

Risk Assessment

Risk assessment template based on the Health and Safety Executive model.

Activity/Person/Location	Fitness Suite – Covid 19 assessment
Service Area	
Manager	Nadim Mea
Assessor(s) including employee representative	Nadim Mea
Date of assessment	29 th September 2020
Review date	30 th October 2020

Resultant Risk Rating Please tick	
High	
Medium	
Low (normal)	X

What are the hazards?	Who may be harmed and how? (risk)	What are you already doing?	What further action is necessary?	Actions by whom?	Action by when?	Date Completed
Catching the virus through airborne	Staff Members Visitors	Posters, social media and web information, instructing users that show signs of the virus not to use the site. Catch it, Kill it, Bin it posters across site and gym. Sanitising spray, hand towels and pedal bins in gym. Toilets, one in and one out system. use disabled toilet in the gym only. No use of areas out of bounds. Lift out of use. Use of face mask when entering, walking through and exiting the building.	Continue to follow Government guidelines for advice.			
Virus through touching items	Staff Members Visitors	Posters, social media and web information, instructing users that show signs of the virus not to use the site. Catch it, Kill it, Bin it posters across site and gym. Sanitising spray, hand towels and pedal bins in gym.	Continue to follow Government guidelines for advice.			

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		<p>Restricted use of equipment. Poster on display with general guidelines. Limiting numbers that can use the gym. Supervision of the gym by leisure staff and cleaners. Regular cleaning of the equipment by leisure staff and cleaners. Showers and changing rooms out of use. Toilets one in one out system, poster on door. Poster encouraging washing hands regularly. Encouraging users to spray down with anti bac spray after using equipment Sanitise hand before using the gym and regularly whilst in the gym. No moving equipment. Lockers out of use. No bringing in any items.</p>				
Physical contact	Staff Members Visitors	<p>No close contact work. No spotting. No facing each other whilst training under 2 metres. No moving equipment. Lift out of use. Physical contact with anyone outside your household (a support bubble counts as one household) is not permitted.</p>	Continue to follow Government guidelines for advice.			
Number of people using the gym	Users and staff	<p>Online booking system only. Allows 50 min booking for use of the gym.</p>				

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		<p>Number of users in the gym limited. Staff to monitors number of people in the gym regularly.</p>				
Arriving and leaving	Participants and Staff	<p>Arrive through reception, using socially distance measures. Use stairs staying on the left hand side following directional arrows up. When leaving the gym exit using stairs staying on the right hand side following directional arrows down. No congregating in foyer or car park or other parts of the building. Use hand sanitisers before entering and when leaving. Members to come in already changed and ready to use the gym.</p> <p>Use face mask when entering building and leaving.</p>				
Track and Trace	Users	<p>All users must book via online system, allowing CG to track and trace. Minimum requirements to keep data for 21 days.</p> <p>Download and use NHS covid 19 track and trace app.</p>				
Symptoms	Staff Members Visitors	<p>Poster on display outlining Government guidelines on symptoms.</p> <p>Symptoms:</p> <ul style="list-style-type: none"> •A high temperature •A new, continuous cough •A loss of or change in your sense of smell or taste 				

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		<p>There are temperature checks when using the site.</p> <p>Anyone that develops symptoms of Covid-19 whilst at the site to go straight home, to self-isolate and order a test; if they need to be collected, they can wait somewhere away from others; if they are having difficulty breathing to call 999 and tell the operator that they are having difficulty breathing and have Covid like symptoms)</p> <p>NHS Covid-19 testing is available via the NHS testing and tracing webpage or by dialling 119 (or dial111 if they show signs.</p>				
Checking for temperature	Participants and staff	Use of temperature camera	On loan from Bouygues			
Adequate cleaning	Staff and users	<p>Equipment cleaned using anti bac sprays daily. Staff can use gloves and PPE, staff to wash hands after use. Disposables binned and thrown away in bins in loading bay.</p> <p>Members encouraged to wipe down equipment after use and bin in pedal bin.</p> <p>Staff to clean floor empty bins regularly.</p>				

It is important you discuss your assessment and proposed action with employees and their representatives. A risk assessment is only effective if you and your employees act on it. You must follow through with any actions required and review it on a regular basis. You should review your risk assessment if you think it may no longer be valid e.g. following an accident/incident, or if there are significant changes to the hazards in your

workplace, such as new equipment or work activities. You should consider, at a minimum, an annual review of your assessment. Risk assessment guidance is available for further information and advice on carrying out a risk assessment.