RISK ASSESSMENT FORM

ACTIVITY AND LOCATION:

Using gymnasium equipment during Covid 19 recovery from 12 April 2021

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:

No member may use the gymnasium without an induction by authorised qualified member of staff

Members must not attend if they, or a member of their household are feeling unwell or displaying symptoms.

Bookings must be made prior to attendance, a maximum occupancy is permitted of 4 people
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. They should wash hands thoroughly immediately before and after arrival.
Users must wear a face covering at all times during transit around the club.
No entry to changing rooms or showers. The adjacent toilets may be used.
The on-line instructions will detail hygiene requirements .
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.
Social distancing must be observed at all times, particularly when moving from station to station.
Members must use the cleaning fluid and disposable towels provided to wipe down all surfaces after using each piece of equipment.
Coughs and sneezes must be into a tissue or upper sleeve worst case
Members must bring their own drinks and manage their possessions tidily.

Good ventilation will be maintained by optimising the performance of the air conditioning system.

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: 4/6/2021