

Leicester Rowing Club Return to Indoor Rowing Risk Assessment						
Identifying the Hazard	Who is at Risk?	Severity 1-5 "S"	Chance 1-5 "L"	Risk "S"x"L"	Control Measures-Reducing the Risk	Outcome after control
Travel to and from the club-					see main Covid-19 risk assessment	Low
Use of Toilets-					see main risk assessment but move the cone to the corridor leading to the disabled toilet	Low
someone present is shedding the virus or has been in contact with someone else who is	Participants and coaches	4	3	12	<p>Maintain social distancing</p> <p>Wash or sanitise hands thoroughly on arrival and frequently thereafter.</p> <p>Ensure at least 2m distance between ergos and require that they are not moved</p> <p>Open all windows and doors to provide ventilation and use fans to improve air flow</p> <p>Operate a booking system to limit the number of people present at any one time. Retain information on bookings in case needed for test and trace purposes</p> <p>Encourage individuals who are in a single household/bubble or who are already in a mixed household crew to train at the same time and use adjacent machines at busy times</p> <p>Consider arranging ergos so people are back to back</p> <p>Sliders not to be used</p> <p>Coaches to avoid shouting, including loud encouragement when people are doing pieces.</p> <p>Enforce a one way system for access and exit</p>	Moderate

contaminated surfaces within the ergo room	Participants and coaches	4	3	12	Sanitise ergo at the start of each period of use. At the end of each period of use sanitise ergo and clean surrounding area if required Cloths used for wiping up to be single use only and disposed of in a pedal bin Athletes to arrive ready changed and with own drinks bottle No communal equipment available for playing music Minimise touching of all surfaces	Moderate
Communication breakdown leads to more people being at the club than planned, reducing ability to maintain social distance	Participants and coaches	4	1	4	Operate a booking system to limit the number of people present at any one time Members wishing to return to indoor rowing to read and sign off on the agreed protocols. Hold compulsory briefing meeting	Low
Failure to follow the Club guidance and protocols	Participants and coaches	4	1	4	Robust sign off process for all members who wish to row indoors Well publicised 'whistle -blower' policy encouraging and empowering members to advise the committee of any non-compliances One-to-one re-briefing of any members not following the guidance with potential to withdraw indoor rowing permission if necessary	Low

References : <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>

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