

# SYL SPORTS & WELLNESS

## SYL Sports & Wellness - RISK ASSESSMENT - GENERAL

RISK ASSESSMENT AND OPERATIONAL PLAN - FOR SYL SPORTS & WELLNESS (STAFF/CONTRACTORS/ COACHES/ INSTRUCTORS)

### COVID SECURE TRAINING

All training activities should still be well within participants' confidence and skill level to reduce the likelihood of needing emergency services. SYL Sports & Wellness Ltd. recommends that training intensity and frequency is modified to manage risks and to augment safety.

### FULL DAY/SCHOOL CLASSES (running the Classes)

Prior to the class starting, the club will ensure:

- The School has been provided with all the necessary documents
- DBS checks for all staff

Records of children participating will contain the following details:

Name of the student

Name of Parent - N/A

Home address and telephone number - N/A

Parent/carer mobile number - N/A

Name and telephone number of emergency contact person - N/A

Relevant medical information of a STUDENT, if needed

Names of individuals permitted to collect the child with parental consent. ( in the case of after school activity) - N/A

During the club sessions, we will ensure:

- A register is taken for each session, absences need to be queried. Missing students need to be accounted for;
- Drills, Exercises, Routines, Performed by a trained and experienced Professional
- Group Sizes do not exceed 25 students per session and If class size is excessive that students are split into several sets of smaller groups for health and safety with accompanied Class Teacher (if classes are over 25 with extra teacher support - we will need the headteachers approval for this to go ahead).

Risks associated with the actual activity;

### Muscle Soreness

Muscle soreness or tendon inflammation are other disadvantages of exercise. The worry is a muscle strain from trying a new skill, or from repeatedly rolling in the same direction.

This is counteracted by:

- A safe environment is provided at all times.
- Clear and adequate instructions are given prior to commencing an activity.
- Coaching methods and procedures are continually assessed for the safety of both performer and coach.
- Only competent and suitably trained and qualified persons supervise or coach

### SYL SPORTS & WELLNESS

3 Rounton Close, Nascotwood Road, Watford, WD17 4DU

[www.sylsports.com](http://www.sylsports.com)

SYL Sports & Wellness Ltd (Reg'n No. 09787655, Registered in England & Wales, Registered office: as stated above) is the proprietor of SYL Sports & Wellness Ltd

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- an activity.
- • The clothing and special equipment (e.g. handguards, gloves and pads) to be worn by the participants must be suitable, not loose fitting, and in good order. - N/A
- • The health status of each participant should be known before commencing a training session or competition. If a coach knows of any health reason, medical condition or injury which might affect a participant's ability to train or compete, or which might adversely affect his or her health if he or she were to train or compete, appropriate medical advice should be obtained before the participant undertakes any training activity or competes. If a medical advisor advises that the participant should not train or compete, the participant should not do so until a medical advisor has advised that the participant may do so
- Medical advice should be sought in case of injury and only persons who are qualified should administer first aid.
- An accurate record of injuries and actions should be maintained and kept up to date.
- Coaches must be immediately accessible and never leave the premises while a session is in progress.
- All incidents are recorded. Understand emergency procedures and be able to carry them out;
- Parents/carers and school office know the time that the club finishes and where the child is to be collected from - N/A
- The parents access the building from 4.25pm onwards; - N/A
- Parents are aware that their children are to be picked up from inside the building - N/A

Children are not to meet their parents outside - N/A

- Parents have a contact number for the club leader in case of emergency (Mobile Phone) - N/A
- Parents sign a register before taking a child out of the premises; therefore all children are accounted for. - N/A

These guidelines have been formulated so we all know what to do should a situation occur. For example, parent/carers arriving late to pick up their children: - N/A

If a parent/carer is not present to collect their child at the end of the Club, we will ensure that the child waits with us inside the school building. - N/A

We will contact the parent/carer by phone or on mobile to ensure the child will be picked up and find out who is collecting them and when. - N/A

If unable to contact the parent/carer by phone, or vice versa, we will wait inside school with the child, until they have been collected. - N/A

In case of an extreme delay, we will seek further assistance from the school and their policies. - N/A

Further to this, if no one can be contacted then the police will be advised. The police will advise me on the next course of action and we will remain with the child in the school until are safely accounted for. - N/A

Child Protection Policy/RISK ASSESSMENT

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