



Tug of War Association

Guidance To Clubs

1. All clubs should identify and nominate a COVID-19 officer and details forwarded to the Officials & Records Secretary of the English Tug of War Association. This will be for communication purposes between the National Governing Body and affiliated clubs.
2. The requirement for social distancing and strict hygiene protocols continues. Clubs and individuals must continue to adhere to the Government COVID-19 guidance as described at the time in general. These are conditional on various factors such as the infection rate and people's adherence to the guidelines and may change or be reversed at short notice.
3. Any member or registered puller of the English Tug of War Association (TOWA):
 - Who develops symptoms of COVID-19 cannot go to a TOWA affiliated club or event until they have isolated themselves for a period of not less than 10 days (UK Government guidelines) and ideally 14 days from symptom onset (WHO guidelines). They have the option to apply for a test (UK Government guidelines) but cannot go to a TOWA club until they have a certificate showing that they have tested negative. If they test positive or are unable to get a test, they must complete their isolation period of 10 (or 14) days.
 - Who discovers that they are living with someone known or suspected to have COVID-19 cannot go to a TOWA affiliated club or event for a period of 14 days (UK Government guidelines) as it can take 14 days for COVID-19 symptoms to appear (the incubation period). If the suspected person tests negative, the self-isolation may end.
 - Who has been officially informed that they are a contact of someone known to have COVID-19, should follow the official guidance (this may be by the NHS Track and Trace app or by human contact tracers).

These provisions also apply to any person supporting a TOWA member or registered puller who then has the responsibility to ensure that those persons adhere to the above if going to a TOWA affiliated club or event.
4. All personnel, including but not limited to, pullers, coaches, supporters, team attendants, Officials hereafter called 'Attendees' at a TOWA Affiliated Club or Event shall comply with the following; (Note – numbers are not limited as long as the below requirements are met)
 - Maintain social distancing at the club / event and clubs may and are advised to limit attendees to numbers that the Covid-19 officers can manage.

- Each vehicle should have its own hand sanitiser displayed on entry to the club /event and used on getting out of the vehicle.
 - Each attendee should be wearing their own correctly fitted face covering on entry to the club / event.
 - Each attendee should monitor their own temperature the day before and the morning of the event (competition or training). If it is 37.8 or above, they should not go to tug of war but should self-isolate.
 - Each attendee must be covered by a self-declaration (**Appendix A**), signed either by themselves or by a person authorised to sign on their behalf.
 - All attendees should avoid high risk behaviour outside of tug of war to reduce the risk to other attendees.
 - People from a household can travel together but otherwise car sharing should be avoided. See the government's safer travel guidance for passengers for further information. (Point 10 below)
5. Clubs. The Club's Covid-19 officer shall be responsible for all club members' social distancing and wearing of face coverings. If there is evidence of abuse of the above the club may be subject to disciplinary proceedings. The Covid-19 officer is responsible for ensuring that club members use their own drinks containers and refreshments and that no other items are shared between team members and supporters.

The Club appointed Covid-19 Club Officer will coordinate club responsibilities for the various mandatory measures as set out below. The ability to 'track and trace' is an important condition for the opening up of sport. Additional Liaison Officers (or Covid Marshalls) should be appointed as required to carry out duties delegated by the Covid 19 officer.

5.1 . Hygiene:

- Source/supply appropriate hygiene and cleaning equipment.
- Display and communicate hygiene protocols.
- Position cleaning material at necessary sanitisation stations.
- Provide clear communications and signage for all stations and areas
- Regularly disinfect high risk areas and contact zones.

5.2 . Track and Trace:

- Log declarations and liability waivers for all attendees (for a minimum of 21 days). (**Appendix B**)
- Collect contact details of pullers.
- Log all attendees with when and where so that tracking is readily available in the event of someone having the virus. The log must be detailed enough to allow NHS Test and Trace to contact all participants if a puller or attendee becomes ill with Covid -19. The log must be retained for 21 days.
- Check for signs of Covid-19
- No entry/attendance for attendees showing signs or symptoms of Covid-19. They should be sent home and told to follow procedure as laid down by Public Health England.
- Clubs must have a well signed isolation area for use should an attendee develop a temperature or any other sign or symptoms of Covid-19.

5.3 . Social Distancing.

- Have a vehicle separation and parking policy to ensure social distancing measures can be met.

