

COVID-19 Risk Assessment

Gail Nicholls Fitness outdoor bootcamp

What are the hazards?		Transmission of COVID-19	
Who might be harmed?		Facility users and the wider community	
No.	Controls Required	Mitigations	Low Risk
People Management, Instructor Best Practice and Communication			
1	Prep for session	Email sent to all clients on how the session will run and to include all safety guidance. All client contact details will be documented for track and trace.	
2	An assessment of user numbers, space capacities, venue circulation and layout planning to maintain social distancing	<p>Communicate in advance with participants to advise on social distancing requirements. Circulate the guidelines prior to arrival.</p> <p>Social Distancing - Reducing the number of persons on arrival and leaving the venue to comply with the 2-metre gap recommended by the Public Health Agency</p> <p>Review class schedules including start & finish times allowing for a minimum of 10-minute gap to clean equipment and reduce pinch points of high traffic on entry to class.</p>	
3	Communications in place so that all participants are aware of the control measures in place and how to act appropriately to minimise the risk of transmission of COVID-19	<p>Personal belongings should not be brought into class, other than a personal water bottle and keys</p> <p>Clothing, footwear & jewelry checked</p>	
4	Clear protocols to manage any person who becomes symptomatic at the venue as per government guidelines for employers and businesses as the most relevant information		
5	Outline how participants who are returning to the environment from isolation due to suspected or confirmed cases of COVID-19 or other COVID-19 related reasons should be medically assessed prior to return	No participant will return to the class for at least 10 days from the onset of symptoms and they must be at least 7 days with no symptoms. They will not be allowed back to the venue for at least 14 days from the onset of symptoms and will require clearance from the COVID Medical officer before they return	
6	Agree a clear position on how participants who are deemed vulnerable or are in a household with vulnerable individuals interact with the environment, which must be in line with government advice on clinically vulnerable individuals.	<p>Clinically extremely vulnerable individuals or those continuing to live with anyone deemed clinically extremely vulnerable should not be engaged in the class environment in line with current government advice.</p> <p>Participants deemed 'clinically extremely vulnerable' should continue to follow government advice. This currently includes maintaining 'shielding' and therefore, should not return to organised exercise outside of the home.</p>	

7	Ensuring class session plans are designed to minimise the injury and illness risk/NHS burden as a priority consideration	Limit where possible movement outside of the spacing guidance for classes.	
8	Should a known or suspected COVID-19 case occur in the exercise environment or an individual be identified as a contact of a known case the individual/s in question should be placed in isolation and follow the PHE guidelines.	Any participant who may become symptomatic whilst at the class should leave the venue immediately without touching anything and without coming into close contact with anyone. If they are clinically unstable, they will be isolated in a separate room and medical assistance called for. Venue to be notified to ensure the isolation room to be cleaned after use.	
9	Put in place an off-site booking system, either online or via phone/email.	Plan to solicit and maintain records of your participant attendance, - to be maintained for 21 days for track and trace purposes and then destroyed if not required.	
10	Ensure any support staff within the group exercise venue are operating to the minimum standards of practice that ensure any professional body endorsement and professional indemnity insurances they require are still valid.	Applicable insurances checked	
Buildings and Venues			
11	Assess ventilation in the building (natural and mechanical) and take appropriate measures to maximise ventilation and minimise risk of transmission.	N/A	
12	Assess the maximum occupancy of your class	Limit online bookings in line with occupancy rates Communicate with participants the reason for limited numbers in advance of class Where possible / allowed, mark the floor with temporary areas defining required space	
13	Check the venue has a deep cleaning strategy to minimise COVID-19 transmission risk	N/A	
14	Check the venue has a daily cleaning strategy to minimise COVID-19 transmission risk	N/A	
15	Check the venue has a high-frequency touchpoint cleaning strategy to minimise COVID-19 transmission risk and how you will keep records	N/A	
16	Assess if spaces can be allocated between car park bays to minimise risk	Communicate with participants the need to park away from others wherever possible	
17	Ensure accesses, exits, passage, main room and stairways are safe, unobstructed, and accessible	Ensure there is a 2 metre social distancing allowance outside and signposted To arrive and exit in a face covering/mask	
18	Review emergency exits and access in the event of an emergency	Ensure exits are clearly marked that there is clear access to doors and that they are not locked	

		Review if the premises are accessible to the emergency services	
19	Understand venue requirements in relation to changing room usage	N/A	
20	Kitchen spaces are not to be used	Ensure participants bring their own water	
Hygiene and Cleaning			
21	Provision of hand washing facilities with warm water, soap, disposable towels, and bin.	N/A	
22	Provision of suitable wipes hand sanitiser in locations around the facility to maintain frequent hand sanitisation.	Participants to be encouraged to carry their own sanitisers with them	
23	Only essential items of equipment to be used as per EMD UK guidelines. All equipment before and after use to be cleaned	N/A	
What are the hazards?		Other venue hazards to be considered after temporary closure such as Legionnaire's Disease, fire, electrical safety etc.	
Who might be harmed?		Facility users	
No.	Controls Required	Mitigations	Action Taken
Venue Preparation			
24	Check with the venue as to the risk of Legionnaire's disease and if necessary, work has been done to make your water supply safe for users	N/A	
25	Check with the venue that routine maintenance has not been missed and certification is up to date (e.g. Gas safety, Electrical Safety and Portable Appliance Testing, Fire Safety, Lifts and Heating – Ventilation and Air Conditioning).		
26	Re-check the fire procedures for the venue	Plan an escape route and meeting point that respects social distancing measures? Informed the class of any hall fire procedures including escape routes & meeting points Easy access to the register or list of those attending the class	
27	Electrical & other equipment	Provide own music system Provide own head mic Participants to bring their own equipment where possible, no equipment to be shared within a class.	