



Your Personal Risk Assessment

We would encourage everyone attending a Vertigo session to evaluate the risk to themselves, or their family before they consider attending training. We encourage everyone to review whether they are at higher risk of developing more serious symptoms if they come into contact with the Covid-19 virus. You should not only consider yourself as gymnast/coach but also those who are living as part of your household and the risk that you might pose to their health and safety.

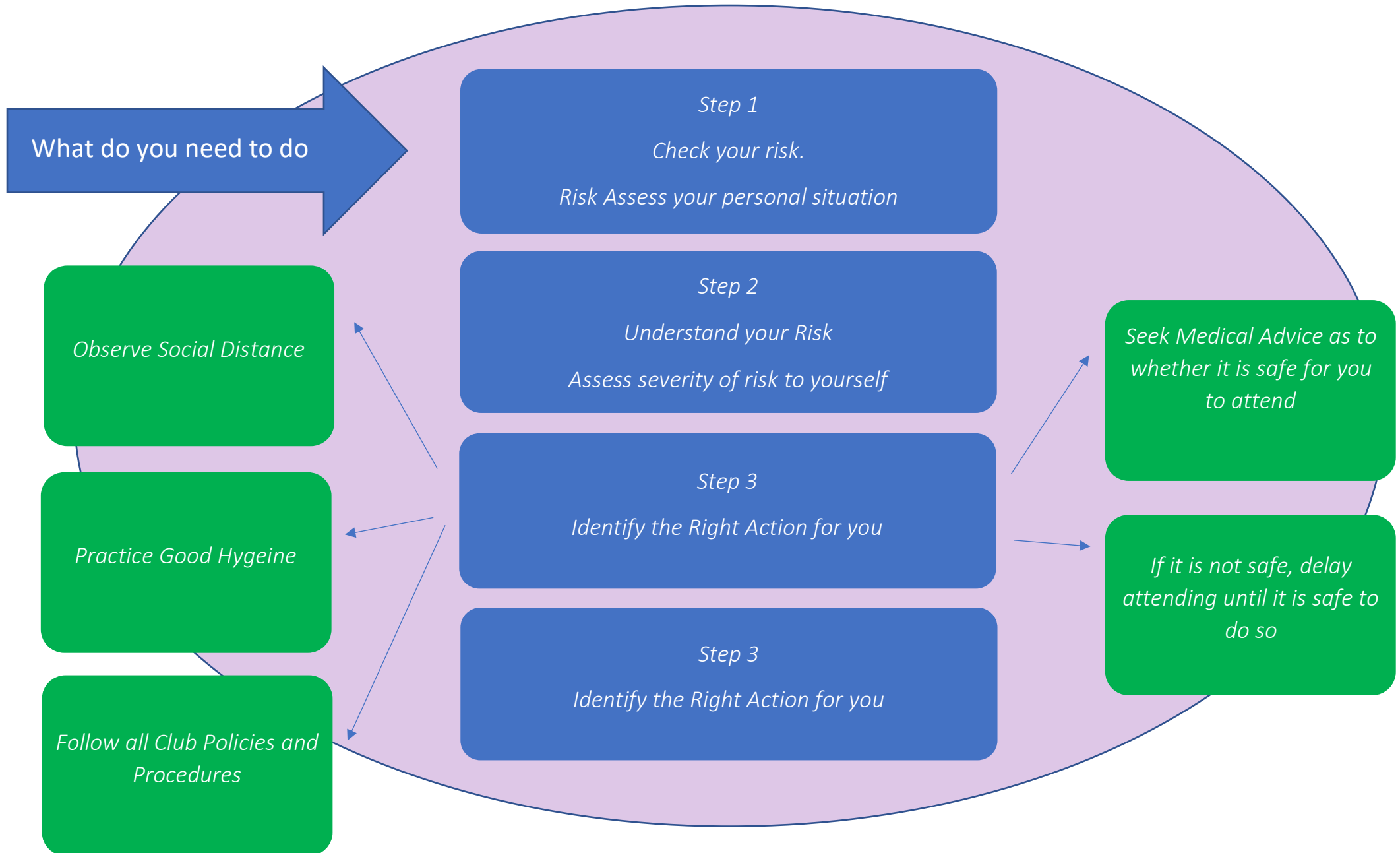
If the risk identified is too high you should not attend training. This will not affect your place in the club. The club will hold all places open where we are notified that risk is too high until you are safe to return to us. We will offer online conditioning and flexibility sessions to ensure fitness is maintained and do our best to ensure that you catch up when you can return to training.