- If common equipment is being used, other than a rope and gantry, consider spacing training by time and location so that there is time for equipment etc. to be cleaned between sessions and so that contact between individuals is reduced as far as possible.
- Social distancing guidelines should be followed between people from different households wherever possible.
- From 4 July, this means a distance of 2m between people from different households, or 1m plus mitigations (such as face coverings or avoiding face-to-face contact) where 2m is not possible. Other examples of the "plus" part of the new one metre guidelines are:
 - Sit or stand side-by-side, rather than face-to-face
 - Keep windows and doors open to improve ventilation
 - Wear a face covering in crowded indoor environments
 - Avoid talking loudly
 - Don't sing

6. Training

- Changing rooms and showers should not be used.
- Training must be outside.
- A +1m social distancing must implemented as a minimum, we consider this is appropriate due to pullers not being face to face when on the rope, however, we have to consider the additional risk of forced exhalation due to the exercise, so the nearer to 2 metres that can be achieved the better.
- Hand sanitising stations must be set up with easy access and enabling people to maintain a safe social distance when using them.
- Before training starts hands must be washed or hand sanitised.
- Pullers MUST not share water bottles and MUST bring their own if they require one.
- Bring sufficient water for your training use DO NOT fill water bottles from a communal tap.
- Keep all kit bags in or by your vehicle ensure they are a minimum of 2m from anyone else's at all times.
- Bring your own towel – do not share any equipment other than using a common rope.
- When not pulling maintain a distance of at least 2m from everyone else.
- When not pulling do not shout or coach the team pulling
- When pulling do not shout and scream
- When pulling do not turn to talk or shout to the person behind you.
- The 'designated' coach shall wear a face covering or maintain a distance of 4m from the pullers on the rope as coaches are inclined to shout and this projects water droplets further and hence increasing the risk of spread.
- On completion of training thoroughly wash your hands.
- Using the rope during training: There are now 3 options available;
 - Option 1
 - All the generic requirements MUST be met
 - The rope is marked up with tape so that each puller has one piece of the rope for the whole training period.
 - Tacky could be used but it is recommended not to be
 - It is recommended that between each pull, pullers use hand sanitiser to clean their hands.
 - Option 2
 - All the generic requirements MUST be met
 - Tacky MUST NOT be used
 - Between each pull, pullers MUST use hand sanitiser to clean their hands.
 - Option 3

- All the generic requirements MUST be met
- The rope MUST be polypropylene.
- Tacky may be used
- Between each pull, the rope must be thoroughly cleaned with an alcohol sanitiser (at least 65% alcohol) / alcohol-based spray cleaner or an anti-bacterial surface cleaner or similar product (note – non-alcohol based products will require a suitable period (approx. 10 minutes) before the rope can be used again. Any cleaning cloths must safely be disposed of using double-bagging.

NOTE: Option 3 is considered the highest risk and hence the least preferred.

7. Other measures

- Apply and enforce at all times no handshakes at beginning or end of training/competitions etc.
- Limit the time before or after a competition/training so that pullers are less likely to congregate.

7.1 *Spectators.* Family members and supporters may attend but must remain socially distanced and restricted to discrete six person gatherings and spread out in line with government guidance. Clubs should only allow spectators if they are confident that they can manage them and have been approved for the relevant level.

7.2 *Facilities.* Use of changing rooms and showers must follow government advice on the use of indoor facilities. Competitors should, if possible, change in and out of kit at home and avoid showering at the club.

7.3 *Toilets.* If toilets are required due to the length of time that a competition or training is ongoing or the numbers attending then government guidance on toilets should be followed.

This includes:

- Clear signage to encourage good handwashing technique and to maintain social distancing.
- Consider making hand sanitiser available on entry to toilets where safe and practical, and ensure suitable handwashing facilities including running water and liquid soap and suitable options for drying (either paper towels or hand driers) are available.
- Social distancing must be possible and maintained, and frequency of cleaning must be in line with usage.
- Facilities should be kept well ventilated, for example by fixing doors open and opening windows where appropriate.
- Putting up a visible cleaning schedule.
- More frequent rubbish collection.

7.4 *Club Houses.* Clubs may use clubhouses and hospitality facilities in line with government guidance on hospitality settings. Groups must be restricted to six person gatherings and spread out in line with government guidance.

7.5 *Additional Points.*

- Photographers, clubs should restrict them to one for the club.
- Clubs should be flexible in the supply of water, if it is required due to the hot weather or some teams being unable to bring sufficient water.

