

Risk Assessment – 1StepFitness Classes – COVID-19

Centre: 1StepFitness Studio

Date of Assessment: 10.07.20

Completed by: Lee Hible

Role: Owner

Significant Hazards/ Risk	Who might be harmed and how?	Examples of controls that should be in place:	Likelihood of harm or loss occurring with current controls in place? ¹ (High, Medium or Low)	Further control measures (if required)	Residual Risk (High, Medium or Low)? Is this acceptable? ²	Date controls are to be implemented and by whom ³
COVID-19	Instructors, Members & other people in contact with instructors & members	<ul style="list-style-type: none"> - New PAR-Q/ welcome sheet to be complete by ALL before returning - Increase hand wash & surface clean (sanitizer and wipes available) - Drying of hands done so by using disposable towels - Adhere to social distance measure (lines on floor & around equipment) - This RA will be shared visibly to staff & members (website) - Arrive in suitable clothing (no change rooms or shower facility) - Volume level will be set lower on speakers (reducing the need to shout) - Signage to show measures in place (entrance, top of stairs & in studio) - We will ensure gaps between sessions to reduce waiting around. This will include no entry to the building until a maximum of 5 minutes prior to start time - Ensure access to toilet is available from studio - Booking system for attendance figure (all must book to attend via GymCatch) - Signs outside to avoid queuing/ gathering - One way where possible (outside door coming in/ out of building) - Avoid use of shared equipment (classes will designate equipment per person) - MUST BOOK for track and trace purpose (also via GymCatch with client info) - Short activity times (limited 45 minute sessions) - Good ventilation system with clean air coming in (windows & doors open). Area of building is 1680 sqft = total of 16 people in building at one time - Cleaning will take place after each class/ use of equipment (can also be done by participant where applicable) - Clean work areas no clutter or files/ flyers etc (all flyers to be removed) - PPE not required unless you feel at risk or feel you will put people at risk (Disclosure form to be verbally completed before every class) - Staff will not operate in the same room at the same time - No gym towels allowed - Own water bottle only (no water to be provided from kitchen) 	LOW	<p>Everyone must wash hands on entry and exit of studio.</p> <p>Surfaces & equipment must be cleaned after every use.</p> <p>Staff will be reminding all users to ensure these measures are in place</p>	LOW	ALL – As affect from the day/ time of each session after the 10.7.20

¹ Risk should be reduced as low as reasonably practicable. NB. If risks remain significant even with existing control measures then further control measures MUST be identified and implemented.

² If a risk of significant loss or injury (i.e. any incident that would result in over 3 days lost time, or a major injury or a reportable near-miss or which could lead to a financial loss greater than £) still exists when all “reasonably practicable” control measures have been implemented then the risk is NOT tolerable and the activity should be ceased. Further advice should be sought from the County’s Health and Safety Team.

³ Record who is responsible for implementing the additional controls and when this action is to be completed by.

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RISK ASSESSMENT – Instructor SIGN OFF

This form is for you to confirm that you have read and understood the Curriculum Risk Assessment that applies to your area. If you want to add something to the risk assessment, please record this below

Please complete the following information...

Instructor Name	Class(s)Leading

By signing this form I confirm that:

I have read and understand the Risk Assessment

I will adhere to the safety measures described in the risk assessment

I do not have anything additional comments to add to the Risk Assessment

OR

I do have something to add to the Risk Assessment – Please note below

DECLARATION

Signature

Date