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| **Powerlifting competitions and team training sessions during Covid-19 pandemic** |

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| **Significant hazards** | **What could go wrong** | **Risk level**  (High, Medium or Low) | **Existing control measures** | **Further actions** |
| Transportation to the venue by car with multiple passengers | Spreading of Covid-19 | Low | No governmental or University wide restrictions. |  |
| Crowding in competition warm-up areas | Spreading of Covid-19 | Low | No governmental or University wide restrictions. |  |
| Sharing equipment in team sessions and competitions | Spreading of Covid-19 | Low | No governmental or University wide restrictions. |  |
| Crowding in team training sessions | Spreading of Covid-19 | Low | No governmental or University wide restrictions. |  |
| Crowded changing rooms | Spreading of Covid-19 | Low | No governmental or University wide restrictions. |  |
| Spotting in bench/squat | Spreading of Covid-19 | Low | No governmental or University wide restrictions. |  |
| Sharing chalk in competition/ training | Spreading of Covid-19 | Low | No governmental or University wide restrictions. |  |
| A member attending training while infected by Covid-19 | Spreading of Covid-19 | Low | No governmental or University wide restrictions. |  |
| Spectators in competitions | Spreading of Covid-19 | Low | No governmental or University wide restrictions. |  |
| Crowding due to coaches | Spreading of Covid-19 | Low | No governmental or University wide restrictions. |  |
| Crowding in lifting hall | Spreading of Covid-19 | Low | No governmental or University wide restrictions. |  |

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| **Team training in high performance zone** |

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| **Significant hazards** | **What could go wrong** | **Risk level**  (High, Medium or Low) | **Existing control measures** | **Further actions** |
| |  | | --- | | Wet floors from sweat or slips | | |  | | --- | | Slips, trips fall | | Low | |  | | --- | | Booking terms & conditions state any spills must be reported to reception immediately  Floor checks completed by staff during setups & set downs  Wet floor signs used when floor is wet | |  |
| |  | | --- | | Damaged floor | | |  | | --- | | Trips & falls | | Low | |  | | --- | | Staff complete walk the floor checks  No activities are completed in the training room which might cause damage to floor  Reported for repair and area taken out of use if dangerous | |  |
| |  | | --- | | Lighting levels | | |  | | --- | | Low level lighting causing person to person impact or impact with sports equipment | | Low | |  | | --- | | Light levels adjustable, minimum lighting level is 250 which is acceptable level for local competitions light level does go up to 750 lux which is standard for national competitions duty supervisor has decision on lighting level for bookings | |  |
| |  | | --- | | Power cut | | |  | | --- | | Lights not coming back on after power cut leaving the sports hall with no lights | | Low | |  | | --- | | Floor lights put in place to fill gap between power returning and lights turning back on | |  |
| Kit blocking fire exits | Delayed evacuation in event of fire | Low | Staff/committee should complete walk the floor checks - any items blocking exit will be removed. Fire exit keep clear signs in place. Participants instructed to put large items in lockers or designated areas. |  |
| Participants dropping weights on themselves | Sustaining an injury | Medium | First aider and staff member always present. Report any accidents and emergencies to reception who have protocols in place. |  |
| Participants not performing technique correctly | Sustaining an injury | Medium | Compulsory 10-15min warm-up before starting lifting. Any beginners to be taken aside and instructed by a qualified committee/staff member. Patrols/technique watch and adjustments to be made by a qualified committee/staff member during the session. |  |
| Participants performing an exercise/weight that is too advance for them | Sustaining an injury | Low | Introduction and safety explanations given at the beginning of each session. Beginner and development squad given specific and appropriate guidance and programmes by qualified committee coach. When lifting above 85%max, participants should always have at least one spotter. |  |
| Participant collisions when lifting e.g., if a squat is bailed and someone is standing behind | Sustaining an injury | Low | Introduction and safety explanations given at the beginning of each session. Participants are instructed to give space to other participants executing a lift and to not walk in front of them. |  |
| Tearing of callous’ on hands of participants | Blood | Low | Having a wire brush, tape and cleaning equipment. Ensuring there is a first aid kit available for immediate access if necessary. |  |
| Behaviour | Disruption of welfare | Low | Ensuring committee and event organisers to observe any interaction looking suspicious and unpleasant. In such an event, ensuring to take immediate action. |  |
| Equipment | Sustaining an injury | Low | Any equipment weighing above 25 kg is carried by minimum 2 people. All equipment goes through the annual review and condition survey. Ensuring the immediate removal of damaged and unsafe equipment. |  |
| Management of injuries, illness and infections | Sustaining an injury and/or spreading an illness | Medium | Ensuring there is a first aid kit available for immediate access if necessary. Club members are not permitted into the event if they are feeling unwell and are to stay home. |  |
| Travel | Road accident | Low | Each vehicle carries minimum 2 people to ensure the driver is not alone. Ensuring that all safety matters are considered when arranging tours, from the suitability of the opposition to the appropriate level of insurance |  |
| Training and competition program | Sustaining an injury | Low | Ensuring the in-house competitions are managed by the experienced lifters of the club. Ensuring the minimum required number of helpers, spotters, and referees. Group training sessions are also conducted by committee members. |  |
| Weight Management | Poor nutrition practices | Low | Promoting a balanced and nutritionally adequate diet to support club members’ training and competition needs. Water cutting is not to be advised, and if to be done, only with the help of a coach or experienced nutritionist. |  |
| Concussion | Sustaining an injury | Low | Ensuring the proper coaching and technical instruction and equipment safety. Encouraging the use of spotters during lifting. Ensuring there is a first aid kit available for immediate access if necessary. |  |
| Doping | Inadvertent doping violations | Low | Ensuring the club members are provided the context on the prevalence and consequences of doping. Ensuring the compliance with the rules and regulations of UK Anti-Doping. |  |
| Social activities and alcohol | Inappropriate behaviour, conflicts, or harassment | Medium | Encouraging responsible alcohol consumption. Communicating the club's code of conduct and expectations for respectful behaviour during social events. |  |

**EMERGENCY PROCEDURES**

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| Action to be taken in case of reasonably foreseeable emergencies (e.g., overheating, loss of electricity, flooding) |

**ASSESSOR**

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| **Name of assessor:** | **Signature:** | **Date** | **Name of Supervisor:** | **Signature:** | **Date** |
| Jane Ambler  Ahmet Oguzhan Yuksel  Emmanuela Onah | Jane Ambler  AOYuksel  Emmanuela Onah | 03/10/22 | Seyedeh Samin Moghimiasl  Shubang Nagalotimath | S.S. Moghimiasl | 03/10/22  25/09/2024 |

**REVIEW DATES**

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| **Reviewed by (name)** | **Signature** | **Date** | **Indicate changes here** |
| Santosh Guru | Santosh Guru | 30/09/23 | Reviewed addition of new hazards and updating of risks by welfare officers |

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| Shubang Nagalotimath | Shubang Nagalotimath | 2/8/2024 | Reviewed of hazards with new welfare and safety officers. |
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