8. Action Plan and Confirmation.
Checks will be carried out to help clubs and confirm they have satisfactory arrangements in place.
9. TOWA Approval For Return To Training And Competition. Approval will be dependent on a club having confirmed to the TOWA that they have:
 - Provided the TOWA with their risk assessment and the name of their Covid-19 Officer.
 - Put in place the required procedures.
 - Submitted the weekly check sheet (**Appendix C**)
 - Received written permission (via email) from the TOWA.
10. Competition Procedures. The following procedures will take place by clubs and officials attending outdoor competition.
 - i. NO team member shall attend a competition if they have any signs or symptoms of Covid-19. They should self-isolate and follow guidance given by Public Health England.
 - ii. Teams should attend with sufficient hand sanitiser and individual face coverings (including supporters).
 - iii. Teams should remain in their own 'bubble' around the arena and not mix with other teams. Within their bubble team members MUST practice social distancing and take mitigating action if necessary.
 - iv. Teams should submit their team entry sheets including contact telephone numbers for pullers and supporters to help with Track and Trace purposes should details be required.
 - v. The weigh-in will be conducted outdoors. The team coach will register with the officials and teams will be called to the scales one at a time. Whilst on the scales team members will stand back to back and/or side to side and wear face coverings. Borrowing pullers from other clubs is not permitted. The officials will also wear face coverings. The scales will be sanitised after each club has weighed in.
 - vi. The draw will be completed by the chief judge or their nominated official. There will be no initial coin toss; the first team out in the draw will take the end to the left of control as they look at it. If a third end is required the centre judge will toss the coin while coaches remain with their team.
 - vii. During a pull teams will mark up behind each other in the usual manner. When changing ends teams will walk 1 metre either side of the rope as they cross. Coaches and trainers will wear face coverings throughout the pull. Teams will wash/sanitise their hands before and after each match and regularly during the competition. They should avoid touching their face until they have sanitised their hands
 - viii. At the end of the pull teams will not shake hands or cheer, they may clap. The touching of elbows is permitted.
 - ix. The awarding of prizes/medals at the conclusion of the competition will be given en-bloc and not to individuals.
 - x. Ropes should be spaced a minimum of 5 metres apart. At the conclusion of the competition ropes should be tied up and not used for a minimum of 72 hours.
11. Officials' protocols:
 - a. Equipment. All officials should bring their own Face Covering, Gloves and Sanitising product and use their own equipment (Hat, Whistle, paperwork, pens etc.).
12. Travelling to training/competitions
Private cars and other vehicles
 - Plan your journey

- Plan your route, including any breaks, before setting out. Routes may be different as local areas make changes to enable social distancing.
- Check that your vehicle is safe and roadworthy if you haven't used it for several weeks.
- People from a household or support bubble can travel together in a vehicle.
- You should wear a face covering in an enclosed space where social distancing isn't possible and where you will come into contact with people outside your household or support bubble. Take care to use face coverings properly.
- Consider making a list of items to take with you.
- Only travel into, out of and within areas under local lockdown if your travel is essential.

Car sharing

You should try not to share a vehicle with those outside your household or support bubble. If you need to do this, try to:

- share the transport with the same people each time
- keep to small groups of people at any one time
- open windows for ventilation
- travel side by side or behind other people, rather than facing them, where seating arrangements allow
- face away from each other
- consider seating arrangements to maximise distance between people in the vehicle
- clean your car between journeys using standard cleaning products - make sure you clean door handles and other areas that people may touch
- ask the driver and passengers to wear a face covering
- On your journey
- Expect more pedestrians and cyclists, especially at peak times of day. Where possible, allow other road users to maintain social distancing. For example, give cyclists space at traffic lights.
- Limit the time you spend at garages, petrol stations and motorway services. Try to keep your distance from other people and if possible pay by contactless.
- Wash your hands for at least 20 seconds or sanitise your hands often, and always when exiting or re-entering your vehicle.

Completing your journey

- When finishing your journey wash your hands for at least 20 seconds or sanitise your hands as soon as possible.

13. Risk Assessment

A risk assessment must be completed prior to the commencement of any competition which highlights the risks and mitigating actions to reduce such risk (**Appendix D**). Clubs must also consider such matters before training commences.

