

# COVID-19 Risk Assessment

## OUTDOOR CLASSES



Health and Safety, and Safeguarding, risk assessments for other hazards such as fire, first aid etc.

What are the hazards?		Transmission of COVID-19	
Who might be harmed?		Clients and the wider community	
No.	Controls Required	Mitigations	Action Taken
People Management, Instructor Best Practice and Communication			
1	Self-screening of individuals before they arrive at the class to ensure individuals displaying COVID-19 symptoms or those who should be shielding do not travel or attend		
2	An assessment of user numbers, space capacities and layout planning to maintain social distancing	Social Distancing - Reducing the number of persons on arrival and leaving the venue to comply with the 2-metre gap recommended by the Public Health Agency <a href="https://www.publichealth.hscni.net/news/covid-19-coronavirus">https://www.publichealth.hscni.net/news/covid-19-coronavirus</a> <a href="https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people">https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people</a>	
3	Communications in place so that all participants are aware of the control measures in place and how to act appropriately to minimise the risk of transmission of COVID-19	All participants to bring their own mat and towel and maintain a minimum of 2 metres gap at all times.	
4	Clear protocols to manage any person who becomes symptomatic at the venue as per government guidelines for employers and businesses as the most relevant information		
5	Outline how participants who are returning to the environment from isolation due to suspected or confirmed cases of COVID-19 or other COVID-19 related reasons should be medically assessed prior to return	No participant will return to the class for at least 10 days from the onset of symptoms and they must be at least 7 days with no symptoms. They will not be allowed back to class for at least 14 days from the onset of symptoms and will require clearance from the COVID Medical officer before they return	

6	Agree a clear position on how participants who are deemed vulnerable or are in a household with vulnerable individuals interact with the environment, which must be in line with government advice on clinically vulnerable individuals.	Clinically extremely vulnerable individuals or those continuing to live with anyone deemed clinically extremely vulnerable should not be engaged in the class environment in line with current government advice.  Participants deemed 'clinically extremely vulnerable' should continue to follow government advice. This currently includes maintaining 'shielding' and therefore, should not return to organised exercise outside of the home until guidelines allow.	
8	Ensuring class session plans are designed to minimise the injury and illness risk	Limit where possible movement outside of the spacing guidance for classes.	
9	Should a known or suspected COVID-19 case occur in the exercise environment or an individual be identified as a contact of a known case the individual/s in question should be placed in isolation and follow the PHE guidelines.	Any participant who may become symptomatic whilst at the class should leave the venue immediately without touching anything and without coming into close contact with anyone. If they are clinically unstable, they will be isolated in the outside space and medical assistance called for. Venue to be notified.	
10	Use gymcatch booking system to avoid cash transactions.	Booking records kept to allow for track and trace if necessary	
11	Ensure instructor has professional body endorsement and professional indemnity insurance.	FitPro membership and insurance. Reactivate (CIMPSA and Sport England) Covid-19 Awareness training completed 24th Jul 2020.	
Buildings and Venues			
13	Outdoor occupancy maximum of 15	Limit online bookings in line with occupancy rates  Communicate with participants the reason for limited numbers in advance of class	
17	Assess if spaces can be allocated between car park bays to minimise risk	Communicate with participants the need to park away from others wherever possible	
21	Kitchen spaces and toilet spaces are not to be used	Ensure participants bring their own water  Participants advised in advance that toilet facilities will not be available	
Hygiene and Cleaning			
22	Clients advised to use own hand sanitiser.	See hand washing guidance.  <a href="https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/">https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/</a>	
24	Equipment - none to be provided by instructor.	Clients to bring their own mats, blocks, bands and towels.	

What are the hazards?		Other venue hazards to be considered after temporary closure such as Legionnaire's Disease, fire, electrical safety etc.	
Who might be harmed?		Facility users	
No.	Controls Required	Mitigations	Action Taken
Venue Preparation			

What are the hazards?		Vital first aid equipment is not available when needed. First aiders do not have adequate PPE to carry out first aid when required.	
Who might be harmed?		First aiders, facility users	
No.	Controls Required	Mitigations	Action Taken
First Aid			
29	Check that your first aid kits are stocked and accessible during all activity		
30	What steps have you taken to improve your understanding of first aid provision under COVID-19?	Included as part of COVID-19 awareness training.	
32	Check you have an accessible Incident Report Book		
33	Implement a Register of all attendees for each class (this must be kept for 21 days in case of outbreaks)		
34	Ensure you access to a phone in case of emergencies		