

White Trees Risk Assessment COVID 19 education delivery on Body Active Gym

Risk Assessment for Education sport at Body Active Gym, starting Tuesday 20th April 2021		
https://www.gov.uk/coronavirus		
Pupils: All pupils	Staff: LB, AS, PM, HM, CS, AD, HH, CN, PH, SR, LP, AM, RW, AR,	
Date: 13/04/2021	Assessment completed by: Laura Bull	Position Head Teacher
Commissioning Local Authorities: Hertfordshire, Hillingdon, Essex, Lambeth, Havering, Cambridgeshire, Croydon, Northamptonshire		
Is there a need for the gym to become apart of our school only bubble?		Yes
If yes, please explain why:		No
<p>At White Trees we currently do not have any sports facilities and rely solely and heavily on outsourcing our PE curriculum using local gyms and sports facilities. With the current National Lockdown restrictions, this would negatively impact our ability to ensure that the pupils receive their compulsory PE curriculum that we are required to provide. The owner of Body Active Gym has agreed to allow pupils from White Trees during school hours – using their booking system, to ensure that it is no overcrowded, only customers who have booked online for an hours slot can attend the gym – there is a cut off number per session. Equipment will be cleaned and wiped down after use, this is not just our practice but is also in line with the gyms covid procedures. The gym will be booked for us from 9am – 3pm. Pupils will access the site from 9:30am-2:30pm. We will adhere to social distancing and the government guidelines with regards to managing Covid-19 – providing hand gel, sanitiser, masks and encouraging pupils to wash their hands regularly. Pupils will not use the changing rooms, only to use the toilets. They will come to the gym already changed and in PE kit.</p> <p>It is incredibly important for our pupils who have social, emotional, and mental health difficulties to exercise regularly, as it is proven that those who do tends to provide them with an enormous sense of well-being. They feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about</p>		X

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<p>themselves and their lives. It's also a powerful medicine for many common mental health challenges.</p> <p>Regular exercise can have a profoundly positive impact on depression, anxiety, and ADHD. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. Research indicates that modest amounts of exercise can make a real difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to deal with mental health problems, improve your energy and outlook, and get more out of life.</p> <p style="text-align: center;">Unit 12, Italstyle Bldg, Cambridge Rd, Harlow CM20 2HE</p>		
Please identify risks below for using Body Active Gym:		
High Risk Factors	YES	NO
Does a staff member or anyone in their household have any <u>underlying health risks</u> or are in the <u>shielding groups</u> as per government guidelines and are required to isolate?		X
Does the <u>child/pupil/parents/carers</u> or anyone in their household have any <u>underlying health risks</u> or are in the <u>shielding groups</u> as per government guidelines and are required to isolate		X
Does the parent / carer have any concerns and not want the child to leave their home for face to face sessions		X
Does staff member and anyone from their household have <u>symptoms</u> of COVID 19		X
Do the pupils and anyone in their household have <u>symptoms</u> of COVID 19		X
Do the pupils or anyone in their household <u>self-isolating</u>		X
Is the staff member or anyone in their household <u>self-isolating</u>		X
Are the pupils or any member of their household <u>not</u> staying at home and following <u>social distancing</u> advice		X

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Do the pupils have any difficulty with self-regulation and cannot adhere to personal space and distancing with staff and other people		X
Do the pupils have difficulty with self-regulating their behaviours and lack the ability to calm themselves and self-regulate their behaviour	X	
Are there any concerns with regulating physical <u>behaviours</u> and not become violent (hitting, spitting, biting, self-harming etc)	X	
Do any identified pupils have difficulty in <u>following safety instructions</u>		X
Do any pupils have a risk of <u>absconding or running away</u>	X	
Do any of the pupils have a history of requiring <u>physical intervention</u> e.g. restraint	X	
Do any of the pupils have <u>difficulty with communication</u> which can often lead to a physical response and heightened anxiety	X	
Do any pupils <u>have any difficulty following</u> COVID 19 instructions for washing hands and coughing/sneezing		X
Other High Risks (please insert): Self harm	X	
<u>Mitigation actions to reduce risk if any answer is Yes above:</u>		
Some pupils have a history of self-harm, safeguarding procedures will take place where a full sweep of any environment where they will be working will be undertaken before they arrive. All pupils are to be fully supervised at all times, with equipment use being fully supervised. One pupil has a positive handling plan and will be supervised 2:1, a dynamic risk assessment will be made in deciding whether it is 'safe' for him to attend the gym – as he has a		

