



Witlow Cleaning Services
WE CLEAN WITH INTEGRITY !

Players/Members COVID-19 Risk Assessment

(This Document was prepared by the Risk Assessment Group within the Occupational Health and Safety Work stream of Witlow Cleaning Solutions – Covid-19 Response)

How to use this Guide?

- Use the questions below to assess if it is safe to start practicing sport.
- If you answer **NO** to any of the questions, report this immediately to your club Chairman and Compliance officers, who will help to identify a practicable and reasonable solution.

Always practice these controls in your workplace

1. Social distancing must be at least 1.5 meter away from any other person in any circumstance.
2. Wash hands with soap and water for 20 seconds, or use alcohol-based hand sanitizer after contact with any person or after contact with frequently touched surfaces e. g. phones, door handles etc.
3. Cough in the fold of the elbow or in a tissue which you discard in a bin and wash your hands.
4. Avoid touching your eyes, nose and mouth with unwashed hands.

Employee training and awareness

I have received training on COVID-19 and the virus causing it, how the virus is spread, the symptoms of the disease and how I can protect myself against infection.



I am trained and familiar with the COVID-19 protocols in my workplace.



I know the protocol of self-isolate at my home or at a quarantine site should I become ill with symptoms of COVID-19.



I know the protocol to report should I become ill with symptoms of COVID-19.



I have been told about the screening and testing procedure for Covid-19 before entering Sports Club	<input type="checkbox"/> YES <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO <input type="checkbox"/> STOP
I have been told about contact-tracing for Covid-19 if I am tested positive for Covid-19	<input type="checkbox"/> YES <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO <input type="checkbox"/> STOP
I have been trained in the correct use, how many times PPE can be used before it needs to be replaced, storage and safe disposal of used/contaminated PPE.	<input type="checkbox"/> YES <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO <input type="checkbox"/> STOP
Hygiene and cleaning measures	
Hand washing sink with soap & approved (70% alcohol) hand sanitizer is available.	<input type="checkbox"/> YES <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO <input type="checkbox"/> STOP
Surfaces and Sports equipment are cleaned and disinfected with approved disinfection/sanitizing products on a regular basis (at least every four hours)	<input type="checkbox"/> YES <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO <input type="checkbox"/> STOP
I know the required personal hygiene practices such as coughing/sneezing into my elbow if I do not have a clean tissue with me, washing my hands regularly for 20 sec, and not sharing stationary, sports equipment and/or PPE with a member	<input type="checkbox"/> YES <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO <input type="checkbox"/> STOP
Reduce physical contact (social distancing 1.5 m or 2 x arm-length)	
I know the social distancing rule of keeping a distance of at least 1.5 meter or 2 x arm-length between myself and any member or person from the public.	<input type="checkbox"/> YES <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO <input type="checkbox"/> STOP
I know that I need to avoid physical contact such as handshakes, touching and hugs.	<input type="checkbox"/> YES <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO <input type="checkbox"/> STOP
I know that crowds or gatherings (e.g. large groups >10 or groups in spaces where there is not sufficient ventilation) needs to be avoided at my Sports club.	<input type="checkbox"/> YES <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO <input type="checkbox"/> STOP
When eating at sports club or during breaks, I need to maintain a 1.5 meter distance from Club members while dining, and I must not sit face-to-face opposite any other person.	<input type="checkbox"/> YES <input checked="" type="checkbox"/> GO <input type="checkbox"/> NO <input type="checkbox"/> STOP

Personal Protective Equipment	
I have been shown how to wear a mask and the different types of mask available	<input type="checkbox"/> YES  <input type="checkbox"/> NO 
My PPE (Mask) is in good condition and I am familiar with the procedure how to use it and how to replace it when it is damaged or lost.	<input type="checkbox"/> YES  <input type="checkbox"/> NO 
Personal wellbeing	
I monitor my own health for early COVID-19 symptoms (cough, sore throat, shortness of breath or fever $\geq 38^{\circ}\text{C}$) or flu symptoms and know what to do and where I need to report to if I experience any of the mentioned symptoms.	<input type="checkbox"/> YES  <input type="checkbox"/> NO 
I know the contact number and how to access psychological support services should I need support.	<input type="checkbox"/> YES  <input type="checkbox"/> NO 
Emergency response	
I am familiar with the procedure to report in case someone at home or in my Sports Club has symptoms of COVID-19.	<input type="checkbox"/> YES  <input type="checkbox"/> NO 