



COVID-19 RISK ASSESSMEMENT

Business:	Fitness Garage Ltd.	Completed by:	Steve Henwood/Andy Gardner	Date:	15/07/2020
Hazard Topic:	COVID-19	References:	UK Active Gym reopening guidelines 2020	Review due:	Monthly

Hazards What could cause harm and how? Include considerations for normal operations, cleaning, maintenance, etc.	Current Control Measures in place (training should be in place but not used on its own)	Risk* H, M, L	Action needed, by whom and by when (both long and short term) H&M risk – mandatory actions L risk – no further action necessary
Spread of Covid-19 through surface contamination in the building.	Hygiene <ul style="list-style-type: none"> • Hand washing facilities with antibacterial soap and water in place • 70% Alcohol gel sanitiser in in any area where washing facilities not readily available. • Clear guidance on our hygiene measures provided to people on arrival through visual signage. • Equipment is assigned to a person where possible for use in their workout station/pod. • Avoid touching door handles, etc - use elbow/foot where possible. • Advise clients to arrive ready as the changing facilities will not be available for use until further notice • Advise instructors running classes to bring their own equipment • If practicable, use paper towels to open toilet doors. 	M	Full induction to all trainers and other gym users before they can use the facility post reopening. All gym trainers and clients to be reminded to wash their hands regularly for 20 seconds with water and soap and the importance of proper drying with disposable towels. Also reminded to catch coughs and sneezes in tissues – Follow <i>Catch it, Bin it, Kill it</i> and to avoid touching face, eyes, nose or mouth with unclean hands. Trainers to open doors for clients and meet and greet clients outside the main door.

Hazards What could cause harm and how? Include considerations for normal operations, cleaning, maintenance, etc.	Current Control Measures in place (training should be in place but not used on its own)	Risk* H, M, L	Action needed, by whom and by when (both long and short term) H&M risk – mandatory actions L risk – no further action necessary
	<p>Cleaning</p> <ul style="list-style-type: none"> • Cleaning and disinfecting the gym regularly and with the correct cleaning chemicals including use of Barbicide. • Equipment in pods and pod areas must be cleaned and disinfected after each session using Barbicide. • General surfaces in the gym that are touched regularly particularly in areas of high use such as door handles, light switches, reception area, etc. must be cleaned regularly using appropriate cleaning products and methods. • <i>Cleaning after a known or suspected case of COVID-19 is carried out following the specific government guidance.</i> <p><i>(COVID-19: cleaning in non-healthcare settings)</i></p>	M	Advise all trainers to complete Barbicide use and handling online certification course.

Hazard: Spread of Covid-19 through person-to-person transmission (droplets) in the building	Current Control Measure in place	Risk* H, M, L	Action needed, by whom and by when (both long and short term) H&M risk – mandatory actions L risk – no further action necessary
	<p>Social Distancing</p> <ul style="list-style-type: none"> • Reducing the number of persons in the gym area at any one time to comply with the 2-metre (6.5 foot) social distance by taking into account total floorspace as well as likely pinch points and busy areas. • Individual training stations/pods have been designed and will be used where no training equipment is shared during a session • Pods will be booked out for certain times and durations to manage the number of people in the building at any one time. • Signage / posters displayed to communicate hygiene and social distancing rules. • Social distance marking for common areas where applicable e.g. gym, class area and corridors, etc. • Area designated for Zoom classes to avoid large groups of people in one place • Treatment room to be booked out. Cleaning and disinfection to be carried out after each use. Separate procedures for this – see treatment room induction plan. 	M	<p>Users to be reminded daily of the importance of social distancing both in the workplace and outside of it.</p> <p>Management checks to ensure this is adhered to whilst at work.</p>

	<ul style="list-style-type: none"> • office use is staggered for trainers to ensure social distance is maintained. • Where face to face contact is essential, this is kept to 15 minutes or less wherever possible. Masks are available. • Visitors and contractors to the gym are seen by appointment only. • Social distancing measures are subject to daily monitoring by management. Any actions needed are communicated. • A one-way system is in place (when required) in areas that are narrow and not wide enough to pass safely <p>PPE</p> <ul style="list-style-type: none"> • Face masks: will be available within the building • Gloves: gloves are not necessary for use in the building. Users are encouraged to use effective hand washing instead of glove wearing to prevent the spread of COVID-19 except in exceptional circumstances like a first aid emergency. Guidance is provided for first aiders on this. 	M	<p>Users to be reminded daily of the importance of social distancing both in the workplace and outside of it.</p> <p>Management checks to ensure this is adhered to whilst at work.</p>
<p>Spread of Covid-19 through person-to-person transmission (droplets) or surface contamination within vehicles or during deliveries being made/ taken</p>	<ul style="list-style-type: none"> • Couriers delivering packages do not enter the building where possible to help maintain social distancing. 	L	

<p>The spread of COVID-19 to vulnerable individuals</p>	<p>Clinically vulnerable and extremely vulnerable</p> <ul style="list-style-type: none"> • Trainers with extremely vulnerable clients are asked to carry out a risk assessment on their individual clients and advised to not encourage them to train at the gym. • This group of people are also referred to as “Shielding”. • A link to the guidance regarding the management of coronavirus is available on the Fitness Garage website (www.fitnessgarageharrogate.co.uk). 	<p>L</p>	
<p>The spread of COVID-19 from users attending the gym when they shouldn't due to lack of knowledge/ understanding about the symptoms</p>	<p>All users are advised on the symptoms of Covid-19 and asked to keep up to date with government guidelines. Current advice is available on the Fitness Garage website (www.fitnessgarageharrogate.co.uk).</p> <ul style="list-style-type: none"> • If anyone becomes unwell with Coronavirus symptoms - whilst in the workplace they will be sent home and advised to follow Government guidance in relation to testing and self-isolation. • If trainers or clients develop Coronavirus symptoms before they are due to come to the gym they must inform the Fitness Garage Management Team, self- isolate and arrange for a test. • Trainers or clients who have been notified by the NHS Test and Trace service via text message, email or phone that they have been in contact with a person who has tested positive for coronavirus (COVID-19) must inform the Fitness Garage Management Team, self-isolate at home and follow the Government “stay at home” guidance. 	<p>L</p>	<p>Fitness Garage Management team to keep updated on COVID-19</p>

Emergencies in the building creating hazards that are not dealt with appropriately.	<ul style="list-style-type: none"> Although maintaining social distance is hugely important in preventing the spread of coronavirus, users are expected to act appropriately during an emergency at the gym. For example, in a fire evacuation where safety is compromised due to the fire, the 2m distance would not be enforced. 	L	
Significant spread of COVID-19 within a building	<ul style="list-style-type: none"> If multiple cases of coronavirus appear in the gym an outbreak control team from the Harrogate Borough Council will be contacted. The building will be cleaned as per the Government guidance - COVID-19 cleaning in non-healthcare settings. 	L	

***Risk rating**

Likelihood / Injury	Minor	Moderate	Major
Unlikely	L	L	M
Possible	L	M	H
Likely	M	H	H

Signed off by S. Henwood and A. Gardner
Fitness Garage Ltd. Directors
Date: 15/07/2020