

CO-CURRICULAR ACTIVITIES RISK ASSESSMENT - COVID 19 FOR DISD 2021

1. Prevention is better than cure - avoid close or physical contact whenever possible
2. Washing hands with soap and water for 20s is the preferred method of sanitizing hands and should be used whenever possible. Use of hand sanitizer should be seen as supplementary.
3. Group sizes will be limited to 10 students .
4. Students are required to be pre-registered for each activity.
5. As much as possible students will remain in the same groups throughout.
6. The below details are based upon guidelines issued by the Dubai Sports Council

Activity	Location	Transmission Method	Control Measures
General	Everywhere	Aerosol	Pre arrival disclosure to identify individuals likely to have COVID 19 / inform parents when not to send their child 1.5m social distancing Temperature checks to be done prior to all activities Records kept of all temperature readings Face masks worn by all students over 6 years old, unless participating in strenuous activity. Face masks mandatory for any other adults on site Rooms and halls to be well ventilated, i.e doors, windows to be opened throughout
		Physical contact	No shaking hands 1.5m social distancing Any physical contact limited to when absolutely necessary Hands must be washed / sanitized whenever a teacher / instructor is moving from one group to another Hand sanitizer available at all activities Regular hand washing / sanitizing enforced thought the day Signage and regular reminders to cough / sneeze into your elbow
		Surfaces / equipment	All rooms / equipment used is sanitized at the end of each activity, especially shared equipment or high touch points

Daily Activities - All	Everywhere	Aerosol & Physical contact	Only one group/activity per facility. No spectators allowed during any activities, including parents/ Guardians
		Surfaces / equipment	All activity equipment sanitized between used by groups and when practical between use by individuals Room / area cleaned / sanitized after use by every group Records kept of which groups used which area / when
Drop off and pickup	Outside, reception, corridors, exit	Aerosol	Parents / guardians requested to limit the number of people at pickup / drop-off Parents / guardians requested to, whenever possible, have the same person do the drop off and pick up Parents / guardians required to wear a face mask Separate drop-off and pickup areas One way system in place for pickup and dropoff whenever possible
		Physical contact	One way system in place for pickup and drop off whenever possible Students to maintain social distancing when moving from, or to activities.
		Surfaces / equipment	Parents / guardians requested to not touch anything Parents / guardians requested to use hand sanitizer before leaving / touching the exit door
Using the bathroom	Bathrooms	Aerosol	No specifics other than general above
		Physical contact	Bathroom usage controlled by staff to allow 1.5m social distancing to be maintained Hands sanitizer used before going to and after coming back from the bathroom Hands washed with soap and water after using the bathroom
1st aid	Anywhere / 1st aid room	Aerosol	1st aider wears fresh, disposable mask which is disposed of afterwards 1st aider wears clear face shield which is sanitized afterwards afterwards
		Physical contact	1st aider wears fresh, disposable gloves which are disposed of afterwards Wherever possible the 1st aider should direct the injured party to carry out necessary actions themselves under the guidance of the 1st aider eg holding an ice pack onto an injury, applying a plaster
		Surfaces / equipment	1st aid room / area sanitized after use

Specific Activity	Location	Transmission Method	Control Measures
Athletics specific	Outdoor Running Track	Aerosol & Physical contact	<p>Social distancing maintained at all times</p> <p>Sessions to be ran outside where possible</p> <p>Instructor will correct technique with verbal and visual cues</p> <p>No physical contact required between students</p> <p>No tournaments, competitions or shows to be arranged for foreseeable future.</p> <p>Students to attend in their sports kit prior to session, no use of group changing facilities.</p> <p>Social distancing to be managed by using cones to set out zones and individual coaching areas for students.</p>
		Surfaces / equipment	<p>Hands sanitized each time before starting a new game / using new equipment</p> <p>No use of shared sand pit or high jump mats for the foreseeable future</p> <p>Each student can use their own individual equipment such as javelin or discuss etc. and all equipment will be sanitized after each group.</p> <p>No bibs to be provided.</p>
Basketball specific	Sports Hall/ Basketball Court	Aerosol & Physical contact	<p>Social distancing maintained at all times</p> <p>Instructor will correct technique with verbal and visual cues</p> <p>No physical contact required between students</p> <p>No tournaments, competitions or shows to be arranged for foreseeable future.</p> <p>Students to attend in their sports kit prior to session, no use of group changing facilities.</p> <p>Social distancing to be managed by using cones to set out zones and individual coaching areas for students.</p>
		Surfaces / equipment	<p>Hands sanitized each time before starting a new game / using new equipment</p> <p>All equipment sanitized after use by each group</p> <p>Each student can use their own individual ball, ball sharing will be limited to small sided matches, and all balls and equipment will be sanitized after each group</p> <p>No bibs to be provided.</p>

