



COVID-19 Risk Assessment For Indoor & Outdoor Classes

Specific to the risks associated with the spread of Corona Virus at our group fitness classes.

What are the hazards?		Transmission of COVID-19	
Who might be harmed?		Facility users 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	Notification on every Live class booking, to remind individuals to stay home if they are experiencing symptoms of Covid19, flu or are feeling generally under par.	
2	An assessment of user numbers, space capacities, venue circulation and layout planning to maintain social distancing	<ul style="list-style-type: none"> Hall floor clearly marked with 3m separation markers, in compliance with PHA recommendations for exercising indoors. 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 Class start & finish times allow for a minimum of 10-minute gap to clean equipment and reduce pinch points of high traffic on entry to class. 	
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	<ul style="list-style-type: none"> Sanitising equipment – anti-bac wipes, spray, disposable cloths available on arrival, for taking over equipment, and for cleaning the exercise area floor and equipment when leaving. Hand sanitizer available for use upon arrival and when leaving the session. Grip style gloves available for use in classes where equipment is exchanged. Gloves to be purchased and retained by the user. Exchange of equipment is kept to minimum. 	
4	Clear protocols to manage any person who becomes symptomatic at the venue as per government guidelines	Communicated to all instructors.	
5	Outline how participants who are returning to the environment from isolation due to suspected or confirmed cases of COVID-19, 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 the venue 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.	
8	Ensuring class session plans are designed to minimise the injury and illness risk/NHS burden as a priority consideration	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 a separate room and medical assistance called for. Venue to be notified to ensure the isolation room to be cleaned after use.	
10	Put in place an off-site booking system, either online or via phone/email. Avoid cash transactions.	All in place via the TeamUp booking system used by Flin's Fitness	
11	Ensure any support staff within the group exercise venue are operating to the minimum standards of practice that ensure any professional body endorsement and professional indemnity insurances they require are still valid.	Applicable insurances checked	
Buildings and Venues			
12	Assess ventilation in the building (natural and mechanical) and take appropriate measures to maximise ventilation and minimise risk of transmission.	Ventilation systems should provide 100% fresh air and not recirculate air from one space to another, therefore the air conditioning at Westcombe Park is not to be used. We increase the existing ventilation rate by fully opening doors at WP, and doors and windows at Tubbenden. We aim to ensure the room is well ventilated and allow more time between classes to allow fresh air to circulate	
13	Assess the maximum occupancy of your class	Currently 14 at Westcombe Park, 20 in the big hall at Orpington Village Hall, 18 in the main hall at Tubbenden, and 14 in the hall upstairs at Tubbenden. The small hall at Tubbs is marked at 2m from bottom of a yoga mat to the top of the next one, with 2m separation in between, as this hall is for quieter Yoga and Pilates classes, therefore requires 2sq m space per person.	
14	Check the venue has a deep cleaning strategy to minimise COVID-19 transmission risk	<ul style="list-style-type: none"> • Orpington Village Hall – stringent cleaning. • At Westcombe Park, we self manage and clean sanitise our hall after use. • At Tubbenden we do this also, and the school has a deep cleaning regime during school term times. 	
15	Check the venue has a high-frequency touchpoint cleaning strategy to minimise COVID-19 transmission risk and how you will keep records	Frequently cleaning and disinfecting objects and surfaces that are touched regularly particularly in areas of high use such as door handles, light switches, reception area using appropriate cleaning products and methods – done at all venues	

16	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	
17	Ensure accesses, exits, passage, main room and stairways are safe, unobstructed, and accessible	<ul style="list-style-type: none"> • Ensure there is a 2 metre social distancing allowance outside of classroom and signposted • There is a 1-way system in place to avoid pinch points and areas of high traffic (1 entry point/ 1 exit point communicated to class participants) • Check that all equipment is neatly stored – done at each class by the instructors • Sufficient cleaning equipment available to wipe fitness equipment after each class 	
18	Review emergency exits and access in the event of an emergency	Exits are clearly marked and there is clear access to doors which are not locked Premises are accessible to the emergency services	
19	Understand venue requirements in relation to changing room usage	Not applicable	
20	Kitchen spaces are not to be used	Participants bring their own water	
Hygiene and Cleaning			
21	Provision of hand washing facilities with warm water, soap, disposable towels, and bin.	All provided on each site.	
22	Provision of suitable wipes hand sanitiser in locations around the facility to maintain frequent hand sanitisation.	Participants to be encouraged to carry their own sanitisers with them	
23	Only essential items of equipment to be used as per guidelines. All equipment before and after use to be cleaned	<ul style="list-style-type: none"> • Equipment is in good repair • Equipment is suitable for its intended use and, it's use is limited where possible. Clients are encouraged to bring their own portable equipment. Yoga mats are no longer available to borrow. Foam mats are not now in use, all mats are vinyl and wipeable. • All equipment is cleaned after contact with antibacterial wipes/cleaning product 	
24	Sound system & head mic	Instructors must use head mic indoors to minimize shouting, also providing their own headset, or at a minimum, their own windshield over the mouthpiece of the headmic.	