

This document provides an example club COVID-19 risk assessment. Club's may use this as a reference, but must take a copy and adapt for their own circumstances.

Ref	Activity	Significant Hazards and Consequences	Who might be affected?	Measures to Reduce Risk	Further Action	Responsible
3	COVID-19 related considerations					
3.1	Outdoor Ultimate					
3.1.1	Deciding to attend	Risk that someone with infection attends	Participants, members of household of participants, members of the public	All participants must be aware of symptoms; must absolutely not attend if in any doubt Complete pre-attendance check confirming no symptoms Any participant developing symptoms after completing check (e.g. during training) must withdraw from session immediately	Club COVID Officer to produce and/or publish attendance form	All participants Club COVID Officer
3.1.2	Travel to / from event	Risk that participants who is unknowingly infectious infects others on journey; Risk that participants is infected as a result of interactions with other people on journey	Participants, members of household of participants, members of the public	Do not share cars with people outside household Avoid public transport if possible	Send regular reminders to club members ahead of training sessions	All participants Club COVID Officer
3.1.3	Social interactions pre-/post-training session	Risk of infection between participants during pre/post-training socialising	Participants, members of household of participants, members of the public	Avoid socialising before/after training Reminders to maintain >2m distance with all other participants	Send regular reminders to club members ahead of training sessions	All participants Club COVID Officer
3.1.4	Participants sharing possessions	Risk of infection due to participants sharing drink, food, first aid materials, or other items	Participants, members of household of participants, members of the public	NAMED water bottles and sanitiser Do not share food or drink All participants should bring own first aid kit All participants should bring own coats/waterproofs (overcoats more likely to be unthinkingly shared in rain) Participants should leave 2m spacing between kit bags at the side of the field	Send regular reminders to club members ahead of training sessions	All participants Club COVID Officer or training-organiser/coach
3.1.5	Discussions during training session	Risk of infection between participants during pre/post-training socialised and/or discussions during training	Participants, members of household of participants, members of the public	"Huddles" to be done with all players at ~2m distances from each other Circular arrangement means that anyone facing the speaker should be much more than 2m away from the speaker	Send regular reminders to club members ahead of training sessions	Coach / training organiser
3.1.6	Activity during training or play (proximity of participants)	Risk of infection between participants if individuals spend too much time in close proximity	Participants, members of household of participants, members of the public	All activities should be pre-planned including structure for maintaining distance during and between active involvement No close face-to-face discussions ----- Phase B -> NO DEFENDING AGAINST EITHER THROWER OR RECEIVERS ----- Phase C -> DEFENDERS MUST NOT SET UP FACE-GUARDING WITHIN 1m, PLAYERS MARKING THROWER MUST REMAIN >1m FROM THE THROWER AT ALL TIMES WITH NO STALL COUNT ----- Phase D -> NO STALL COUNT, MODIFIED RULES FOR CALLS AND DISCUSSION TO AVOID CLOSE FACE-TO-FACE DISCUSSION	Coach / training-organiser to create detailed plan for each session	Coach / training organiser
3.1.7	Activity during training or play (sharing discs)	Risk of transmission of virus via discs being shared between participants	Participants, members of household of participants, members of the public	Plan for "cleaning breaks": All participants clean hands thoroughly before, after and every 20 mins All discs must be cleaned before and after training. All discs cleaned at each hand-hygiene break (every 20 mins) If appropriate for location, divide training groups into "throwing bubbles" so that disc sharing only occurs within bubble. Phase C/D -> Game disc replaced and cleaned after each point or after 10 minutes if point lasts that long.	Ideally all discs should be provided one individual who can take responsibility for confirming they have all been cleaned; or individuals evidence cleaning their own disc (e.g. photo to team whatsapp group).	COVID Officer
3.1.8	Activity during training or play	Injury due to participants being out of condition after long break from Ultimate	Players	Take it easy at first! Build up intensity over period of several sessions; avoid long sessions initially	Consider if a longer, slower warm-up and cool-down would be appropriate at first	Coach / training organiser All participants
3.1.9	Equipment	Risk of transmissions due to use of other equipment (cones, bibs)	Participants, members of household of participants, members of the public	"Owner" of particular pieces of equipment should be the only person that handles it Do not share bibs (or similar)	Create a checklist of equipment and who looks after it	Coach / training organiser
3.1.10	First aid	Risk of transmission due to close contact support for injured person	Injured person, or people providing physical assistance	Injured person and anyone helping should (if possible) wear gloves and face-coverings	Obtain additional gloves and masks to add to first aid packs Encourage all players to have their own first aid kit Remind all players to bring masks Review this link for further guidance: https://www.hse.gov.uk/coronavirus/first-aid-and-medicals/first-aid-certificate-coronavirus.htm	COVID Officer or one of club first aiders