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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 venue | LOW | Wash hands/use antibac/anti-viral hand gel before/after sessionIf instructor displaying any symptoms session cancelled  |  |
| 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 | LOW  | 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. | LOW  | Clients may bring their own sanitiser and wear a face mask if they so wishInstructor 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 |  |  |
| Plug sockets | All plug sockets that are not in use to be turned offPlug socket covers on all plugs not in useParents and instructor to be aware of children moving around the room |  |  |  |
| Loose items | Remove anything not in use that could be a hazard of falling eg. fans, whiteboardNotify other instructors room will be in use for a Mum & Baby class and to remove any loose itemsDoor stops removed from room, hazard of button eyes  |  |  |  |
| Radiators | Heating will be off during the summer monthsDuring colder months heating turned down on the radiators as they are low downInstructor to notify parents there may be some heat left in radiators |  |  |  |
| Changing area | Changing mat provided if parents don’t have one with themDisinfectant spray and blue roll provided to be cleaned between uses |  |  |  |
| Wardrobes | Doors to be shut from previous classesMake sure all doors overlap to help keep closed and no access between doors  |  |  |  |
|  |  |  |  |  |

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)