

ABOLICAO CAPOEIRA KIDS' GROUP OXFORD

CV19 HEALTH AND SAFETY GUIDANCE POLICY/RISK ASSESSMENT 2020

The purpose of this document is to provide guidance to minimise the risk of transmitting CV19 and must be adhered to at all times by every member of the group.

BEFORE CLASS

- Pay online via Bookwhen - numbers have been restricted to 12 students per session and we are now operating a cashless system
- We will not be able to accept walk-ins who have not pre-booked
- Arrive in uniform (those who have whites) or suitable clothing for training if you do not have the uniform
- Wash hands thoroughly for 20 seconds before arrival
- Wait at the entrance - 2 meters apart
- Enter the building in accordance with the school's routes
- Fomites (equipment) will be cleaned prior to use - mats/football markers/cones, banisters, light switches, benches
- Bring a full water bottle to be kept next the individual training space - please do not bring bags (or keep with parent)
- Bring hand sanitiser and use it before entering the building, during training and upon leaving
- If a member looks visibly unwell or shows signs of illness, access to the class will be denied to protect others

Track and trace

- All members must be registered and leave contact details for track and trace which will be kept for 21 days
- You/we must inform members of Abolicao Capoeira Kids' Group Oxford immediately of positive tests to comply with track and trace
- If you become unwell with a new, continuous cough or have a high temperature: **STAY AT HOME & self isolate** in accordance with the government guidelines and arrange for a test
- **DO NOT ATTEND** class if you have symptoms or have been in contact with someone who has tested positive

During class

- Maintain social distancing at all times - we will minimise contact between individuals
- Instructors will wear visors
- Participants will train on mats that are distanced from others and marked out at 1 metre
- Catch it, kill it, bin it: sneeze into your elbow if you do not have a tissue. Tissues will be provided and will be disposed of appropriately and safely in lidded bins
- Doors and windows will be open where possible to maximise the ventilation
- Parents can stay in the hall dependent on numbers - socially distancing must be maintained at all times. Face coverings/masks should be worn
- Use of toilet - hands must be sanitised before use, washed after use and the toilet will be cleaned between users

Injury treatment

Injuries during play will be treated, as participant wellbeing is utmost. To protect yourself and others is through rigorous cleaning, personal hygiene and regular hand hygiene. An increased frequency

of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, will be used. Face coverings will be worn when undertaking treatment. After contact with an injured participant, first aiders will wash hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. Touching mouth, eyes and nose must be avoided.

First aiders will keep a record of each participant they have come into contact with for test and trace purposes.

See [further information](#) for those who may need to act as a 'first responder' role in a sports setting.

After class

- Records of attendance will be kept for track and trace purposes
- Fomites (equipment) and the space will be cleaned after use - including benches, chairs and mats
- Sanitise hands
- Exit the premises using the school's dedicated routes
- Inform us if you become unwell or are isolating following contact with someone who has symptoms/tested positive for CV19

Appendix- Test and trace

The opening up of the economy following the COVID-19 outbreak is being supported by NHS Test and Trace. You should assist this service by keeping a temporary record of your participants for 21 days, in a way that is manageable for your organisation, and assist NHS Test and Trace with requests for that data if needed. This could help contain clusters or outbreaks. Many organisations already have systems for recording their participants. If you do not already do this, you should do so to help fight the virus. We will work with industry and relevant bodies to design this system in line with data protection legislation, and set out details shortly at www.gov.uk/coronavirus.

You should assist the Test and Trace service by keeping a temporary record of your staff shift patterns for 21 days and assist NHS Test and Trace with requests for that data if needed. This could help contain clusters or outbreaks

Records will be kept in accordance with GDPR and will only be kept for 21 days

WEBSITES FOR GUIDANCE

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/return-to-recreational-team-sport-framework>

<https://www.gov.uk/guidance/maintaining-records-of-staff-customers-and-visitors-to-support-nhs-test-and-trace>