Introduction

This list of potential risks and control measures has been created using a sample of risk assessments provided by Sports clubs for their usual sessions and identifying appropriate alternative actions that could be applied to online sessions – both live and pre-recorded.

This document is not an exhaustive list; it has been created to provide examples for anyone delivering online sports sessions for young people and will be updated as we gain more examples of good practice of delivery in this context.

IMPORTANT NOTE:

Whilst the coach/organisation must take all necessary precautions to ensure that the activities delivered are appropriate and safe for the participants to engage in at home, it is imperative that parents/carers understand the nature of the sessions, and take full responsibility for their child's participation in any activities.

Potential Hazard	Potential Control Measures
Physical injuries as a result of the session	- Check with your national governing body for guidance on delivering online sessions - Communicate with participants and parents in advance to ensure that everyone understands the nature of the session - Plan sessions to be delivered in a small space equivalent to the area many participants will have at home - Consider how/if other family members or pets might affect safe participation - Sessions planned and structured appropriately, with adequate warm up and cool down exercises and training methods being used - Use simple exercises that can be easily demonstrated and copied - If you encourage participants to use household objects as alternative equipment be clear what is safe to use - Highlight the appropriate clothing/footwear that is suitable for the activity to reduce the injury risk - Mention frequently the need to check surroundings and make sure they only complete activities if they have enough space/adapt if not - If live, use opportunities to interact with participants to get feedback and adapt as appropriate - Ensure parents and participants understand that they are responsible for their own health and safety whilst participating. An adult should be available in case of any incidents/accidents

Pre-existing illness, medical conditions or historical injuries made worse by the session	- If delivering to known participants – be aware of any particular needs and ensure that activities are appropriate or can be adapted easily, and that this can be communicated - Advise those feeling unwell to consider their participation - If live check for injuries that could affect participation - Explain what feelings are to be expected when performing certain movements or activities - Mention frequently the need to avoid certain activities if injured - Ensure parents and participants understand that they are responsible for their own health and safety whilst participating, including avoiding activities if injured. An adult should be available in case of any incidents/accidents
Dehydration as a result of the session	- Frequently remind participants to have drinking water near the activity taking place - Plan adequate breaks to give participants a chance to rehydrate - If pre-recorded, allow time in between activities for water breaks
Choking during the session	- Mention frequently that participants should not be eating or chewing whilst taking part in the activities - Ensure parents and participants understand that they are responsible for their own health and safety whilst participating, including not eating whilst participating in activities. An adult should be available in case of any incidents/accidents
Injury from wearing jewellery	- Mention frequently that participants should not be wearing jewellery whilst taking part in the activities - Ensure parents and participants understand that they are responsible for their own health and safety whilst participating, including not wearing jewellery whilst participating in activities. An adult should be available in case of any incidents/accidents
The activities, sport-specific training and intensity	- Staff to hold the up-to-date coaching qualification for the related activity being delivered (appreciating the qualification will not have covered delivering online sessions) - Online sessions should be kept relatively short, planned and structured appropriately, with adequate warm up and cool down exercises and training methods being used - Ensure the content being delivered is well rehearsed and appropriate to the audience e.g. attire, language used - Attention given to the ability required to safely and enjoyably participate e.g. alternative options (easier/harder) - Participants must be made aware of all safety points before taking part and frequently throughout - The correct sport-specific techniques are to be demonstrated during the sessions, being mindful to show the exercise from different angles (front, back, side) and using alternatives (e.g. left hand, right hand) - If live, use opportunities to interact with participants to get feedback and adapt as appropriate - Activities should not require the use of specific protective equipment or clothing which are unlikely to be available at home
Safeguarding	[See our Safeguarding pages for more information](#)
Online bullying	If live ensure your participants are not sharing or posting personal information during the session

	• Keep your own personal information secure. Do not say anything or publish images that might later cause you or someone else embarrassment • Any cyberbullying must be reported to the relevant internet service providers, plus your own organisational and national governing body policies followed • Block anyone whose behaviour is inappropriate. The method for doing this varies slightly between social media networks but online help pages will advise
Inappropriate sharing of images/ recordings online	• Prior to sharing any imagery and/or recordings, the relevant consent must be obtained. For those under 18 consent must be received from a parent/guardian • Use security settings to ensure participants cannot record sessions without the host's permission • Do not share images alongside information that makes participants identifiable e.g. personal details; a tag with location information; visual details such as a school uniform/club kit
Unsecured or inappropriate online platforms	• Ensure you use the most appropriate platform and understand how to use the security and privacy controls available to you effectively • Use organisational accounts to deliver sessions to your participants, never personal accounts • If delivering live to known participants, only allowing access to those invited. Make use of passwords for an extra layer of security • Use online lobbies to control when participants can access the session so the coach is never in a one-to-one situation. Whilst full names should not be used, participants need to use a name that the host will recognise to let them in! • Many websites and social media channels have age restrictions (Facebook and Instagram's minimum age is 13). A parent/ guardian should be signing up on behalf of the child and give consent for participation • Depending on the terms and conditions of using an online platform, images may be owned by the platform once it's been posted. Platforms may then license images for use by third parties – such as for commercial purposes
Risks to identity when livestreaming	• Ensure everyone involved has given their consent • Use organisational accounts to deliver sessions to your participants, never personal accounts • Make sure surroundings do not give away clues to identity, other personal information or an indication of location e.g. road name may be visible out of a window • Live streaming service have limited privacy controls, it is hard to know who is watching and prevent people getting access to the stream • Use security settings to ensure participants cannot record sessions without the host's permission • Any feedback and positive comments left on livestreams should not make the individual easily identifiable

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