Appendix A



The English Tug of War Association COVID-19 Self Declaration

In the interests of the health & safety of the people attending training and/or competition, their families and the community, we ask that you complete the following questionnaire / self-declaration.

If you answer Yes to questions 1-5 you will be requested to leave and self-isolate. If you answer Yes to question 6 you are strongly advised to stay at home and should be particularly stringent about following social distancing measures.

Your co-operation and support are appreciated.

Personal Details:

Please provide the following details:

Full Name:

Team:

Contact Telephone Number:

Questions:

	Yes	No	Details
1. Have you been in close contact with anyone who has been diagnosed with the COVID-19 virus?			
2. Do you live in the same household as someone who has symptoms of COVID-19 or who has been in isolation within the last 14 days?			
3. Do you have any of the following typical COVID-19 symptoms; <ul style="list-style-type: none">• Fever;• High temperature;• Persistent coughing,• Breathing difficulties / shortness of breath, or• A loss of, or change in, your normal sense of taste or smell (anosmia)			
4. Have you been advised by a notification that, in accordance with that guidance, you need to follow rigorously shielding measures?			
5. Have you travelled outside the UK, Republic of Ireland, Isle of Man or Channel Islands or one of the countries not included within the self-isolation exemption within the past 14 days? England & NI - https://www.gov.uk/guidance/coronavirus-covid-19-travel-corridors Scotland - https://www.gov.scot/news/quarantine-rule-ends-for-travellers-arriving-from-lower-risk-countries-and-territories/			
6. Are you defined in public health guidance as extremely vulnerable and at very high risk of severe illness from COVID-19 because of an underlying health condition?			

Declaration:

In signing this questionnaire, you confirm that the information provided is true to the best of your knowledge and current condition. You commit to advising the team coach/COVID responsible person/host and exclude yourself from training or competition if your situation or condition changes (i.e. if in the future you would answer Yes to any of the above questions).

Signature:

Date:

A SIGNED COPY OF THIS FORM IS REQUIRED FROM EACH TEAM INDIVIDUAL ATTENDING TRAINING. A SEPARATE SELF DECLARATION WILL BE PREPARED AND GIVEN TO THE TEAM COVID 19 RESPONSIBLE PERSON PRIOR TO ATTENDING COMPETITION.

Appendix B

COVID-19- WEEKLY CLUB REGISTRATION

In the interests of the health & safety of the people attending training and/or competition, their families and the community, we ask that you complete the following questionnaire / self-declaration.

Your co-operation and support are appreciated.

CLUB NAME	COVID-19 RESPONSIBLE PERSON NAME	SIGNATURE			
NAME	SELF DECLARATION YES/NO	DATE	DATE	DATE	DATE
	YES/NO				
	YES/NO				
	YES/NO				
	YES/NO				
	YES/NO				
	YES/NO				
	YES/NO				
	YES/NO				
	YES/NO				
	YES/NO				
	YES/NO				
	YES/NO				
	YES/NO				
	YES/NO				
	YES/NO				
	YES/NO				
	YES/NO				
	YES/NO				
	YES/NO				
	YES/NO				

THIS DOCUMENT MUST BE RETAINED FOR A PERIOD OF 28 DAYS

Appendix C

COVID-19 Weekly Check Sheet		
TEAM		COVID SUPERVISOR
General Points		
Have non-essential visitors been prevented from entering training venue?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are all team members being regularly briefed on the criteria for deciding whether to travel to training or not (forexample, if someone falls ill, social distancing or self-isolation)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Has a set start and finish time been planned and communicated to all team members?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Whilst team members arrive for training is social distancing being maintained?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are hands being washed or sanitised on entry and exit and at regular intervals during training?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are members being encouraged to ensure social distancing during training sessions	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is there a means employed during training and change over for members to ensure social distancing is being adhered to? (Change over of ends and teams always staying to opposite sides of the rope)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are there any transmission surfaces e.g. access points, toilets, tables, other surfaces sanitised regularly?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are inductions being conducted in line with social distancing requirements and where practicable outdoors?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Hand Washing		
Are adequate hand washing facilities that enable social distancing, available or where hand washing facilities are not available is there access to sanitiser?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are hand wash and sanitiser dispensers topped up and in working order?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is there a regime for the cleansing of hand washing facilities which is not shared?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is there adequate provision for disposal of hand towels with regular removal and disposal?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is there a sufficient stock of hand wash, hand sanitiser, hand towels and cleaning product available?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Toilets		
Are hands being washed before and after use?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is there a cleansing regime, acknowledged by signature?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Appendix C

