# Risk assessment

## Company name: NEWBURY CROSSFIT & PERFORMANCE CENTRE

## Assessment carried out by: Grant Dedden

## Date of next review: April 2022 Date assessment was carried out: April 2021

| What are the hazards? | Who might be harmed and how? | What are you already doing to control the risks? | What further action do you need to take to control the risks? | Who needs to carry out the action? | When is the action needed by? | Done |
| --- | --- | --- | --- | --- | --- | --- |
| **Entrance and exit to building** | Members and staff – entering and exiting building will not be able to maintain safe 2 metres distance | Members & staff to enter through front door.Everyone must exit through back door at rear of building. Classes will be reduced to 45 minutes to ensure only 10 people are in the building at one time & there is no crossover. | No further action | Each member to be emailed rules.Coaches to remind members at time of class. | July 2020 |       |
| **Members or staff entering and exiting building (possible risk of COVID-19)** | Everyone entering the building(members and staff) | Hand sanitiser station at entrance and exit points of building. | Posters next to sanitiser stations to remind everyone to use. | Grant Dedden to set up sanitiser stations. | July 2020 |       |
| **Members / coaches not maintaining 2 metre social distancing in the building.** | Everyone entering the building (members and staff) | Building area has been measured and calculated that there can be 10 people in building at one time. This will enable everyone to have 3 x 2 metres of space each (more than recommended) | 3 x 2 metre zones to be taped out of the floor. Each member to enter building (maintaining 2 metres) and to go to one of taped zones straight away. Each zone will have all of their equipment ready for their workout. | Grant Dedden to tape out zones | July 2020 |       |
| **Members sharing gym equipment** | Members and staff | Each taped zone to have equipment allocated so members do not have to walk around and they will use their equipment throughout class (no sharing). | Each taped zone will have sanitiser spray and each member will be required to sanitise equipment before and after their workout. | Grant Dedden | July 2020 |       |
| **Members bringing extra clothing / bags into gym space. Creating more surface space and materials for COVID-19 to spread** | Members and Staff | Members are not allowed to bring change of clothes. Must enter building in gym wear. Toilet is not allowed to be used to change. Coats are not allowed to be worn into building.  | Member can have car keys and a water bottle in their zone.No personal towels in gym. Members to use disposable blue roll if needed | Grant Dedden to email rules to members and staff | July 2020 |       |
| **Coach teaching class being able to maintain 2 metre social distancing** | Staff and members | Coach / staff members will have zone at back (measurements) just for them to demonstrate movements.  | A walk way of at least 2 metres will run through centre of gym to enable coach to provide 1:1 feedback safely. | Grant Dedden to set up zone | July 2020 |       |
| **Members and staff entering building with COVID-19 (unknowingly)** | Staff and members | Thermal thermometer at gym If anyone experiences any of the following symptoms whilst in the building:High temperature (this can be simply hot to touch on chest or back, temperature does not need to be taken)New, contagious coughLoss or change to your sense of smell of tasteThey must not enter the building or will be asked to leave the building immediately and advised to self-isolate | All members / staff will be informed that someone has been in the building with COVID-19 symptoms. Building will be closed immediately for a deep clean. | Grant Dedden | July 2020 |  |
| **Members accessing the gym / building that are classed as:****High risk (clinically extremely vulnerable)\*****Moderate risk (clinically vulnerable)\*\*****SEE BELOW LISTS** | Those members categorised as clinically extremely vulnerable or clinically vulnerable at higher risk of suffering more extreme symptoms of COVID-19 | All members to be contacted and requested to answer questions to declare if they are in the clinically extremely vulnerable or clinically vulnerable category. | Once members have identified themselves, all staff members will be advised of these members. These members will be given opportunity to use the gym by themselves to limit the risk to them. | Grant Dedden | July 2020 |  |
| **Maximum of 60 people entering the building every day (sharing same space and equipment)** | Staff and Members | One entrance (with sanitiser station) and one exit (with sanitiser station). No crossover between classes (classes reduced to 45 mins)Each person in building to be in their own taped out zone (3 x 2 metres) more than recommended.All equipment to be in the taped out zones ready to be used. | Prior to and after classes each member to sanitise the equipment and floor space (each zone to have sanitising spray)At the end of every day, staff member to spray the flooring area with sanitiserWeekly deep clean of the gymShutter doors to be open during all classes to increase air flow | Grant Dedden to inform members of these rules and to inform staff what is required of them at end of the day.Grant Dedden to carry out weekly deep clean | July 2020 members to be contacted and sanitising to be carried out daily |  |
| **Members / staff not upholding social distancing or regular sanitising of equipment / space** | Staff and members | All members and Staff to be emailed the rules that must be adhered to and followed. What is required to uphold the government regulations. | Posters to be displayed in gym to remind staff and members to:Stay 2 metres apart at all timesRegularly sanitise equipment and floor spaceCOVID-19 symptoms to remind staff and members | Grant Dedden ordered posters | July 2020 | Yes |

## People at high risk (clinically extremely vulnerable)\*

People at high risk from coronavirus include people who:

* have had an organ transplant
* are having chemotherapy or antibody treatment for cancer, including immunotherapy
* are having an intense course of radiotherapy (radical radiotherapy) for lung cancer
* are having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)
* have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma)
* have had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine
* have been told by a doctor they have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)
* have a condition that means they have a very high risk of getting infections (such as SCID or sickle cell)
* are taking medicine that makes them much more likely to get infections (such as high doses of steroids or immunosuppressant medicine)
* have a serious heart condition and are pregnant

Information:

If you have any of the following health conditions, you may be clinically vulnerable, meaning you could be at higher risk of severe illness from coronavirus. You are advised to stay at home as much as possible and, if you do go out, take particular care to minimise contact with others outside your household or support bubble.

\*\*Clinically vulnerable people are those who are:

* aged 70 or older (regardless of medical conditions)
* under 70 with an underlying health condition listed below (that is, anyone instructed to get a flu jab each year on medical grounds):
* chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
* chronic heart disease, such as heart failure
* chronic kidney disease
* chronic liver disease, such as hepatitis
* chronic neurological conditions, such as Parkinson’s disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
* diabetes
* a weakened immune system as the result of certain conditions or medicines they are taking (such as steroid tablets)
* being seriously overweight (a body mass index (BMI) of 40 or above)
* pregnant women

As above, there is a further category of people with serious underlying health conditions who are clinically extremely vulnerable, meaning they are at very high risk of severe illness from coronavirus. You, your family and carers should be aware of the guidance on shielding which provides information on how to protect yourself still further should you wish. Updated advice is available [here](https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19).

More information on managing risk: [www.hse.gov.uk/simple-health-safety/risk/](http://www.hse.gov.uk/simple-health-safety/risk/)

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