

COVID 19 – Risk Assessment - Health and Safety

The CATALYSTS CLUB

BOULE

1. No more than 6 players on each court.
2. The 2 metre social distancing must be retained throughout the game.
3. Each player will use his own Boule suitably marked with sticker or paint and bring it to each game.
4. Players may not pick up or collect anyone else's Boule.
5. Face coverings and disposable gloves should be worn and dispensed with after the game.
6. Hands should be thoroughly cleaned as soon as possible after the game with Hand Sanitising Gel with at least 70% Alcohol if Hand washing facilities are not available.

WALKING GROUP

1. There must be no car sharing to the start of the walk.
2. Selected walks will be away from the more popular areas of Sligo.
3. Social distancing must be maintained throughout the walk.
4. Hands to be cleansed thoroughly before and after the walk with antibacterial wipes or hand sanitising gel with at least 70% alcohol.
5. Where more than 10 walkers attend, suggest the first 10 depart and the remainder wait 10 minutes before departing to help with social distancing
6. Walks will continue to follow the guidelines for health and safety as set down before Covid 19 in "The Catalysts Walking Group Notes". Update members as necessary on changes regarding guidelines and Health and Safety Policy.

Covid19

- Maintain Social distancing Guidelines as set down by the HSE and WHO
- No shaking hands policy or bodily contact
- Avoid touching eyes, nose and mouth
- Good hand hygiene with regular washing of hands
- Use of Hand Sanitising gel if hand washing facilities are unavailable.
- Practice good Respiratory hygiene
- Maintain a trace contacting register. Register to include name of person and telephone number attending the session. This is to assist with contact tracing should this be necessary. GDPR Guidelines to be maintained at all time. Details to be retained for 5 weeks in a safe secure place and destroyed after 5 weeks.