Are there adequate toilets for the number of members training?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Are cleaning material provided to enable the touch surfaces to be adequately cleaned before and after use?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Training Kit , water bottles, ropes and other training equipment			
Are members attending the training session already dressed for training?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Do members provide and look after their own water bottles?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Is social distancing maintained throughout any rest break?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Is the cleaning regime, disposal of waste and control of training equipment adequately controlled?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Will the training be held in open areas?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Are taps and washing facilities routinely inspected and cleaned?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Are toilet handles and seats routinely inspected and cleaned?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Are door handles and push plates routinely inspected and cleaned?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
General			
Are all new training procedures being followed?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Are all relevant systems and procedures such as risk assessments and guidance to clubs from the Tug of War Association and Government guidance being reviewed and updated on a regular basis?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Additional Comments:			
Actions Required			
If you answered No to any of the above question please detail below corrective actions			
Item No	Observations	Action Required	Action Completed (Initial)
Completion By;			
PRINT NAME:		SIGNATURE:	Date:

Appendix D

Specific Risk Assessment: Coronavirus & Covid-19			
Date of Assessment:		R/A Ref No:	

Activity:	Hazards:	Risk:	Risk Rating:			Control Measures:	Residual Risk:		
			L	M	H		L	M	H
Avoiding Coronavirus (Covid-19),	The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes.	Teams around the arena coming into contact with a Coronavirus carrier or someone infected with Covid-19.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Teams Remain In Their Bubble Teams do not mix outside the arena but remain in their own group. Within their group team members must maintain social distancing. Why? When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If one is too close, one could breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. Fomite transmission: The risk associated with the handling and transfer of equipment in the sport	Teams weighing in will be in close contact and using the same equipment. Coming into contact with a surface contaminated with Coronavirus (Covid-19).	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		Teams To Weigh In When Called The weigh in will be conducted outside in the open air. To prevent the mixing of teams they will remain in their bubble until called over by an official. On the scales teams will stand back to back or side by side and wear face coverings. The weighing equipment will be sanitized before the next team is called over. Why?	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Appendix D

	<p>The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes.</p>	<p>Team coaches are usually present for the competition draw and subsequent coin toss and choice of ends to start the competition</p>			<p>When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.</p> <p><input checked="" type="checkbox"/> Draw to be completed by the official in charge To reduce the chances of team coaches coming into contact with each other the official in charge will conduct the draw. For each round of competition the team drawn first will start the pull on the left hand side of control. If there is a need for a choice of third end the centre judge will toss the coin whilst coaches and teams remain in position.</p> <p>WHY? When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease. These control measures will prevent the possibility of any contact.</p>	<p><input checked="" type="checkbox"/></p>		
	<p>The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. Fomite transmission: The risk associated with the handling and transfer of</p>	<p>Teams will be using the same rope during competition. Coming into contact with a surface contaminated with Coronavirus (Covid-19).</p>			<p><input checked="" type="checkbox"/> Wash/Sanitise Hands Before And After Each Pull.</p> <p>Before and after each match competitors will wash/sanitize their hands. Pullers will line up behind each other during competition maintaining a distance of 1m and opposing teams will be a minimum of 10m apart. Maintain 1m distance apart</p>	<p><input checked="" type="checkbox"/></p>		

Appendix D

	<p>equipment in the sport.</p> <p>The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. Fomite transmission: The risk associated with the handling and transfer of equipment in the sport</p>	<p>Anyone who is; aged 70 or older including officials (regardless of medical conditions); under 70 with an underlying health condition listed below (i.e. anyone instructed to get a flu jab as an adult each year on medical grounds); chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis; chronic heart disease, such as heart failure; chronic kidney disease; chronic liver disease, such as hepatitis; chronic neurological</p>			<p>either side of the rope when changing ends. There will be no cheering or shaking hands after each match. Coaches and trainers will wear face coverings for all pulls</p> <p>Why? When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If one is too close, one could breathe in the droplets, including the COVID-19 virus if the person coughing has the disease. Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.</p> <p>Practice respiratory hygiene Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.</p> <p>Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.</p>	<p>☒</p>		
--	---	--	--	--	---	----------	--	--

