



CORONAVIRUS RISK ASSESSMENT

Nature of Activity: Fitness Studio / Personal Training and Small Group Training

Number of Coaches Involved: Up to 4

Frequency of Activities: Monday-Friday between 06.30-21.00 (times vary due to coaches working and appointment hours)

This document works alongside the Standard NLFitness Risk Assessment



Summary

- NLFitness runs as a small (2,000sq ft) training studio that operates on an appointment only basis.
- Anyone who passes through the doors is booked in advance, and full records are kept on file (name, age, full contact details, medical history, previous sessions attended).
- Clients and members are easily contactable for updates and emergencies individually and collectively via TeamUp software, WhatsApp messenger, Facebook, Phone and Email.
- The Studio benefits from a large roll shutter, 2 main entrance doors, 2 fire exits and 3 windows.
- The Studio benefits from a similar sized outdoor space, which is the first preference to conduct training, weather permitting.
- NLFitness will be strictly adhering to up-to-date government guidelines, and more specifically the framework laid out by UKActive's Fit Together scheme for gyms and leisure facilities...

| THE SIX KEY MEASURES WE HAVE COMMITTED TO AT MINIMUM ARE: | |
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| 1 Avert the number of infected people visiting the facility – both staff and users | 2 Prevent people 'carrying' the infection into or around the facility e.g. on hands |
| 3 Limit the number of people within the facility – reducing the risk of transmission | 4 Social distancing – to reduce the risk of viral transmission through the air |
| 5 Reduce the risk of viral transmission from surfaces and equipment | 6 Reduce the risk of transmission to vulnerable or high-risk staff and users |



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| RISK ASSESSMENT | | NLFitness Units 1A and 1B | |
| Establishment: NLFitness | Assessment by: Nick Lane | Date: 20 th July 2020 | |
| Review Date: Monthly | Approved by: Ruth MacIntyre | Date: 20 th July 2020 | |

| Hazard / Risk | Who is at Risk? | Normal Control Measures | Additional Control Measures | Risk Rating H/M/L |
|---|---------------------------|---|---|--------------------------|
| Outbreak of Coronavirus | Everyone | Maintain cleanliness standards, good personal hygiene and avoiding coming to The Studio if showing symptoms of illness | Follow specific government guidelines on social distancing, strict personal hygiene and a more extensive cleaning schedule (Studio and heavily used equipment). Ensure anyone showing key symptoms (cough, sore throat, breathing difficulties, temperature, chest pain) does not come to The Studio - and remain absent for at least 14 days or longer if symptoms have not subsided. Keep doors open as much as possible to increase ventilation and minimise constant contact from various people. Inline with government advice - fans will be running whilst clients are training inside. | M |
| High risk individuals contracting Coronavirus | High risk clients/members | Maintain cleanliness standards, good personal hygiene and avoiding coming to The Studio if showing symptoms of illness. | Ensure higher risk clients/members understand risks involved and depending on severity of risk, suggest they do not attend sessions. | M |

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| Communication and Education (infection control) | Everyone | Communicate key points to coaches, clients and members regularly. | Regular contact with all coaches, trainers, clients and members. Ensure most recent up-to-date government guidelines are being followed. Posters up in Studio as reminder and guidance. | M |
| Personal hygiene | Everyone | Encourage everyone visiting The Studio to arrive with clean hands. Coughs and sneezes must be caught in a tissue and thrown away immediately. | Mandatory hand washing upon arrival and departure. Hand sanitising stations fitted around The Studio. | M |
| People returning from high risk travel areas | Everyone | N/A | Ensure anyone returning from high risk travel areas do not come to The Studio for at least 14 days after arriving back in the UK. Continue to follow most recent up-to-date government guidelines | M |
| Cleaning of premises | Everyone | Regular cleaning (via owner and self employed external cleaner) | Increased and more vigorous cleaning procedures. More frequent cleaning of equipment, surfaces and floors.] Use of antiviral spray and wipes regularly. Coaches will all have a personal responsibility to keep anything they use clean, especially after use. More consideration to be taken cleaning areas that are often touched (door handles, toilets, light switches, desks) | M |
| Social distancing | Everyone | NA | Ensure anyone in the Studio maintains 2 metre social distancing at all times. Mark areas out when more than 4 people are due to be present at The Studio. | M |

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| | | | <p>Bring small group class sizes down to ensure social distancing can be adhered to, and, where possible, have members train facing away from each other. Members in group sessions will be assigned their own workstation area, with no sharing of equipment. Encourage those attending the Studio to remain vigilant with their social distancing when not at The Studio. Continue to prioritise the outside space as much as possible..</p> | |
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