



RISK ASSESSMENT-PROCEDURES COVID-19 Information taken from GOV.UK

This guidance is to support the management of the following:

- Special schools and Classes
- other education providers with the Facility
- Please review also the separate full detailed Risk Assessment provided
 - If you are showing signs of COVID-19 please do not attend
 - All children to be dropped off and collected by the door
 - Register will be taken and must be signed
 - Follow the one ways system
 - Arrive in clothing suitable for exercise
 - Bring bottled water (ensure your name is clear)
 - Wash hands regularly
 - Catch it- Bin it – Kill it Cover your mouth if you sneeze/cough and use a tissue, dispose of tissue straight into bin then wash hands (if you do not have a tissue cover your mouth and nose and bend your elbow when you cough or sneeze
 - Stay 2 metres away from each other
 - Register must be signed when child is collected and leaving the premises

Reminder:

Wash your hands often

Clean your hands frequently each day by washing with soap and water for 20 seconds or using hand sanitiser. This will help protect you and the people you live with. This step is one of the most effective ways of reducing the risk of passing infection to others.

Cover your mouth and nose with disposable tissues when you cough or sneeze. If you do not have one to hand, sneeze into the crook of your elbow, not into your hand. They should use disposable tissues to wipe away any mucus or phlegm after you have sneezed or coughed. Then they should wash their hands with soap and water.

Dispose of tissues into a disposable rubbish bag and immediately wash your hands with soap and water or use a hand sanitiser. (CATCH IT- BIN IT-KILL IT)

Facemasks

We do not recommend the use of facemasks as an effective means of preventing the spread of infection. Facemasks play an important role in clinical settings, such as hospitals, but there's very little evidence of benefit from their use outside of these settings

Key Points

Aim to keep 2 metres (3 steps) away from people

Precautionary measures:

- Use register to ensure all team and children are listed
- Use thermometer (The normal temperature range on the forehead is approximately **between 35.4 °C and 37.4 °C.**)

Cleaning equipment: Clean frequently touched surfaces and equipment before and after use and dispose of tissue in bin provided

Wash hands regularly and use a hand sanitizer

These infection control measures would apply to:

- Staff in the Club or school
- Tutors and teaching staff
- Clinicians, personal trainers providing healthcare and activities
- any visiting professionals
- any other visitors such as parents/carers/guests

Symptoms of coronavirus (COVID-19) are a high temperature (37.8 degrees Celsius or above) or a new, continuous cough.

Actions: If high temperature send home. Explain to Self-isolate if shows symptoms.

If you have signs and symptoms

Drink water to keep yourself hydrated; you should drink enough during the day so your urine (pee) is a pale clear colour. You can use over-the-counter medications, such as paracetamol, to help with some of your symptoms. Use these according to the instructions on the packet or label and do not exceed the recommended dose.

Seek prompt medical attention if your illness or the illness in any household members is worsening. If it's not an emergency, contact [NHS 111 online](#). If you have no internet access, you should call NHS 111. If it is an emergency and you need to call an ambulance, dial 999 and inform the call handler or operator that you or your relative have coronavirus symptoms.

Self-isolation

If you have been symptomatic, then you may end your self-isolation after 7 days. The 7-day period starts from the day when you first became ill

Household isolation

If living with others, then all household members who remain well may end household-isolation after 14 days. The 14-day period starts from the day illness began in the first person to become ill. Fourteen days is the incubation period for coronavirus; people who remain well after 14 days are unlikely to be infectious.

After 7 days, if the first person to become ill feels better and no longer has a high temperature, they can return to their normal routine. If any other family members become unwell during the 14-day household-isolation period, they should follow the same advice - that is, after 7 days of their symptoms starting, if they feel better and no longer have a high temperature, they can also return to their normal routine.

Should a household member develop coronavirus symptoms late in the 14-day household-isolation period (for example, on day 13 or day 14) **the isolation period does not need to be extended, but the person with the new symptoms has to stay at home for 7 days.** The 14-day household-isolation period will have greatly reduced the overall amount of infection the rest of the household could pass on, and it is not necessary to restart 14 days of isolation for the whole household. This will have provided a high level of community protection. Further isolation of members of this household will provide very little additional community protection.

At the end of the 14-day period, any family member who has not become unwell can leave household isolation.

If any ill person in the household has not had any signs of improvement and have not already sought medical advice, they should contact [NHS 111 online](#). If your home has no internet access, you should call NHS 111.

The cough may persist for several weeks in some people, despite the coronavirus infection having cleared. A persistent cough alone does not mean someone must continue to self-isolate for more than 7 days.

Please review separate full detailed Risk Assessment with PLR, PSR and Risk Rating

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