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<p>history of absconding. All pupils have individual risk assessments with all staff who are working with them knowing the identified triggers and strategies that are required to be used in given situations. A qualified PE member of staff advising on gym sessions, who is a member of the Senior Leadership Team and will be supporting down there as much as possible.</p>		
Low Risk Factors (Green)	YES	NO
Pupils and parents/carers understand the dangers of COVID 19 and the risks of spreading and contracting the virus	X	
Pupils and parents/carers understand that face to face sessions can be delivered however our staff, the pupil and carers must follow our procedures to reduce the <u>serious and life-threatening</u> risks associated with COVID 19 and its transmission	X	
Staff or anyone in their household confirm that do not have any <u>underlying health risks</u> or are in the <u>shielding groups</u> as per government guidelines and are required to isolate	X	
Pupil/parents/carers or anyone in their household confirm that they do not have any <u>underlying health risks</u> or are in the <u>shielding groups</u> as per government guidelines and are required to isolate	X	
Parents / Carers agree to their child's timetable	X	
Staff and anyone in their household must confirm that they do not have any <u>symptoms</u> of COVID 19	X	
Pupils/carers and anyone in their household must confirm that they do not have any <u>symptoms</u> of COVID 19	X	
Pupils/carers and anyone in their household must confirm that they are not <u>self-isolating</u>	X	

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Staff or anyone in their household must confirm that they are not <u>self-isolating</u>	X	
Pupils/carers or any member of their household must confirm that they are staying at home and following <u>social distancing</u> advice	X	
Pupils can adhere to personal space and distancing with staff and other people	X	
Pupils can self-regulate their behaviours		X
Pupils can regulate their <u>physical behaviours</u> and of violence or self-harming (hitting, spitting, biting etc)		X
Pupils can follow <u>safety instructions</u>	X	
Pupils do have a risk of <u>absconding</u> or <u>running away</u>	X	
Pupils do have a history of requiring <u>physical intervention</u> e.g. restraint	x	
Pupils can follow COVID 19 instructions for washing hands and coughing/sneezing	X	
Pupils can comprehend and understand the reasons why they <u>cannot</u> come out externally for a face to face session and seeing worker will not cause any distress or anxiety	X	
<u>Mitigation actions to reduce risk if any answer is NO above:</u> Some pupils have a history of self-harm, safeguarding procedures will take place where a full sweep of any environment where they will be working will be undertaken before they arrive. All pupils are to be fully supervised at all times, with equipment use being fully supervised. One has a positive handling plan and will be supervised 2:1, a dynamic risk assessment will be made in deciding whether it is 'safe' for him to attend the gym – as he has a history of absconding. All pupils have individual risk assessments with all staff who are working with them knowing the identified triggers		

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Notes on Risk Assessment:

This risk assessment should be read in conjunction with our protocol & procedures which identify the risks of COVID 19 and how our staff will minimise the risks associated with COVID 19 for face to face delivery of sessions (at end of document).

1. If any of the answers in the 'High Risk' red section, is **Yes** then we will need to detail how we can mitigate each individual risk. Social distancing will be undertaken where possible. Before, in-between and after pupil visits the commonly used area will be wiped down using anti-bacterial wipes – including door handle, seats, desks.
2. All the answers need to be **Yes** in the 'Low Risk' green section unless it can be stressed that an action plan is in place if an incident identified is to occur.
3. A new risk assessment will need to be completed if there are any **changes in circumstances** for a pupil/carer/parent/staff e.g. change in pupil's/carers/parents' behaviours, a child displaying symptoms of COVID 19, a household having to isolate etc
4. Parents/carers and all relevant key workers and Local Authorities **must be informed** of the outcome of this risk assessment and kept up to date with any other changes – with regards the opening/logistics of the school.
5. As soon as someone has systems of Covid – they are not to attend the site and get a test booked in ASAP. If its negative and its appropriate to do so, then they can return. If its positive then the pupils and staff who are identified as being appropriate will need to self-isolate for 10 days, with that site being deep cleaned. All staff/pupils will be checked in with each day, so symptoms can be monitored and with logistical decisions being made in line with findings. Pupils will revert to being educated virtually and from a distance until its safe to reopen.

