



(affiliated to scottishathletics)

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RISK ASSESSMENT FOR TRAINING THROUGH COVID-19 PANDEMIC

Primarily in relation to training within Scotstoun Stadium and includes the assembly of Road Running groups outside of the perimeter.

Communication

HAZARD Infected Individuals

WHO/HOW AFFECTED

Athletes, Coaches and Volunteers spreading the Covid-19 virus between individuals and groups training at the stadium.

CONTROL MEASURES

A communication system which seeks to ensure that no one should attend the stadium if they believe they have Covid – 19 symptoms.

1. As part of VP-Glasgow's Covid – 19 'Safety Message' they will seek to ensure, as far as they reasonably can, that anyone attending the stadium does not bring any Covid – 19 symptoms with them.
2. VP-Glasgow will use all means of communication available to them to ask anyone intending to attend the stadium to ask themselves the following questions:
 - Are any of you experiencing a persistent (dry) cough, fever or a lack of taste or smell?
 - Does anyone in your household have a persistent (dry) cough, fever or experiencing a lack of taste or smell?
 - a. If the answer is 'yes', to any one of the above questions or conditions, do not come to the stadium, please stay at home!
 - b. In addition, if you are shielding ensure that you follow the advice on your letter which you should have received from the Chief Medical Officer (CMO).
3. In addition, everyone will be requested to ensure that they wash their hands for at least 20 seconds before coming to the stadium.

Control Measure Responsibilities:

Coaches:	1, 2, 3
Athletes:	1, 3
Volunteers:	1, 2, 3
Staff:	

HAZARD Initial Contact

WHO/HOW AFFECTED

Athletes, coaches, and volunteers arriving, queuing, and accessing the stadium while maintaining social distancing.

CONTROL MEASURES

The arrangements for coaches, athletes, and volunteers arriving at the stadium and being directed to their respective training areas.

1. Only athletes who have been given attendance instructions via email should attend the facility. They will have been notified of their group's rendezvous point.
2. Anyone entering the stadium will do so via the main gate to the right of the main entrance. This gate will be controlled by a Glasgow Life leisure attendant.
3. The immediate footpath outside leading up to the gate will be suitably marked off in 2m intervals to encourage a safe socially distanced queuing system.
4. On arrival at the gate, athletes, coaches, and volunteers will be directed to use hand sanitiser before entering the stadium.
5. No access is allowed in the main building or inside track.
6. Parents are not allowed into the stadium. They can observe our activities from outside of the perimeter fence at the east end of the stadium.
7. A volunteer will be in position inside of the main gate to answer any questions and to direct athletes to their rendezvous points.
8. No payments for track access will be taken on arrival. Members should all be paying by direct debit through our LoveAdmin system.
9. At the end of our sessions, members will leave the stadium via the same gate at the east end of the stadium which will be manned by a Glasgow Life leisure attendant.
10. Any junior members whose parents are not immediately visible outside of the gate should wait with our coaches until collected.

Control Measure Responsibilities: Coaches: 1, 10
Athletes: 1, 5, 6, 10
Volunteers: 1, 3, 4, 5, 7, 8, 9, 10
Staff: 1, 2, 3, 4, 5, 7, 8, 10

HAZARD Rendezvous With Group

WHO/HOW AFFECTED

Athletes, coaches and volunteers – coming into contact with others.

CONTROL MEASURES

The procedure for athletes meeting their coach and their training group within the stadium.

1. Every athlete will be informed in advance of their attendance, of a rendezvous point within the stadium where they will meet their coach and the rest of their training group.
2. They will be emailed a plan of the stadium highlighting a safe space, within one of the grandstands which will have corresponding signage on display.
3. Athletes will be directed to wait within the designated grandstand and remain 2m apart from the rest of their group until they have been briefed by their coach.
4. All athletes will receive a safety brief from their coach prior to beginning their planned athletic activity.
5. All athletes will take their training kit with them to their respective areas, placing it away from other athletes training kit and in particular, they should ensure that their water / juice bottles are stored inside their kit and only used by them.

Control Measure Responsibilities: Coaches: 1, 2, 3, 4, 5
Athletes: 5
Volunteers: 1, 2, 3,

Staff: 2,

HAZARD Toilets

WHO/HOW AFFECTED

Athletes, Coaches and Volunteers. Social distancing and hygiene.

CONTROL MEASURES

1. The toilets we can use are situated at the rear of the small North Stand.
2. We will be using the ones closest to the Gym Hall.
3. Football Players will be using the toilets nearest the pitches.
4. Children will be advised to use the toilet at home before attending.
5. Use of the toilets should be discouraged.
6. Any U11's or U13's who need to use the toilets should seek out a volunteer or coach.
7. Only one person should go into the toilets at a time and hands should be washed with soapy water or anti-bacterial solution before returning.

Control Measure Responsibilities: Coaches: 5,6,7
Athletes: 1,2,6,7
Volunteers: 1,2,4,5,6,7,
Staff:

HAZARD Using The Track

WHO/HOW AFFECTED

Athletes and Coaches – spreading the virus to other athletes or groups while using the track.

