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Introduction

This Risk assessment provides a template structure and examples of risks that you may want to consider in your own online coaching.  
It is imperative that the author of the Risk Assessment considers how this template and its examples relate to their own venue.  
 Risk Assessments need to be well thought out, relate directly to the author’s own specific venue and be understood and implemented by staff.

ONLINE COACHING RISK-BeNEFIT ASSESSMENT TEMPLATE

For use by Parkour coaches

A drawing of a person

Description automatically generated

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| **Risk Assessment General Details** | | |
| **Facility: ONLINE COACHING** | **Activity: Parkour and Movement Teaching** | |
| **Location: RECORD THE PLATFORM USED** | | |
| **Name of Person(s) Conducting Activity:** | | **Date Conducted:** |
| **Type of assessment:**  This risk assessment is using a risk-benefit analysis approach to balance the risks associated with participants involved in online coaching and movement in their home with the benefits and practicalities of delivering online services that allow participants to continue to exercises during a lockdown period. | **Description of use:**  A coach will deliver a series of online sessions which allow participants to exercise in their own home or own training space. | **Summary of key risks:**   * Participants moving in their own space * Participant ‘over- reaching’ or ‘over-training’ * Participants neglect or fail to follow the directions of the coach * Participants may require first aid as a result of a tumble or fall. * Coaches’ capability or delivery style is called into question and they are accused of negligence or of poor practice * Uninvited participants joining the session – causing a security or safeguarding risk |
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| **Risk Benefit Analysis** | | | |  | | |
| A risk-benefit analysis is used in circumstances where a degree of risk is considered acceptable and is therefore ideal for balancing the risks of online coaching/home training with other safety aspects.  The Risk Benefit analysis will:   * Describe situations where a decision must be made * List the risks associated with the action * List the benefits for allowing the action * Mention any precedent or guidance available to inform the correct degree of control that should be observed. * Provide a description of how the risk is mitigated through control measures.   As with all risk assessments – Staff members should use dynamic risk assessment and their own judgement to determine when and to what degree they should follow these measures.  **General Control Measures:**  It is assumed that the coach:   * Holds a qualification for the activity that they are delivering * Has appropriate insurance cover * Works to the coach:participant ratio as prescribed by their qualifications and insurance provider. * Has provided a written/digital disclaimer in line with their existing practices for delivering coaching – ahead of the sessions. | | | | |  |  | | --- | --- | | Description of risk |  | | Risks |  | | Benefits |  | | Precedents/guidance |  | | Controlling Measures |  | | | |
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| Description of Risk | | Participants moving in their own space which is unsuitable | | |
| Risks | | Participant collides with an object or furniture in their own space. | | |
| Benefits | | Participant can continue to exercise during lockdown conditions – benefitting their physical and mental health. | | |
| Precedents/guidance | | CIMSPA Delivering Sport and Physical Activity Online Guidance has been used as a reference | | |
| Controlling Measures | | **The coach will designate the layout of the space to the participants in advance of the online session.**  **Participants will be asked to self-assess the suitability of any household objects that may be used and agree with the coach that they are suitable.** | | |
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| Description of Risk | | | Participant training above their perceived level or ‘over reaching’ their capabilities without supervision | |
| Risks | | | Injuries such as sprains, bumps or falls | |
| Benefits | | | Participants working towards the edge of their capabilities will progress their skills. | |
| Precedents/guidance | | | Much like the ‘live’ training environment – the coach has a responsibility to deliver exercises appropriate to the participant’s level of skill and fitness. This is somewhat harder to assess online and as a result online coaches tend to have moved to a ‘softer’ and more cautious movement language to ensure participants do not over reach.  CIMSPA Delivering Sport and Physical Activity Online Guidance has been used as a reference | |
| Controlling Measures | | **Ahead of the sessions the coach will provide the participant with a waiver/pre screening form in line with their usual process for face to face training.**  **The coach will take extra care over prescribing movements and exercises which have a ‘softer’ more appropriate approach for training alone at home.** | | |
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| Description of Risk | | | Participants neglect or fail to follow the directions of the coach | |
| Risks | | | The participant carries out unsafe movement leading to injury | |
| Benefits | | | n/a | |
| Precedents/guidance | | | CIMSPA Delivering Sport and Physical Activity Online Guidance has been used as a reference | |
| Controlling Measures | | **The coach will be clear and direct about the requirements of the session, reinforce good practice and assess the ongoing capability of the participants throughout the session.**  **Standard Waiver/Disclaimer will state that it is expected for the participants to follow guidance of the coach.** | | |
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| Description of risk | | Participants may require first aid as a result of a tumble or fall. | | |
| Risks | | Participant is not able to seek medical aid if exercising alone and put at further risk | | |
| Benefits | | n/a | | |
| Precedents/guidance | | CIMSPA Delivering Sport and Physical Activity Online Guidance has been used as a reference | | |
| Controlling Measures | | **Participants are instructed to let a personal contact know of their whereabouts, and coach will hold an emergency contact for the participant in line with their standards for normal face to face coaching** | | |
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| Description of risk | | Coaches’ capability or delivery style is called into question and they are accused of negligence or of poor practice | | |
| Risks | | The coaches reputation and livelihood may be effected | | |
| Benefits | | n/a | | |
| Precedents/guidance | | CIMSPA Delivering Sport and Physical Activity Online Guidance has been used as a reference | | |
| Controlling Measures | | **Coach will record their own delivery of sessions as evidence of the service provided and store securely for 3 years.**  **Where possible the coach will only record themselves and if other are recorded coach will get permission from participants follow standard GDPR guidance on holding data** | | |
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| Description of risk | | Uninvited participants joining the session – causing a security or safeguarding risk | | |
| Risks | | Participants exposed to offensive content or session disrupted causing distress | | |
| Benefits | | n/a | | |
| Precedents/guidance | | CIMSPA Delivering Sport and Physical Activity Online Guidance has been used as a reference | | |
| Controlling Measures | | Session must take place on a secure, closed platform such as Zoom or within a private social media group | | |