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Date of Risk Assessment	Created by	Any changes to Risk Assessment?	Date of next review
04/11/2020	Laura Bull		27 th November 2020
02/01/2021	Laura Bull	Changed staffing & Pupils	14/02/2021
17/02/2021	Laura Bull	Changing staffing, pupils and some strategies	End of term
13/04/2021	Laura Bull	Changing in arrangements in line with Government guidelines	June 6 th 2021

I agree & accept the risks identified and will follow this Risk Assessment during the full opening with Covid-19 on 19th April 2021.

Email confirmation is acceptable as a signature.

All staff to sign that they have read the risk assessment and agree to abide by the rules set out in it:

Before the school can open there must be authorisation and agreement from:

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Directors at SureCare:

Signature: Emma Barr

Date: 16/04/2021

White Trees Independent School Head Teacher:

(Print name): Laura Bull

Signature:



Date: 13/04/2021

RISKS for COVID 19

The risks of COVID 19 are very serious. COVID 19 can pose a serious health risk to you and your family and other members of the community including critical illness and death (please see links below).

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

The virus **symptoms** are below and **how-to protection** yourself (please see links below).

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<https://www.bbc.co.uk/news/health-51048366>

<https://www.bbc.co.uk/news/health-51711227>

Identifying risks of COVID 19

If you or anyone you live with start to have **symptoms of COVID 19** you and your household must self-isolate immediately for 10 days as per government advice. Please contact us immediately.

You **must not** deliver/allow any face to face work until you or the pupil or their family have no symptoms and until you and/or family members stop self-isolating.

What are the risks for all?

- Contracting COVID 19
- Passing on COVID 19 virus to others
- Passing on COVID 19 to family/household members especially if they are in the **high risk** or **shielding groups**
- **Serious illness**
- **Death**

Procedure for delivery on site delivery.

- **Antiseptic gel/spray** in school, with everyone to follow guidelines on washing hands and where possible social distance.
- **Wash/gel** hands before and after touching any door, bell, knocker etc

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- **PPE** is available at school (masks/gloves)
- **Always and before every educational day check** ask the pupil and parent/carer if anyone has symptoms of COVID 19.
- If the answer is **yes**, then **they are not allowed on site** and inform Laura Bull immediately.
- Please **reassure** pupils and family members about the COVID 19 as they will be worried and have anxieties.
- Always **follow** government advice on protecting yourself and others
- **Stay 2 metres apart** from the young person and or other worker where possible while delivering face to face sessions

Travelling with a young person

- Clean door handles after every trip and wipe surfaces
- Make the pupil has washed hands before coming out of home and before returning to home or getting into a vehicle
- Have windows open as much as possible
- Do not use air con and do not recycle the air system in vehicle
- Ensure you have a first aid kit and hand sanitizer in your vehicle
- Have face masks available (at least two) (only use if young person becomes ill)

At the end of the school day and returning home

- Wash / gel hands before child goes home and indoors
- Advise parents/carers that pupil removes clothes by themselves and put in them washing machine
- Advise carers/parents that the pupil should have a shower/bath. This applies to staff on returning to their homes

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- If more than one session in a day make sure you wash / gel hands and clean vehicle and equipment after each session (as above) and before the next session commences

If you or a pupil becomes ill or shows symptoms of COVID 19 during the school day,

- End the session immediately, put face masks on and call Laura Bull, who will be on site- She will arrange **transport home** for that pupil. A test should then be arranged for the pupil/staff member via gov.uk.
- Staff and the **pupil must take precautions when returning home**
- It is imperative that the family/carers/key workers are **informed and contacted before the young person arrives home** so appropriate actions can be made.
- **You must take precautions** when you arrive home before isolating to **protect your family** members / people you live with according to government advice.

All parents/carers/key workers and staff must acknowledge that they have understood and read this procedure and risk assessment and confirm by email before the pupils can be educated on site.

Guidance is changing all the time from Public Health England, central government, and from the Department for Education and our risk assessments, protocols and procedures will change as advice, guidance and laws change.

Laura Bull – Head Teacher

13/04/2021



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