RISK ASSESSMENT FORM

ACTIVITY AND LOCATION:

Using gymnasium equipment during Covid 19 recovery from 19 July 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:

Communications:

- Pop up Guidelines on Covid precautions sent to all members via the Club website and updated as appropriate.
- 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
- The gym may not be used before 8am when a member of staff will be on duty.
- Changing rooms and showers may be used.
- 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.
- Sensible 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 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.

First Aid:

- First aid facilities available at certain times but no mouth to mouth resuscitation. If no qualified first aider is on site, members must immediately call 999 in the event of a serious medical emergency.

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: 24/7/2021