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| Description of risk | Participants may share training equipment/surfaces |
| Risks | It is common for participants to share equipment while working and to take ‘turns’  The virus may transmit between individuals on surfaces and it is not reasonable to clean all objects during a session |
| Benefits | Participants can access more equipment, improving the enjoyment of the session  Sharing equipment allows participants to work more efficiently, improving their abilities and health. |
| Precedents/guidance | **INSERT SPORTS BODY** encourages common touchpoint surfaces to be cleaned regularly and for hand sanitiser and wipes to be used regularly by participants. |
| Controlling Measures | **Participants should use their own equipment or limit the use of equipment to small groups and should wash their hands or use hand sanitiser after touching any high use surfaces. Surfaces will also be cleaned by the venue staff at reasonable intervals.** |
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| Description of risk | Participants may require spotting or to be caught due to a fall. |
| Risks | If a participant requires spotting, then they will make close contact with a staff member and risk of transmission of the virus has increased. |
| Benefits | Spotting allows coaches to safeguard their participants immediate health and protects from injury  Spotting allows participants to work more efficiently and progress their skills |
| Precedents/guidance | **INSERT SPORTS BODY** discourages pushing your participants at this stage of the pandemic and advocates a ‘return to training’ approach to classes. |
| Controlling Measures | **Participants should adopt a 'Back to training' approach for now and avoid high risk activities. Staff members should make it clear to participants that there will be less spotting than in a typical session.**  **Staff members should move in to spot or provide assistance in necessary cases.** |
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| Description of risk | Participants may require first aid as a result of a tumble or fall. |
| Risks | Providing first aid requires participants to break the 2m rule and increases likelihood of transmission. |
| Benefits | First Aid safeguards the immediate health of participants  Participants who have had an accident may feel calmed down and reassured by first aid being administered. |
| Precedents/guidance | **INSERT SPORTS BODY AND RELEVANT GUIDANCE** discourages pushing your participants at this stage of the pandemic and advocates a ‘return to training’ approach to classes. **INSERT SPORTS BODY AND RELEVANT GUIDANCE** recognises that First Aid may occasionally be required and recommends appropriate PPE (Gloves and mask) be available to every first aid trained individual |
| Controlling Measures | **Venue should have appropriate PPE (mask and disposable gloves) at the front desk and should use these if they are required to give First Aid.** |

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| **Risk Assessment Signoff** | | |
| Authorised By:  Operator has read and understood: | Signature:  Signature: | Date:  Date: |