

RISK ASSESSMENT FORM

ACTIVITY AND LOCATION:

Using gymnasium equipment during Covid 19 recovery

DETAILS OF THE HAZARD(S) IDENTIFIED:

Contact with Covid 19 virus (Contact, airborne)
Muscle strain
Crushing injury

PEOPLE AT RISK:

Members
Seacourt Staff

PRECAUTIONS ALREADY TAKEN TO REDUCE THE RISK:

Bookings:

- No member may use the gymnasium without an induction by authorised qualified member of staff
- Bookings must be made prior to attendance, a maximum occupancy is permitted of 4 people

Arrivals and departures:

- Members must not attend if they, or a member of their household are feeling unwell or displaying symptoms.
- Members must arrive already changed, only shortly before their booked time and leave the club immediately after their session with no socializing in the adjacent areas or car park and maintaining social distancing.
- No entry to changing rooms or showers. The adjacent toilets may be used.

Social distancing:

- Social distancing must be observed at all times, particularly when moving from station to station.
- The gym is divided into 4 zones to assist social distancing and offer a range of exercises.
- No 2 users should be in the same zone at the same time, unless from the same household

Fomite transmission (surfaces):

- Users must use the hand sanitizer at the entrance to the gym on arrival and departure
- The on-line instructions will detail hygiene requirements while using equipment.
- Members must use the cleaning fluid and disposable towels provided to wipe down all surfaces after using each piece of equipment..
- Members must bring their own drinks and manage their possessions tidily.

Airborne transmission:

- Coughs and sneezes must be into a tissue or upper sleeve worst case
- Good ventilation will be maintained by optimising the performance of the air conditioning system.
- Regular air quality monitoring regime in place.

- A prominent notice of requirements will be displayed in the gym.

DO YOU CONSIDER THEM TO BE ADEQUATE?

YES

IF NO: FURTHER ACTIONS/PRECAUTIONS PLANNED:	BY WHOM:	DATE PLANNED:	DATE COMPLETED:
RISK ASSESSMENT PREPARED BY:	NAME: Mike Bedford	SIGNATURE:	DATE: 6/8/2020 v2

