

## **Skipton Health & Fitness - Risk Assessment**

### **Reopening Skipton Health & Fitness post Covid 19**

Following the governments announcements that gyms and fitness studios like ours can reopen on 25 July 2020, we have carried out a comprehensive risk assessment and put procedures in place, following government guidelines to minimise risk.

#### **Risk assessment**

COVID-19 is a public health emergency. Everyone needs to assess and manage the risks of COVID-19, and in particular businesses such as Skipton Health & Fitness should consider the risks to their coaches, volunteers and customers. As an operator of a fitness studio, we have a responsibility to protect coaches, volunteers and our customers from risk to their health and safety. This means we are putting reasonably practicable measures in place to minimise them, recognising that we cannot completely eliminate the risk of COVID-19.

Our starting point was to conduct a risk assessment for our business addressing the risks of COVID-19, we utilised the information from our risk assessment to put controls and measures in place. We considered if there were any security implications of the measures that we intend to put in place, as per the guidelines; we concluded that there are no additional security risks for our business. We identified several sensible measures to control the risks, these are detailed later in this document.

**We have consulted our coaches, volunteers and customers to ensure that they are all aware of their responsibilities and follow the guidelines that are provided. A copy of the Risk Assessment and guidelines will be available in our reception area.**

#### **Managing risk**

Our objective is to reduce the risk to the lowest reasonably practicable level by taking preventative measures, in order of priority.

#### **What is Corona Virus and what are the risks to individuals?**

Coronavirus disease (Covid-19) is an infectious disease cause by a newly discovered Coronavirus. Most people infected with the virus will experience mild-moderate respiratory illness and recover without requiring special treatment. Older people and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease and cancer are more likely to develop serious illness. \*

Covid-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes.\*

\*World Health Organisation

## Action Plan

In order to minimise the potential risks we have developed an action plan and put several measures in place at Skipton Health & Fitness.

### Risk

Transmission through surfaces, such as door handles, taps and equipment such as mats and weights.

#### How the risk will be managed

At the entrance to Skipton Health & Fitness a hand sanitiser will be provided, along with a notice for every entrant to use the sanitiser. Our customers will be reminded to sanitise upon entry. Anti-bacterial soap will continue to be provided in the toilets, to minimise risk hand towels are disposable.

The majority of our customers have been provided with their own equipment, such as weights. For equipment used that belongs to Skipton Health & Fitness our customers will be instructed to wipe this before and after use with anti-bacterial cleaner. This will be provided by Skipton Health & Fitness.

15 minutes will be left between each class for the coach who has just taught to ensure that all of the equipment and surfaces are cleaned with an anti-bacterial cleaner.

Highly used touch points such as the handrail on the stairs and door handles will be cleaned frequently.

The kitchen area will be out of bounds for all customers at this time.

The majority of customers pay monthly fees direct to the bank so do not pay on the day.

Teas and shakes will not be made available initially and customers will be advised to bring their own water.

### Risk

Although it is currently unclear whether Covid-19 can be caught through airborne transmission most experts believe that it is highly likely.

#### How the risk will be managed

Before entering Skipton Health & Fitness there will be a clear notice on the door that only 1 customer can be in the reception area at any one time to comply with social distancing requirements.

A clear perspex screen will be erected at the reception area.  
Doors and windows will be left open where possible to help with ventilation.

Fans will be removed from the studio, as it is generally considered that they circulate air and could transmit the virus.

Boxes of tissues will be provided to minimise the risk of transmission, so that anybody who coughs or sneezes can 'catch it and bin it'.

Towels/cloths will be not be permitted in the studio.

Music will be played at a lower volume so that coaches do not have to raise their voice to instruct classes, this is following government guidance to - refrain 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 an increased risk of transmission - particularly from aerosol and droplet transmission. If a class has music played at a higher volume then a microphone will be used by the instructor.

## Risk

If social distancing cannot be adhered to there is an increased risk to contracting and spreading Covid-19 through airborne transmission.

## How the risk will be managed

The building has been measured and the maximum numbers have been set according to the total area and the 2 meter social distancing requirements.

To ensure social distancing is possible class numbers will be reduced, this will limit the number of customers in the Studio at any one time. Online classes are continuing to help with the reduced numbers allowed in Studio classes.

The maximum capacity for each class will take into account the nature of that particular activity (is the activity static vs. requiring a range of movement).

To manage the class numbers, customers will be required to book their classes through our Wix booking app.

There will be temporary floor markers used to ensure that customers adhere to social distancing whilst taking part in a class.

There will be a minimum time of 15 minutes between each class to allow customers from one class to leave the building before new customers arrive.

There must be no crossing on the stairs, instructors and customers must wait until the stairway is clear.

There is a separate door to the downstairs Studio which will be used if both studios have classes that end at similar times.

Due to the limit on customers allowed within the Studio at any one time, spectators including children will not be permitted.

Communal areas are not available for the time being.

## **Risk**

If a person contracts Covid-19 then it can be spread through transmission to surfaces and airborne transmission. If a customer tests positive for Covid-19 following attending a Studio class there is a risk that other customers will have contracted the virus.

## **How the risk will be managed**

Supporting Test and Trace - The opening up of the economy following the COVID-19 outbreak is being supported by NHS Test and Trace. Skipton Health & Fitness will assist this service, the booking app that is used records each customer that is present in each class together with their contact details. Each customer has a responsibility to ensure that their contact details including email and telephone number are up to date. If required, this can be used to assist NHS Test and Trace with requests for that data if needed.

This risk assessment and guidelines will be reviewed regularly to ensure that it continues to meet government guidelines and requirements.

Any person who does not adhere to the measures put in place may have their membership postponed until further notice.