

RISK ASSESSMENT

Covid-19

Hazard	Risk	Initial Risk	Control Measure	Managed Risk
Spreading and contraction of COVID-19 (Coronavirus) during 1on1 and group fitness sessions.	Spreading and Contraction through human contact by attending or travelling to fitness sessions.	Medium	<ul style="list-style-type: none"> - All classes and sessions must be pre booked via the app or webpage. - All employees and clients are to report if they have any of the following symptoms and NOT attend to a fitness session: <ol style="list-style-type: none"> 1. High temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature). 2. New, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual). 3. Loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal. <p>You are to follow Government guidelines detailed at gov.uk and nhs.org.uk and If your symptoms are mild, call NHS 111 will usually advise you and anyone you live with not to leave your home. This is called self-isolation.</p>	Low

			<p>Anyone with symptoms should self-isolate for 7 days from when their symptoms started. Anyone who does not have symptoms should self-isolate for 14 days from when the first person in your home started having symptoms.</p> <ul style="list-style-type: none"> - Avoid the use of public transport at all times. - Keep 2m from all other people outside your household. - Clients are to leave the session alone or with people of their own household. 	
<p>Spreading and contraction of COVID-19 (Coronavirus) during 1on1 and group fitness sessions between trainers and clients and between clients.</p>	<ul style="list-style-type: none"> - Spreading and Contraction through human contact whilst attending a fitness session through touch or close proximity. 	<p>Medium</p>	<ul style="list-style-type: none"> - ZERO physical contact of any kind. - Maintain AT LEAST 2 metres from any other person (this includes trainers, clients and the public). - Use hand sanitizer when arriving and leaving a session (provided by Be Fearsome). - Clients remain inside the 4m cone box provided by the trainer unless told otherwise. - Trainers are not to enter your 4m square box at ANY TIME. - Clients to keep their personal belongings to themselves, inside the 4m cone box. - No water will be provided by the trainer. - Clients are NOT to spit or clear their nose at any time during a session. If this is required, they are to use a tissue and take the tissue away with them. 	<p>Low</p>
<p>Spreading and contraction of COVID-19 (Coronavirus) during 1on1 and group fitness</p>	<ul style="list-style-type: none"> - Spreading and Contraction through use of equipment. 	<p>Medium</p>	<ul style="list-style-type: none"> - Any equipment is to be sanitized using the provided sanitizer and wipes by the trainer (provided by Be Fearsome). 	<p>Low</p>

<p>sessions between trainers and clients and between clients.</p>			<ul style="list-style-type: none"> - Equipment can then be collected by the client when instructed while keeping AT LEAST 2m apart. - Any equipment is to be sanitized using sanitizer and wipes by the trainer at the end of the session (provided by Be Fearsome). - The trainer is to wear gloves whilst sanitizing any equipment and dispose of the gloves into a plastic bag (provided by Be Fearsome). - Equipment is NOT to be touched or shared by anyone else after it has been sanitized by the trainer. 	
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Date assessed	13/05/2020
Assessment by	T A Frearson
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