CONTROL MEASURES

Training groups using the track and infield for running while maintaining a safe distance from other track users.

Will at all times:

1. Use staggered starts and finishes from other groups and athletes not in your training group.
2. Use lanes 1 - 2 for 110m to 400m reps of the track.
3. Lanes 1 – 2 can accommodate four training groups if the start and finish of each rep is staggered around the track. Groups should not be closer than 5m of the group in front.
4. Use lanes 5 - 8 for groups running up to 100m.
5. The track can accommodate four training groups if you use both 100m straights and both 100m bends.
6. There must be two lanes between each distinct group of athletes.
7. The infield can be divided into four distinct training areas for U11 and U13 athletes. These groups can complete most of their session within their designated area.
8. Any group of athletes who have been designated a section of the infield or 100m training area would be allowed to use lanes 1 – 2 of the track when not being used by the maximum of four other groups.
9. Training groups using the infield should stay 10m away from the changeover points used by athletes running over 100m reps in lanes 1 and 2.
10. It is advised to use personal starting blocks but if athletes require to use shared blocks all surfaces should be cleaned using suitable antiviral wipes/spray.

Control Measure Responsibilities: Coaches: 1,2,3,4,5,6,7,8,9,10
Athletes: 1,2,3,4,5,6,7,8,9,10
Volunteers:
Staff:

HAZARD**Throws Training****WHO/HOW AFFECTED**

Athletes and Coaches – spreading the virus to other athletes or groups while engaged in a throws session.

CONTROL MEASURES

Reducing the risk of cross infection between athletes, coaches, and volunteers, i.e., handling the shot put, discus, hammer, or javelin.

1. Before the session starts, the throwing area would be set up with the required equipment cleaned with anti-bacterial solution and placed at least 2m apart .
2. Any individual piece of equipment being used, will be identified with distinct markings, and will only be used by one athlete during the session.
3. Regular hand washing with antibacterial solution will be encouraged throughout the session.
4. The athletes will be spaced out around the throwing field for the greater part of their session.
5. When waiting in line to throw from the cage, shot circle or javelin runway, athletes will maintain a 2m distance from each other.
6. Athletes and coaches should avoid touching the shared cage/netting.
7. All equipment will be cleaned with anti-bacterial solution before being stored away.

Control Measure Responsibilities: Coaches: 1, 2, 3, 4, 5, 6
Athletes: 2, 3, 5
Volunteers:
Staff:

HAZARD**Hurdles****WHO/HOW AFFECTED**

Athletes and Coaches – spreading the virus to other athletes or groups while using or handling hurdles.

CONTROL MEASURES

The use of starting blocks/hurdles during a training session.

1. Coaches will be responsible for collecting hurdles from the store.
2. The hurdles must be cleaned with antiviral wipes/spray before use.
3. Athletes using the hurdles during the session should clean their hands regularly with antibacterial solution.
4. It is advised to use personal starting blocks but if you require to use shared blocks all surfaces should be cleaned using suitable antiviral wipes/spray.

Hurdles should again be cleaned with antiviral wipes/spray before being returned to the store.

Control Measure Responsibilities: Coaches: 1, 2, 3, 4,
Athletes: 3, 4,
Volunteers:
Staff:

HAZARD Horizontal Jump Pits

WHO/HOW AFFECTED

Athletes and Coaches – spreading the virus through contact with sand within the jump pit or handling equipment.

CONTROL MEASURES

Preparation and procedures for using horizontal jump pits and associated equipment.

1. Sandpits should be covered when not in use and signs positioned to ensure they are not used.
2. Athletes should sanitize hands before and after each jump and maintain good hygiene practices.
3. Only one individual, either a coach or athlete, should use the tape measure if required.

4. Signage must be prominently positioned at each jump area stating the rules/guidance for use.
5. During each session, one individual, either a coach or athlete, should be responsible for the raking of the pit. The rake should be cleaned using suitable antiviral wipes/spray before and after use.
6. High mist spray or watering can of sterilizing fluid should be sprayed over the sand after every session and the sand turned and raked.
7. The coach will be responsible for sterilizing the sand pit.
8. Only one individual, either the athlete or coach, should clean any other equipment used.
9. After each session, cleaning of the pit must be completed, and minimum of 15-minute drying time must be allowed, before the next session starts.

Control Measure Responsibilities: Coaches: 2,3,5,6,7,8,9
 Athletes: 2,5,7,
 Volunteers: 4
 Staff: 1,4,

HAZARD **Shared Equipment**

WHO/HOW AFFECTED

Athletes and coaches becoming infected or spreading the virus through handling communal equipment.

CONTROL MEASURES

The arrangements for removing and replacing equipment from and to the equipment storage areas.

1. All of VP-Glasgow's equipment will held within the garage/equipment store at the west end of the stadium. No further access to the stadium is allowed.
2. Only one person will be allowed to enter the storage area at any one time to collect or return equipment.

