

St Andrew's Club Covid-19 Risk Assessment – Gym members training in the Club

Date Written: 08-09-20 Written by: Annette Fettes

	<i>Hazards</i>	<i>Initial risk rating</i>	<i>Who is at risk from the hazards identified</i>	<i>Control measures</i>	<i>Residual risk rating</i>
Risks to Hirers and their clients/ pupils of contracting Covid-19 infection while at the Club.					
1.	Reopening the building and physical spaces safely within government guidelines.	H	Gym members	<ul style="list-style-type: none"> - St Andrew's Club is following the guidance set by the National Youth Agency (informed by guidance including from HSE, Minister for Civil Society, Department for Digital, Culture, Media and Sport (Youth and Loneliness Team), Department for Education and UK Youth). - This guidance, operating on a traffic light system is reviewed each Monday morning: https://nya.org.uk/guidance/. This will be a minimum standard from which any use of St Andrew's Club operates. - St Andrew's Club is also following government guidance: https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities specifically relating to Gyms. 	L
2.	Risk of Gym members spreading or catching Covid-19 while at the Club.	H	Gym members	<ul style="list-style-type: none"> - Limited group sizes of adult Gym members (and PTs/ clients in same sessions) will be allowed to book 50-minute slots only in the Gym at any one time. - Rigorous booking/ appointment only access. - Gym members should not to come into the Club if they or a member of their household has Covid-like symptoms, including temperature, persistent cough, extreme fatigue or loss of taste or smell. - Gym members to wear a face covering on entering the building/ in the common areas and when moving between different parts of the building eg loos etc. These can be removed when doing sport. Unless there are any exemptions as outlined in the government guidance. - Gym members will be temperature tested by a member of St Andrew's Club on entry. Anyone with a temperature above normal must not be admitted. If showing symptoms of COVID-19 that person must go home immediately, self-isolate and book a test by visiting www.nhs.uk/coronavirus or calling 119. If the result is positive, they should obtain and follow advice from NHS including that everyone else in their household and support bubble must self-isolate and adhere to the government guidance at the time, even if they are not showing any symptoms. 	L

