19 Staff & Athlete Opt-In Consent Statement



Welsh Triathlon is firmly committed to supporting our staff & athletes to make a positive transition back to organised group activity. As an organisation that aims to put people first, we are asking staff & athletes to opt-in to return to venue based session delivery if they are comfortable to do so after having reviewed the risk assessment and training environment protocols that are in place for each training venue that they will access.

In accordance with Government guidelines “Welsh Government’s Sport, Recreation and Leisure: Guidance for a phased return document”, this process asks you to opt-in to return to a WT Training location. If you consider, having reviewed all of the material provided to you, and having discussed it with the Covid Officer, that you cannot or should not opt-in, please inform the Head of Performance, and you should continue to work/train from your home environment only.

52

As part of this process we will ask you to confirm whether you consider yourself and/or those who you live with to be vulnerable or extremely vulnerable. The reason the WT needs to collect this information is so that we can:

- Take steps to protect these employees/athletes (or those who they live with), who are at a higher risk of severe illness from COVID-19.
- Signpost these employees/athletes to further advice and support; and/or
- Advise these employees/athletes not to work/train from anywhere but their home until formally notified otherwise.

You will be asked to complete the following questions on a WT COVID-19 Consent Form for each location that you visit for work.

- Which location are you wishing to ‘opt-in’ to working/training from?

- If you and/or those who you live with are deemed vulnerable or extremely vulnerable, please discuss this with the COVID-19 Officer. You may be required to undertake further risk assessments prior to working/training from anywhere but your home, but we will discuss this with you on a case-by-case basis. Therefore, please confirm on the COVID-19 Consent Form:
- Are you or anyone in your household deemed vulnerable or extremely vulnerable?

If you answer “YES” or “PREFER NOT TO ANSWER” to the above vulnerability question and you still opt-in, having satisfied yourself that the risks are mitigated and having read this form, you must discuss this with the Head of Performance and you should continue to remain working/training from your home only, unless you have been given approval to do otherwise in writing. If your vulnerability status changes you must immediately change your vulnerability status via this online form and inform and discuss this change with the Covid Officer

- I confirm that I have been provided and have read and understood the Risk Assessment for the WT training location that I am planning on returning to, and the details of the mitigating actions that I, others and the WT employees must take. If I am due to be working across two environments within the same location I confirm that I have also been provided and have read and understood the Risk Assessment.
- I confirm that I have been provided with and have read and understood the WT Performance Support Protocol, which gives further specific details about the mitigating actions that I must take.
- I confirm that I have discussed with my Line Manager or other nominated individual about my return to work at an WT training location, and that any concerns raised regarding my vulnerability status, my current personal / home circumstances, the WT Performance Support Protocols or other relevant matters have been discussed, worked through and resolved to my satisfaction.
- I confirm that I have discussed with the WT COVID-19 Officer for the WT location that I am planning to return to work at (or with another WT site COVID-19 Officer if I am a WT COVID-19 Officer myself), the WT Risk Assessment that has been carried out and the mitigating actions that I, others and the WT must take to reduce those risks, and that any concerns raised have been discussed, worked through and resolved to my satisfaction.

53

AND

- I understand and accept what is required from me in respect of the mitigating actions. I also understand that I can raise any questions or concerns, at any time, with the nominated COVID-19 Officer appointed for each location I am planning on returning to.
- I understand that if I need support of any kind I should contact the Head of Performance in the first instance, and that there are other places that I can go to for support, via NHS 111 or my local GP.

- I understand that I will be notified of any significant changes to the Risk Assessment and Mitigation Actions for each location that I am working at. Also, If I identify a risk that I will raise this with the COfficer
- I understand that I may, at any time, decide that I can no longer opt-in to working/training within the training environment or any specific location, provided I have a reasonable basis for doing so. If I do make such a decision, I undertake to immediately contact the Head of Performance to discuss this, as well as to log this decision via this online form. I understand that this may be shared with the relevant WT COVID-19 Officer to provide any advice and guidance necessary.

This form does not amount to a legal waiver by the Welsh Triathlon of any of its obligations to you, nor does it constitute a legal waiver by you of any of your rights as an employee/athlete. WT will notify its staff/athletes when it considers it appropriate to discontinue this process, in line with all relevant Government guidance and regulation.

Having been provided with an opportunity to ask questions, I accept and understand the information provided to me and can confirm the statements set out above. I also confirm that I am willing and able to return (opt-in) to the specific training / work environment that I have selected above.

Please complete this on the WT online COVID-19 Consent form.

WT can process the above information on the basis of our legitimate interests as an employer to comply with statutory obligations under the Health and Safety at Work etc Act 1974. This data will be stored by and accessible by HR and your Line Manager, used for the required purposes only, and kept for as long as is necessary. This has been designed in line with existing processes for handling sensitive employee information and in light of relevant Government and regulatory guidance. For further information, including contact details of the WT Data Protection Officer and your privacy rights, please see the full WT Employee Private

Appendix D- Attending Training Protocol

Attending Training Protocol (ATHLETES & STAFF)

Prior to Leaving

Ahead of attending any WT organised session both athletes and staff must have completed the following protocol no later than 60min before the start of the session.

- Completed wellness questions via AER App (athletes) & online portal (staff).
- Thoroughly wash hands before leaving home
- Travel along or with members from your household

If there is a noticeable change in your daily monitoring measures and or you start to experience symptoms of COVID-19 you must report this immediately to the COVID-19 officer (Louis Richards) and not attend any sessions until instructed it is safe to do so.