Billiards Specific	Indoor hall/ Classroom	Aerosol & Physical contact	<p>Social distancing maintained at all times</p> <p>Instructor will correct technique with verbal and visual cues</p> <p>No physical contact required between students</p> <p>No tournaments, competitions or shows to be arranged for foreseeable future.</p> <p>Students to attend in their sports kit prior to session, no use of group changing facilities.</p> <p>Social distancing to be managed by using cones to set out zones and individual coaching areas for students.</p>
		Surfaces / equipment	<p>Hands sanitized each time before starting a new game / using new equipment</p> <p>All equipment sanitized after use by each group</p> <p>Each student can use their own individual cue, one student per game assigned to be allowed to handle and set up ball and triangle, and all balls and equipment will be sanitized after each group</p> <p>No touching of the table, and etc student to have their own chalk.</p>
Multiple - Chess, Science, Engineering and Robotics,	Classroom	Aerosol & Physical contact	<p>2m social distancing maintained at all times</p> <p>Instructor will correct technique with verbal and visual cues - no physical interaction between coach and students</p> <p>Tables and Chairs to be set out appropriately socially distanced prior to the arrival of students</p> <p>No physical contact required between students.</p>
		Surfaces / equipment	<p>Hands washed / sanitized before starting a new activity / touching any equipment</p> <p>All non essential items removed from the classrooms</p> <p>Whenever possible each individual will have their own equipment / resources for the activity taking place</p> <p>Any equipment that enters a classroom is sanitized before being brought in and before leaving. If it cannot be sanitized before leaving the room it should be kept in a clearly labeled area such that students cannot get access to it and adults know that it has not been sanitized.</p> <p>Classrooms cleaned / sanitized every day including floors, chairs, tables, doors, door handles and any other likely high touch points</p> <p>Groups limited to use of 1 classroom</p>

Football specific	Hall/ Dance studio	Aerosol & Physical contact	<p>1.5m social distancing maintained at all times Sessions to be ran outside where possible Instructor will correct technique with verbal and visual cues No physical contact required between students No tournaments, competitions or shows to be arranged for foreseeable future. Students to attend in their sports kit prior to session, no use of group changing facilities. Social distancing to be managed by using cones to set out zones and individual coaching areas for students.</p>
		Surfaces / equipment	<p>Hands sanitized each time before starting a new game / using new equipment All equipment sanitized after use by each group Each student can use their own individual ball, ball sharing will be limited to small sided matches, and all balls and equipment will be sanitized after each group No bibs to be provided.</p>
Gymnastics specific	Hall/ Dance studio	Aerosol & Physical contact	<p>1.5m social distancing maintained at all times Instructor will correct technique with verbal and visual cues - no physical interaction between coach and students, other than where the coach is spotting during a fall risk activity. Markers to be placed on the floor to allow for social distancing using either cones, hoops or matts. No physical contact required between students. No competitions to be arranged for foreseeable future. Students to attend in their sports kit prior to session, no use of group changing facilities. Only one student to be using the apparatus at a time, Students to have their own individual matts for stretching exercises. Group to be split into smaller groups to limit crowding at single apparatus and to allow for sanitizing between use.</p>
		Surfaces / equipment	<p>Hands sanitized each time before starting a new game / using new equipment All equipment sanitized after use by each group Shared apparatus, i.e beam, spring board etc to be sanitized between each group within the session.</p>

<p>Martial arts (karate and Taekwando)</p>	<p>Hall/ Dance studio</p>	<p>Aerosol & Physical contact</p>	<p>1.5m social distancing maintained at all times Instructor will correct technique with verbal and visual cues - no physical interaction between coach and students Markers to be placed on the floor to allow for social distancing using either cones, hoops or matts. No physical contact required between students. No tournaments, competitions or shows to be arranged for foreseeable future. Students to attend in their sports kit prior to session, no use of group changing facilities.</p>
		<p>Surfaces / equipment</p>	<p>Hands sanitized each time before starting a new game / using new equipment All equipment sanitized after use by each group No sharing of gloves, pads etc, if needed students should have a set each, which will be sanitized after use.</p>
<p>Performing arts (Dance/ Musical Theatre)</p>	<p>Hall/ Dance Studio</p>	<p>Aerosol & Physical contact</p>	<p>1.5m social distancing maintained at all times Instructor will correct technique with verbal and visual cues - no physical interaction between coach and students Markers to be placed on the floor to allow for social distancing using either cones, hoops or matts. No physical contact required between students. No tournaments, competitions or shows to be arranged for foreseeable future. Students to attend in their sports kit prior to session, no use of group changing facilities.</p>
		<p>Surfaces / equipment</p>	<p>Hands sanitized each time before starting a new game / using new equipment All equipment sanitized after use by each group No sharing of props, if needed students should have a set each, which will be sanitized after use.</p>

Tennis specific	Hall/ Tennis Court	Aerosol & Physical contact	<p>1.5m social distancing maintained at all times</p> <p>Instructor will correct technique with verbal and visual cues</p> <p>No physical contact required between students</p> <p>No tournaments, competitions or shows to be arranged for foreseeable future.</p> <p>Students to attend in their sports kit prior to session, no use of group changing facilities.</p> <p>Social distancing to be managed by using cones to set out zones and individual coaching areas for students.</p>
		Surfaces / equipment	<p>Hands sanitized each time before starting a new game / using new equipment</p> <p>All equipment sanitized after use by each group</p> <p>Each student can use their own individual rackets, ball sharing will be limited to singles matches, and all balls and equipment will be sanitized after each match/ practise</p> <p>No bibs to be provided.</p>