				<ul style="list-style-type: none"> - Gym members will leave their contact details (email address and telephone number) at the time of booking, in line with Test and Trace procedures. - Gym members, where possible, should scan the QR code when they arrive, using the NHS COVID-19 app. This is to help trace and stop the spread of coronavirus (COVID-19)'. - Gym members should watch the specially made video outlining Covid-19 prevention measures at the Club: https://youtu.be/6WedDnkpUzc - Gym members to take responsibility for distancing/hygiene/cleaning protocols before, after and during their sessions, including wiping down the equipment after use. - Gym members to follow government health guidelines of healthy practise procedures regarding coughing, sneezing, and disposing of tissues. - Regular hand washing throughout the session, or use of the hand sanitisers on the Gym/ Studio walls. - Access to the building restricted to Gym members only, to allow for social distancing. Friends will not be allowed to wait anywhere inside the building. - Gym members to follow 2m social distancing whilst in the building in line with government guidelines. - In the Gym each rubber floor mat serves as a 1m distance, so 2 mats should be between Gym users with a maximum of 12 people including Gym members (and any PT/s and their clients booked in same session). - Alternate pieces of equipment to be used during each session, leaving a 2+ meter space between each equipment station. - One-way system marked on the floor. - No physical contact between Gym members and St Andrew's Club staff eg no hand shaking/ hugging. - Gym members to use downstairs Changing Rooms toilet facilities. No showers; changing rooms = 3 max at any one time. - Ventilation: the Fire Escape door to St Ann's Lane must not be opened for security reasons. Hooks are on the Gym doors and should be kept open during all sessions. No loud music, as per the Govt guidelines: All venues should ensure that steps are taken to avoid people needing to unduly raise their voices to each other. This includes - but is not limited to - refraining from playing music or broadcasts that may encourage shouting, including if played at a volume that makes normal conversation difficult. This is because of the potential for increased risk of transmission - particularly from aerosol and droplet transmission. - No access to the Studio, communal areas including Kitchen and Social Area or first floor space. 	
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3.	Risk of catching Covid-19 through contaminated surfaces.	H	Gym members	<ul style="list-style-type: none"> - Dot (building cleaner) to clean the building surfaces every weekday morning before office opens. Including all toilets and surfaces. - Jimmy (Gym cleaner) to clean the Gym building surfaces using the 'fogger' machine every weekday evening. Including all toilets, surfaces and gym equipment. - Gym members to use one up/one down policy when using the communal staircase to minimise congestion - The drinking fountain in the basement should only be used to fill bottles, not for direct drinking. Hands should be sanitised before and after use from the hand sanitiser station next to the drinking fountain. 	L
4.	Risk of catching Covid-19 through shared facilities and equipment.	H	Gym members	<ul style="list-style-type: none"> - Gym members to arrive at facilities in training kit where possible. Use of changing rooms severely limited (see above) and showers prohibited. - Gym members to bring in their own exercise mats where needed. - Mat hooks provided in the Gym to hook on for easy cleaning. - There are 5 equipment spray cleaning stations for Gym members to wipe down all equipment used for their sessions before/ after each use as well as buckets of anti-bacterial wipes, which must be safely disposed of in bins provided. 	L
5.	Risk of spreading Covid-19 through lack of personal hygiene.	H	Gym members	<ul style="list-style-type: none"> - Hands to be washed for 20 seconds or sanitised regularly. Taps set to run for a minimum of 20 seconds each time. - Hand washing signs and posters prominently displayed around the Club. - Cleaners to ensure that toilets and bathrooms are cleaned at the start and end of every day. Gym members to follow cleaning protocol of using Changing Room toilets only and hands are washed after use. - Hand sanitisers readily available and on display throughout the building. 	L
6.	Risk of infection to PTs/ Clients in high or medium risk category or sharing household with high risk persons.	M	Gym members	<ul style="list-style-type: none"> - If Gym members think they may be in the high/moderate risk category they should check the relevant government guidelines: https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/ - In all cases all Gym members should follow the recommended procedures including social distancing and regular hand washing. 	L
7.	Risk of breaching social distancing regulations during an emergency evacuation.	H	Gym members	<ul style="list-style-type: none"> - During an emergency evacuation, existing procedures to remain; social distancing can be removed when evacuating sites, if it proves to be unsafe to maintain. - Sanitation procedure to be put in place for Fire Marshals. - Familiarisation with the Fire evacuation procedure to be done at first visit to the Club. 	

Ongoing reviews to ensure document information up to date.

Date of review: By 18/09/2020	Reviewed by: Annette Fettes	Comment: This policy to be reviewed during w/c 14 September once the first bookings for Gym members have been taken.
Date of review: 25/09/2020	Reviewed by: Annette Fettes	Comment: All measures working well. Two additional measures included of scanning the QR code when they arrive, using the NHS COVID-19 app. This is to help trace and stop the spread of coronavirus (COVID-19)' and watching the specially made video outlining Covid-19 prevention measures at the Club: https://youtu.be/6WedDnkpUzc .
Date of review: 28/10/2020	Reviewed by: Annette Fettes	Comment: All still relevant, plus additional point of wearing a face covering on entering the building/ in the common areas and when moving between different parts of the building eg loos etc. These can be removed when doing sport. Unless there are any exemptions as outlined in the government guidance.
Date of review: 18/12/2020	Reviewed by: Annette Fettes	Comment: All still relevant, plus now that London is in Tier 3, only 1:1 sessions are acceptable. Ventilation paragraph has been updated to ensure doors are closed as the Gym and Studio now have a new system, thanks to funding from the St Giles & St Georges Education Charity. Self- isolation paragraph changed to reflect the recent changes in the government guidance on the number of days required for self-isolation.
Date of review: 06/04/2021	Reviewed by: Annette Fettes	Comment: All relevant for latest Government restrictions which come into force on 12 April 2021.