3. Once the person has brought the equipment out, it will be cleaned with anti-bacterial solution before being used by the athletes.
4. A table holding cleaning materials will be situated at the entrance to the store. All equipment should be cleaned there, and the table sprayed and wiped down with antibacterial solution.
5. Anyone handling equipment of any kind should clean their hands regularly with antibacterial solution throughout their session.

All equipment will be cleaned with anti-bacterial solution before being stored away.

Control Measure Responsibilities: Coaches: 1, 2, 3, 4, 5,
Athletes: 2, 3, 5,
Volunteers:
Staff: 1, 4,

HAZARD Overcrowding

WHO/HOW AFFECTED

Athletes and coaches becoming infected because the stadium was overcrowded, or groups were too large.

CONTROL MEASURES

Only athletes who are members of VP-Glasgow and who have booked via our LoveAdmin system to join a specific training group with a specific coach at a specific time will be allowed access to Scotstoun Stadium. Our training groups will have a maximum size based on the limits set by our national governing body.

1. Only twelve U12 athletes are allowed to train together with a single coach. The bubble size can go up to 30 as long as the 1 to 12 ratio is not exceeded. Coaches should be physically distanced from the athletes.
2. A maximum of fifteen U13 to U18 athletes are allowed to train together with a single coach. Coaches should be physically distanced from the athletes.
3. Athletes 18 years of age or over can train in groups of 15 with a coach. Coaches should be physically distanced from the athletes. Jog leaders who are not physically distanced become one of the group of 15.

4. Coaches will receive by email in advance of their session, an attendance register created on LoveAdmin which can be updated via their App.
5. The contents of the attendance register will be stored on our LoveAdmin system and can be accessed at any time by our admin team.

Control Measure Responsibilities: Coaches: 1, 2, 3, 4,
Athletes: 3
Volunteers: 1, 2, 3, 4, 5,
Staff:

HAZARD Young Children unable to follow instructions

WHO/HOW AFFECTED

Athletes are too young to understand and comply with social distancing.

CONTROL MEASURES

1. The youngest athletes attending will be eight years of age.
2. They will be directed to their training area by VP-Glasgow volunteers.
3. They will remain within their training area for most of their session.
4. They will be part of a group which will have a maximum of 12 athletes to a single coach.

Control Measure Responsibilities: Coaches: 1, 2, 3, 4,
Athletes:
Volunteers: 1, 2, 3, 4,
Staff:

HAZARD Coaches and Volunteers being unprepared

WHO/HOW AFFECTED

Volunteers and Coaches – unable to fulfil their obligations to themselves and the athletes.

CONTROL MEASURES

1. Prior to our return to Scotstoun Stadium, the club will host a number of meetings via Zoom to inform our coaches and volunteers of the

hazards highlighted by our Risk Assessment and the means in which we intend to overcome them.

2. We'll place our Risk Assessment on our website and email a detailed briefing to our members and parents.

Control Measure Responsibilities: Coaches:
Athletes:
Volunteers: 1, 2,
Staff:

HAZARD Off Track or Road Running

WHO/HOW AFFECTED

Athletes and Coaches – spreading the virus to other athletes or groups while road running.

CONTROL MEASURES

Off track coaching and leading including road running.

1. Groups of 15 people can train together when road running. Athletes should be supervised by a coach or jog leader. Jog leaders running with the group count towards the total of 15. Coaches who are physically distanced do not add to the total.
2. Coaches, athletes, and runners should adhere to all restrictions that may be placed on a public space by the owner of that space.
3. Coaches or jog leaders should ensure they have carried out a standard risk assessment of any training space or route, as they would normally, prior to the session taking place.
4. Coaches, athletes, and runners should ensure they carry out standard safety procedures (e.g. phones, route planning etc) when accessing 'wild' public spaces.
5. Be aware of other members of the public using the same space you are training in. The group should be briefed on how they run together in a way that respects physical distancing, and which does not cause unnecessary risk or anxiety to members of the public.
6. There will be no access to changing facilities, toilets, or lockers at Scotstoun.

7. Road Running Groups meeting at Scotstoun should know in advance their rendezvous point. No more than 15 people should assemble at the same place. Prior to the session beginning, physical distancing should be maintained.
8. Multiple assembly points can be identified outside of Scotstoun Stadium. Jog leaders should keep the groups at least 5m apart.
9. The Coach or Jog Leader will go through the session plan and explain how physical distancing will be maintained.
10. If following other groups, remain at least 5m behind.
11. There should be no end-of-session handshakes.
12. Spitting and coughing is strongly discouraged.

Control Measure Responsibilities: Coaches: 1, 2, 3, 4, 5, 6,7,8,9
Athletes: 1, 2, 3, 4, 5, 6,10,11,12
Volunteers: 7,
Staff:

Travel

From 11/03/2021. There are still travel restrictions in place. Athletes over 18 years are not allowed to cross local authority boundaries to take part in any organised athletics competition or training.

Coaches are allowed to travel.

Athletes U18 years of age are also allowed to travel to training.

