

Carried out by – S. Robinson

Signed off by M. Robinson (Director/ Manager)

Risk	Control measures put in place	Level
Overcrowding – increasing the risk of potential transmission of COVID-19	<p>Manage Occupancy levels</p> <p>A booking system has been put in place to limit the number of people within the Gym at any one time. We will have 15 spaces available to members in each hour. However, our capacity can more. We will gradually increase numbers when systems are seen to be working</p> <p>It will be compulsory to book in advance – emails will be sent to all members and frozen members to explain booking procedure which will also be detailed on the website.</p> <p>Only members can book a slot.</p> <p>All users must book, including personal training clients who must be members.</p> <p>Signs will be displayed outside the gym to explain booking process.</p> <p>Our usable area is well over 3500sq ft and we may operate to at 1:100sqf as recommended by uk active so maximum capacity can be 35 we will initially operate with significantly less and will look to increase numbers when systems are seen to be working.</p> <p>Hockley Gym is a large unit with high ceilings, All users will have approx. 200sqft per person (double the amount specified by government)</p> <p>Social distancing</p> <p>Users will be encouraged to stick to social distancing via numerous posters around the facility.</p> <p>Equipment has been spaced out, where two pieces of equipment are close, signs will be displayed on them to ask users not to use them.</p> <p>Floor markings</p> <p>Floor markings spaced at 2m will encourage users to keep their distance for others.</p> <p>Members will receive a letter detailing booking procedure and arrangements, it will also be on the website</p> <p>Changing rooms</p> <p>Showers will be out of use and signs on the changing room doors will ask users to stick to only 2 at a time (unless from the same family group)</p> <p>Studio classes</p> <p>The studio will not open to external users initially to allow time for gym users and contractors to familiarise themselves with guidelines and operations as safely as possible. When they do they will be limited to 5 people. (this will be reassessed)</p> <p>Personal training</p> <p>Trainers should maintain 2m distance from clients. If handling equipment and passing to clients they should either wipe equipment or wear gloves (as independent contractors Hockley Gym will encourage best practice of the trainers and they will be required to complete the Covid online training course to show awareness)</p>	M

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Group Training in the gym

Currently guidance for group training is 1:5, all those attending group training in the gym must be members and be booked in on the gym booking system. Extra space in the studio is available for this but all users must be members and booked in the normal way.

Spectators

These will be discouraged, however we have a number of disabled users who attend with carers, they will be encouraged to social distance in the waiting area if waiting.

Waiting area

This has been spaced out and chairs marked out of use where they are too close.

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Risk / Hazard	Control Measures put in place	Level
<p>Contact with the virus through surfaces.</p>	<p>Cleaning – rota and records kept.</p> <p>Frequent use equipment / surfaces to be cleaned at least once during morning and evening shift.</p> <p>Encourage users to wipe down equipment before and after use with increased signage.</p> <p>Cleaning stations increased and regularly stocked up</p> <p>Regular, hourly wiping of doors handles.</p> <p>Contractors should wipe keyboard, ipad and computer at the start and end of their shift using the provided antibacterial wipes</p> <p>Removal of all equipment that is not easily wiped (No fabric, or foam)</p> <p>Reduction of shared objects – signage recommending do not share and to clean after and before use</p> <p>Sign on fountain saying only use to fill bottle – do not drink direct from the tap.</p> <p>Shared devises</p> <p>IPAD / Paypal devise for membership – to be wiped with anit-bacterial wipes after each use.</p> <p>Computer – wiped after end of shift.</p> <p>Swipe machine wiped at the same time as the door handles</p>	<p>M</p>
<p>Risk Hazard</p> <p>Confirmed COVID or staff/ members showing symptoms</p>	<p>Control measures put in place</p> <p>Signage and messages to remind people not to attend if feeling unwell in line with national campaigns</p> <p>Support the test and Trace system Booking system will keep details of all users, so we can contact if required to do so. (Must keep name, date, time of exit & entry, phone numbers)</p> <p>Users reminded via posters and national campaign – not to attend the facility if they have any symptoms</p> <p>Social distancing in place to limit the risk of transmission</p> <p>Staff must inform Meurice Robinson should they have symptoms and should isolate inline with government guidance.</p>	<p>Level</p> <p>M</p>

Hockley Gym Risk Assessment COVID – 19Date: July 18th 2020

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Risk / Hazard	Control measures put in place	Level
<p>Poor ventilation increasing the risk of transmission of COVID-19</p>	<p>Hockley Gym is a large unit with high ceilings, all windows will be open, and the fire door will also be open to encourage ventilation and circulation of fresh air. All users will have approx. 200sqft (double the amount specified by government)</p>	L
<p>Poor Hygiene of users leading to increased risk of spread of covid -19</p>	<p>Hand sanitisers in place around the gym and at the entrance / exit</p> <p>Good cleaning habits encouraged through increased signage. Frequent touch surfaces to be cleaned twice daily (Morning / afternoon shifts)</p> <p>Showers Showers will be out of use for the time being.</p> <p>Towels Towels will not be permitted on the gym floor, paper towels around the gym available for wipe down of equipment.</p> <p>Bins Bins will be positioned under every cleaning station and emptied daily whether they are full or not.</p> <p>Gym team Must ensure they do not eat at the desk or in the reception area, food may only be consumed in the staff only kitchen area. The kitchen area must be wiped down after use.</p>	M
<p>Transmission through First aid treatment</p>	<p>First aid, if required may be carried out in line with the first aid policy, however contractors administering first aid must protect themselves by wearing PPE, a mask and gloves will be available and stored with the first aid kit.</p>	M