Appendix D

	<p>The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes.</p>	<p>conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy; diabetes; problems with your spleen – for example, sickle cell disease or if you have had your spleen removed; a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy; being seriously overweight (a body mass index (BMI) of 40 or above); those who are pregnant;</p> <p>Spectators and supporters attending competitions coming into contact with a Coronavirus carrier or someone infected with Covid-19.</p> <p>Coming into contact with a surface contaminated with Coronavirus (Covid-19).</p>			<input checked="" type="checkbox"/>	<p>Supporters Teams should arrive with essential personnel only. Supporters, parents, and other spectators (usually very few) to remain socially distanced whilst attending events. Spectator groups must be restricted to discrete six person gathering limits and spread out, in line with wider government guidance.</p> <p>Why? It is necessary to reduce the number of people present at a competition to limit the potential spread of infection (COVID-19).</p>	<input checked="" type="checkbox"/>		
--	--	---	--	--	-------------------------------------	--	-------------------------------------	--	--

Appendix D

Activity:	Hazards:	Risk:	Risk Rating:			Control Measures:	Residual Risk:		
			L	M	H		L	M	H
Controlling the spread of Coronavirus (Covid-19)	The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes.	<p>Coming into contact with a Coronavirus carrier or someone infected with Covid-19.</p> <p>Coming into contact with a surface contaminated with Coronavirus (Covid-19).</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<p>If you have symptoms of coronavirus infection (COVID-19), however mild, stay at home and do not leave your house for 7 days from when your symptoms started.</p> <p>If you live with others and you are the first in the household to have symptoms of coronavirus, then you must stay at home for 7 days, but all other household members who remain well must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill.</p> <p>If you have fever, cough and difficulty breathing, seek medical care early Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.</p> <p>Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Appendix D

<p>Controlling the spread of Coronavirus (Covid-19)</p>	<p>The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes.</p> <p>Can also be contracted from touching surfaces after someone with suspected coronavirus (COVID-19) has left an area (non-healthcare settings)</p>	<p>Coming into contact with a Coronavirus carrier or someone infected with Covid-19.</p> <p>Coming into contact with a surface contaminated with Coronavirus (Covid-19).</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<p>Cleaning an area Cleaning with normal household disinfectant after someone with suspected coronavirus (COVID-19) has left will reduce the risk of passing the infection on to other people if an area can be kept closed and secure for 72 hours, wait until this time has passed for cleaning as the amount of virus living on surfaces will have reduced significantly by 72 hours. Wherever possible, wear disposable or washing-up gloves and aprons for cleaning. These should be double-bagged, then stored securely for 72 hours then thrown away in the regular rubbish after cleaning is finished using a disposable cloth, first clean hard surfaces with warm soapy water. Then disinfect these surfaces with the cleaning products you normally use. Pay particular attention to frequently touched areas and surfaces, such as bathrooms, grab-rails in corridors and stairwells and door handles if an area has been heavily contaminated, such as with visible bodily fluids, from a person with coronavirus (COVID-19), consider using protection for the eyes, mouth and nose, as well as wearing gloves and an apron wash hands regularly with soap and water for 20 seconds, and after removing gloves, aprons and other protection used while cleaning. Personal protective equipment (PPE) The minimum PPE to be worn for cleaning an area where a person with possible or confirmed coronavirus (COVID-19) is disposable gloves and an apron. Hands should be washed with soap and water for 20 seconds after all PPE has been removed.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
---	--	--	--------------------------	--------------------------	-------------------------------------	---	--------------------------	-------------------------------------	--------------------------

Appendix D

<p>Controlling the spread of Coronavirus (Covid-19)</p>	<p>The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes.</p> <p>Can also be contracted from touching surfaces after someone with suspected coronavirus (COVID-19) has left an area (non-healthcare settings)</p>	<p>Competition Officials: Coming into contact with a Coronavirus carrier or someone infected with Covid-19. Coming into contact with a surface contaminated with Coronavirus (Covid-19).</p>			<input checked="" type="checkbox"/>	<p>Competition officials should observe the governing body guidance in the same way as participants are required to. Match officials must remain socially distanced from players where possible during play. Officials over 70 years and/or with underlying health conditions will not be involved in the weigh-in process.</p>		<input checked="" type="checkbox"/>	
<p>Additional Information:</p>									
<p>Assessor (PRINT NAME):</p>		<p>Assessor (SIGNATURE):</p>							