We want to help you understand whether you may be at greater risk and to help you to choose the right actions for you based on your level of risk.

The Club has a duty of care to protect your health and safety whilst in sessions and this includes understanding as to whether you are at extra risk from COVID-19. This duty of care includes ensuring an equitable approach for all members regardless of ethnicity or any other protected characteristics.

The next page sets out an overview of the risk assessment process you should consider. It has links to the latest guidance and information on the basic things that everyone can do to reduce their risk of COVID-19 infection.

COVID 19 – Understand Your Risk. Act to Stay Safe



Who needs to use this tool?

There are already well established arrangements and guidance for people who are in a ‘Shielding Group’ who should be staying at home or who are considered ‘Vulnerable’ according to Public Health guidance and so should already be maintaining strict social distancing.

Shielding groups (Very High Risk) and Vulnerable Groups (High risk)

Everyone who is considered to be extremely vulnerable to Covid-19 infection will have received a [‘shielding letter’](#) setting out the steps you should take to protect your health. These are known as “shielding” measures. Those in this group must seek medical advice as to risk of attending sessions.

Vulnerable groups (adults who would normally be offered a flu jab for health reasons) are at higher risk and are advised to maintain strict social distancing.

Pregnant women may be particularly vulnerable and should seek medical advice as to safety of attendance beyond 28 weeks.

Important note – if you are of a Black, Asian, Minority or Ethnic (BAME) background and under 28 weeks pregnant
New information about pregnant BAME women indicates that they are at considerably increased risk throughout their pregnancy and so should seek medical advice before attending.

Factors to Consider When Assessing Your Risk

Risk factor
Age – Covid-19 seems to have a bigger impact on people who are older
If you are aged between 50-59
If you are aged between 60-69
Sex at birth – Covid-19 seems to have a bigger impact on males than females
Ethnicity – Covid-19 seems to have a bigger impact on people from some ethnicities
Do you identify as one of the BAME or Mixed race groups as set out https://gss.civilservice.gov.uk/wp-content/uploads/2016/03/P3-Ethnic-Group-June-16-1.pdf#page=7
Existing Health conditions (Comorbidity) – Covid-19 seems to have a bigger impact if you already have other pre-existing health
conditions. You may want to speak to your GP if you are not sure about these questions
Cardiovascular disease
Diabetes Mellitus Type 1 or 2
Chronic lung disease (including asthma, COPD, interstitial lung disease)
Chronic kidney disease (any stage 1-5)
Sickle cell trait, Thalassaemia trait or other haemoglobinopathy
Obesity – Covid-19 seems to have a bigger impact if you are overweight
Family history – Covid-19 seems to have a family susceptibility for some people, especially twins

Step 2 Understanding your Risk

Assess how severe the risk is to you and your household from attending training. This is personal to each individual situation.

Step 3 Identify The Right Actions for You

Do the important things to maintain your safety in the Club Environment

- Observe good hand hygiene, with frequent use of soap and water or alcohol-containing gel.
- Maintaining a distance of 2 metres is an important aspect of the measures we must all take to minimise the risks of the spread of COVID 19. It is something we should aim to do in all aspects of our daily lives and anywhere in club where this is possible.
- Use protective equipment such as masks and gloves at your discretion (where it does not breach club/British Gymnastics Safety Guidelines)
- Observe isolation requirements for known or suspected COVID- 19 cases.
- Follow all Club Rules, Policies and Procedures

If the risk is too severe do not return to training until it is suitable to do so. Notify the club by email and we will hold your place, ensure you are included in all online sessions and receive all updates. This will not affect your place in the club in any way. We will do our best once you can return to ensure you catch up with all missed work.