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| HAZARD | CONTROL MEASURES IN PLACE | RISK FACTOR  | FURTHER CONTROL MEASURES  | RISK FACTOR  |
| SPREADING Covid-19 | Instructor assess overall wellbeing prior to teaching a class following latest professional body guidelines/govt advice Studio will be cleaned and setup according to social distancing regulations prior to the arrival of clients Class numbers will be reduced in line with current guidelines according to the studio space available to allow for social distancing/ventilationClass times will be staggered to avoid large groups of people congregating in the same waiting spaceHand sanitiser provided at entrance of venue to sanitise hands on arrival/departure from venueNo physical corrections will be used in class to adjust clients position whilst performing an exercise- verbal cueing only  | MEDIUM | Wash hands/use antibac/anti-viral hand gel before/after sessionIf instructor displaying any symptoms session cancelled/find alternative teacher  |  |
| SPREADING COVID -19 through unwell clients  | Clients advised not to attend face to face sessions if they feel unwell or are unwell with symptoms of Covid-19 |    HIGH  | Clients screened with KPC COVID Q prior to each F2F session Offered virtual attendance or catchup so clients don’t miss out on sessions if unwell to attend during the pre-paid block  |  LOW  |
| Spreading Covid within the venue | Clients are required to socially distance prior to entering the venue and use the hand sanitiser as soon as they enterThey will refrain from physical contact with each other Building has a good ventilation system in place. |  MEDIUM  | Clients may bring their own sanitiser and wear a face mask if they so wishFacilities are discouraged from being used unless absolutely necessaryClients advised not to touch banister unless necessary.Instructor to wipe down commonly touched surfaces ie banister/door handles prior to and in-between each session No food/phones allowed during class  |   LOW |
| Spreading Covid through admin processes | Clients to pre-book all sessions with online booking systemAll documentation to be sent electronically  |  LOW |  |  |
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DOCUMENTS CONSULTED TO PREPARE THIS ASSESSMENT :

CSP: Patient exercise classes during COVID 19

UK ACTIVE COVID-19 - A framework for the re-opening of gym, leisure centre and wider fitness industry during social distancing

HCPC : applying our standards to practice during COVID-19

UK GOV current guidelines as of 27 August 2020 (risk assessment will be adapted as and when guidelines change with immediate effect)