Covid-19 Generic Return to Training Risk Assessment

Clubs should note that this is a generic risk assessment that must be amended and supplemented as required to reflect the situation at each club. You must carefully consider the circumstances in which training takes place at your club and decide how you will mitigate against the specific risks of droplet transmission (risk of airborne infection) and fomite transmission (risk from objects or materials that may carry infection). Areas highlighted in yellow **must** be removed and replaced with your own mitigation measures.

You should refer to [Government Guidance for Team Sports](https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/return-to-recreational-team-sport-framework) when preparing your risk assessment. You should be aware that droplet transmission risk identified in items 2 and 3 below is as specified in government guidance and can not therefore be changed. You should ensure that all your paddlers are aware that paddling a dragon boat with more than 8 paddlers in the boat has a high overall risk.

Clubs with juniors or vulnerable adults should assess the risks with specific reference to these populations where appropriate.

Droplet Transmission

| **Contact Point** | **Type** | **Proximity** | **Risk** | **Interaction time** | **Cumulative Risk** | **Adaptions/Mitigations** | **Reasoning** | **Overall Risk** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Boat launch and recovery | Side-to-side | 1-0m | Medium | >3s | Medium | Space paddler diagonally across boat to increase distance. Masks to be worn during launching. | Increasing distance reduces risk. Use of masks reduces risk of transmission. | Low |
| Paddle session (8 paddlers – Phase 1)\* | Not face to face | >1.0m | Low | >15m | Low | Sessions to be low intensity “technical sessions”. No mixing of paddlers between clubs. | Reducing intensity reduces risk of exhaled transmission. | Low |
| Paddle session (>8 paddlers – Phase 2 onwards)\* | Not face to face | 1-0m | High | >15m | High | Hand sanitation before, during and after session every 15 minutes. Education on coughs, sneezes and breathing away from partner. Sessions to be low intensity “technical sessions”. Track and trace to be implemented. Record to be kept of where paddlers are sitting in the boat. No change of seats to be permitted. Session time to be limited to 45 minutes on the water in Phase 1 and 2 and 60 min in Phase 3. No mixing of paddlers between clubs. | Reducing intensity reduces risk of exhaled transmission. Track and trace and careful recording of positions in the boat will allow all other paddlers in the same boat as any paddler developing symptoms to be contacted. | High |
| Helm or coach instructions | Not face to face | >1.0m | Low | >3s | Low | All sessions to be coached from either helm position or adjacent coaching launch. Microphone and speakers to be used. | The use of amplification removes the need to raise the voice and physical distancing of speaker will reduce risk. | Low |

*\*Droplet transmission risk is as specified in government guidance and cannot be changed.*

Fomite Transmission

| **Contact Point** | **Type** | **Occurrence** | **Risk** | **Length of time** | **Cumulative Risk** | **Adaptions/Mitigations** | **Reasoning** | **Overall Risk** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Boat launch and recovery | Hand | Launch and recovery only | Medium | 2-3min | Medium | Where possible boats to be kept on the water or trolleys to be used to reduce launch time. Paddlers to clean area by their seat and only touch boat next to their seat. Hands to be sanitised before boat is touched. | Transmission risk is reduced by cleaning of hands and of boat adjacent to paddler’s seat. | Low |
| Boat and seat during paddle session | Hands and clothing | Duration of session >30min | High | Duration of session >30min | High | Paddlers are only in contact with their own cleaned seat and immediate area of boat around them. Hand sanitisers to be applied every 15 minutes during session. | Transmission risk is reduced by cleaning of hands and of boat adjacent to paddler’s seat and kept low by reapplication of sanitiser. | Low |
| Helm or coach microphone | Face | Duration of session >30min | Low | Duration of session >30min | High | Microphones only to be used by coach or helm. No shared equipment during session. Microphones to be either allocated permanently to coach or sanitised after session. | No sharing of equipment removes risk of transmission. | Low |
| Water bottles | Hand | Duration of session >30min | Medium | Varies | Medium | Water bottles to be attached to buoyancy aids and not allowed loose in the bottom of the boat. Bottles to be clearly labelled and not touched by other paddlers. | No sharing of equipment removes risk of transmission. | Low |
| Shared paddles and buoyancy aides | Hand and clothing | Duration of session >30min | Medium | Duration of session >30min | Medium | Paddlers to be encouraged to use their own buoyancy aids which should be taken away at the end of the session. Shared equipment (or equipment to be stored centrally) to be disinfected before and after use. | Disinfection of shared equipment reduces risk of transmission. | Low |

General Guidance

| **Item** | **Type** | **Occurrence** | **Risk** | **Length of time** | **Cumulative Risk** | **Adaptions/Mitigations** | **Reasoning** | **Overall Risk** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Use of clubhouse facilities | N/A | Every session | Low | N/A | N/A | Clubs to follow Government guidance on the use of premises. Risk assessments and facilities usage to be in place and agreed with other users. | Dragon boat clubs generally share premises with other water sports centres or other boat clubs where procedures will already be in place. | Low |
| Shared storage areas | Fomite | Every session | Low | N/A | N/A | Clubs to ensure that all shared equipment and personal equipment stored centrally is disinfected before and after use. | Disinfection will reduce risk of transmission. | Low |
| Injuries during session | N/A | Face to face | Low | N/A | N/A | Face coverings to be used when treating injuries. | Dragon boat training is low impact and it is very unusual for injuries requiring treatment to occur during training. | Low |
| Capsize | N/A | Unlikely | Low | >5s | Medium | Normal capsize procedure to right boat. After session all paddles and equipment to be cleaned and disinfected. | Dragon boat capsizes are rare occurrences and paddlers will be further away when in the water than in the boat. | Low |