



COVID specific Risk Assessment Form

Activity/event Fitness classes/Personal Training	Venue French Weir Park	Persons involved Participants, Instructor
Responsible person/implementation Benjamin Appleby	First aider Instructor	First aid box/accident book located In main corridor/defib in equipment store
Location of Activities Outdoor space on grass	Location of water bring own bottle of water	Location of parking Tesco (2 hours)/street parking/Tangier car park

Risk prior to measures	Who may be harmed	Precautions	Any further actions/venue specific risk	Risk rating after measures
social distancing guidelines	Participants, Instructor	<ol style="list-style-type: none"> 1.Remaining 2m apart at all times 2. Any necessary close contact is limited and face coverings and gloves used at this time. I.e measurements or temporary support of any equipment or exercise. 3.Keeping the activity time involved as short as possible 4.Using screens or barriers to separate people from each other 5.Using back-to-back or side-to-side working (rather than face-to-face) whenever possible 6.Reducing the number of people each person has contact with. Max of 5 clients a day. 7.stagger arrival of next client/Personal Trainer so no immediate transfer takes place 8.using cones to zone off training space to the public and also to clearly make 2m social distance if required. 	Have any personal protective equipment required and cones ready for use before session commences	Low

<p>Cleaning procedures</p>	<p>Participants, Instructor</p>	<ol style="list-style-type: none"> 1. Providing handwashing facilities, or hand sanitiser where not possible, at entry and exit points. 2. Increasing the frequency of hand washing and surface/equipment cleaning 3. wipe down any used equipment thoroughly between clients 4. fully clearing work space and disposing of any rubbish after use 5. Sharing signs and posters to build awareness of good handwashing technique, the need to increase handwashing frequency, avoid touching your face and to cough or sneeze into a tissue which is binned safely, or into your arm if a tissue is not available. 6. Providing regular reminders and signage to maintain hygiene standards. 	<p>Have bin bag and wipes ready for session so can be disposed of immediately.</p>	<p>Low</p>
<p>Working in the outdoors</p>	<p>Participants, Instructor</p>	<ol style="list-style-type: none"> 1. Analyse risk and coned area making sure the park is not full of other people who could potentially come into contact 2. Offer online training to clients as an alternative option to training face to face in the park. This is also down to the personal trainers discretion 		<p>Trivial</p>

transmission	Participants, Instructor	<ol style="list-style-type: none"> 1. Plan for mainly bodyweight training to reduce use of shared equipment 2. advise to bring own mats, bottle and equipment 3. all notes to be made on personal phones rather than any shared pens 4. maintain a record of all clients met and wellbeing 5. minimise/eliminate travel between clients 6. minimise/eliminate use of shared equipment 	Limit all contact if possible	Low
Vulnerable people in high risk category for COVID-19	Participants, Instructor	<ol style="list-style-type: none"> 1. clients in this category will only be offered online training to limit exposure and risk. 		Low
Mental health	Participants, Instructor	<ol style="list-style-type: none"> More regular contact with team and customers for support 		trivial
Communication and training	Participants, Instructor	<ol style="list-style-type: none"> 1. Providing clear, consistent and regular communication to improve understanding and consistency of ways of working. 2. Developing communication and training materials for workers prior to returning, especially around new procedures for arrival at work. 		trivial

Wearing face coverings		<ul style="list-style-type: none">• Wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before putting a face covering on, and after removing it.• When wearing a face covering, avoid touching your face or face covering, as you could contaminate them with germs from your hands.• Change your face covering if it becomes damp or if you've touched it.• Continue to wash your hands regularly.• Change and wash your face covering daily.• If the material is washable, wash in line with manufacturer's instructions. If it's not washable, dispose of it carefully in your usual waste.• Practise social distancing wherever possible. <p>You can make face-coverings at home and can find guidance on how to do this and use them safely on GOV.UK.</p>		Low
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