Venue Arrival

Once you have arrived at the venue you will need to;

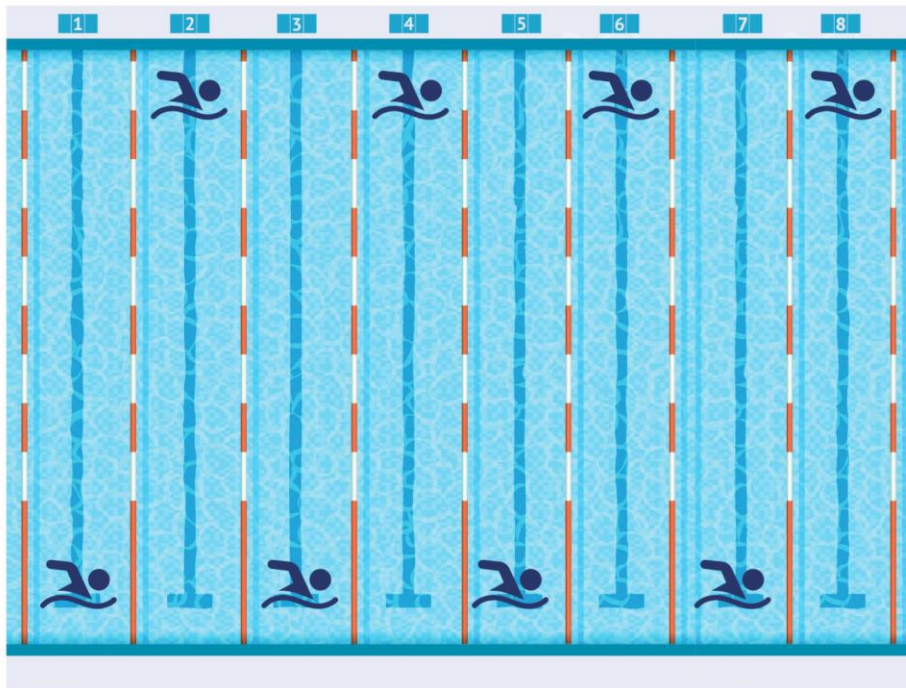
- Sanitise hands as you enter the building
- Proceed to pre session screening where the onsite COVID-19 officer will take a non-contact temperature check and ask you to verbally complete the wellness questions

Session Preparation

- Make your way to pool side maintaining the 2m social distancing
- Dry side change in allocated space (numbered 1-8)
- Any pre session activation etc can be done in your allocated space
- Prior to entering the pool shower using the non-contact showers
- Venue entry video [HERE](#)

Session Delivery

- Enter the lane number that corresponds to your dry side allocated space
- Lane entry will be from alternative ends (diagram below)
- Only use your own equipment
- Swim up and down the middle of your lane



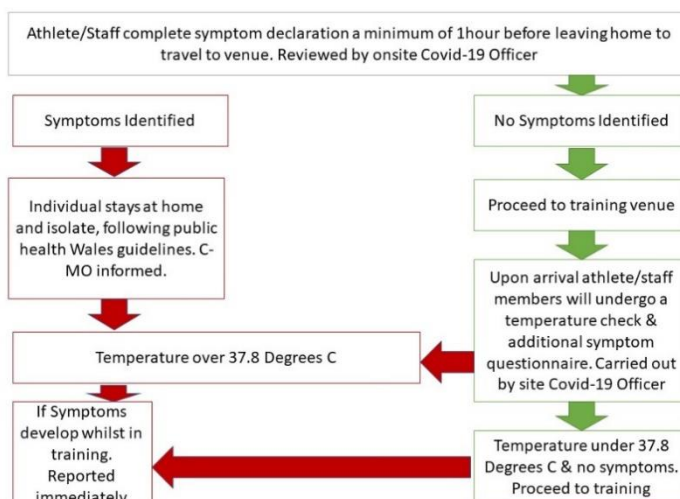
Post Session

- Exit the pool and change in allocated dry side space
- Leave the venue as soon as possible

Other

56

- Toilets will be available at the venue entrance as well as in the vicinity of the pool
- If you would like a changing cubicle, make the COVID-19 Officer (Louis Richards) aware and we will work with the venue to provide this.



Appendix E- Medical return to training post COVID-19 Guidance

Medical Advice for Triathletes around Management of Coronavirus

- Please follow the latest NHS advice re: Covid 19 and social distancing/self-isolation. <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- Athletes should be following social distancing advice and **NOT** arranging to meet with friends for running or cycling.
- Strict hand hygiene throughout, particularly when going to the supermarket or whilst at work.
- Stay hydrated and well fuelled.
- If you are currently using asthma inhalers then make sure you are taking them as prescribed, particularly the preventer inhalers (for example Symbicort, Seretide or Qvar).
- If you have symptoms of Coronavirus, try and avoid anti inflammatory medicines; take paracetamol for a fever or muscle aches.

Signs and symptoms of coronavirus

Temperature of more than 37.8
New persistent dry cough
Headache
Muscle and joint pain
Extreme fatigue

Advice correct as of 27/3/2020

If you develop symptoms of coronavirus there are specific guidelines on safely returning to exercise

If you have symptoms then it is important that you rest completely for 14 days from the onset of symptoms

But if your symptoms last for longer than a week, then you need a clear 7 days of being symptom free before return to training

For example:
Symptoms for 5 days – return to training after 14 days
Symptoms for 10 days- return to training after 17 days

This is very important as some patients have had heart muscle inflammation due to the virus, which presents after initial symptoms have settled and then led to a rapid deterioration and becoming very unwell.

