

# Sierra Lima CrossFit



Risk Assessment for: **COVID-19, Based upon Class/Group and Personal Training of no more than 14 people and 1 coach inside the premises.**

Assessed by: Simon Foley

Date: 15/10/2020

Review Date: Daily

Who could be Exposed: Coaches and Clients

Personal Protective Equipment Requirements: To suit the job in hand – at the time of writing, the usual PPE will be supplied but must not substitute effective handwashing.

Hazard	Severity/Loss	Control Measure	Control Measure Action to Be Taken	Risk (after)
Exposure to the virus through contact with other clients entering the premises to collect equipment.	Risk of contagious infection.	All clients will follow strict social distancing based on the latest Government Guidelines.  While training inside, no entry for clients not attending the class.  Screening questions before the start of the class.	Implement a one-way system to minimise contact and enforce social distancing.  <a href="https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19">https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19</a>	
Exposure to the virus from client to client attending a class		All clients are advised not to train face to face.	Clients are advised to train during a class shoulder to shoulder.	
Exposure to the virus through the use of equipment.		All clients are asked to clean the equipment they have used in a 15 minute post class window to ensure the equipment is safe to use for the following class.	Set up a sanitation station for this inside the premises.	
Clients and coaches entering the premises.		All clients to use antibacterial hand sanitiser prior to entering the premises to collect equipment.  Coaches to use hand sanitizer until they can access hand washing facilities.	Set up a station for this at the front entrance and inside the gym area.  <a href="https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/">https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/</a>	

<p>Congregation of clients' pre and post class times.</p>		<p>Ensure clients arrive for a class no more than 5 minutes prior to the start time.</p> <p>Classes to finish 15 minutes earlier than usual to allow clients to leave the premises.</p>	<p>As more clients begin to attend the premises, remind them to follow the pre and post change over times.</p> <p>Revisit and update this action as and when necessary.</p>	
<p>Poor handwashing practice.</p>		<p>Coaches to wash hands regularly for 20 seconds using soap.</p>	<p>Ensure that coaches wash their hands immediately if they have been observed touching their faces, sneezing or coughing into their hands</p> <p>A "bare below the elbows" approach is advisable where possible to ensure more effective handwashing</p>	
<p>Poor housekeeping.</p>		<p>Continue to clean all areas using current systems and procedures.</p> <p>Increase the cleaning of high contact areas such as light switches and door handles.</p> <p>All equipment to be used by a single client; washed and disinfected after use.</p>	<p>Hourly cleaning by the coaches.</p> <p>One-time usage of all cleaning materials i.e. wipes.</p> <p>Coaches to be observant of the equipment clients are using.</p> <p>Regularly clean toilets.</p> <p>Refresh Coaches knowledge of effective cleaning practices.</p>	
<p>Coaches and clients showing signs of COVID-19.</p>		<p>Follow government guidelines</p> <p>Coaches or clients will need to leave immediately. There will be zero discretion as to what the illness may be.</p>	<p>Guidance states that any Coach or client presenting any of the below symptoms will need to be treated as suspected Covid-19 and follow the Government guidelines.</p> <p>(cough, temperature, vomiting, diarrhoea, sleeping more than usual, complaining of not feeling themselves in anyway, agitated, cold, headache, anything that is described as not feeling themselves could be a possible sign of COVID-19).</p> <p>If a Coach or client becomes unwell, they must self-isolate for seven days and the rest of their family for fourteen days. However, once tested if the result is returned as negative, a return to gym will be permitted. If the test is positive all Coaches and clients who were in the same class "bubbles" will need to self-isolate for fourteen days.</p>	

			Registers of infection to be completed.	
Lack of social distancing.		Coaches and clients to socially distance.  Standing side by side if social distancing cannot be maintained.	Continuous consideration as numbers increase.  Redesigning the operational plan to put this in place if necessary as numbers of clients increase.  Coaches to be mindful of how they move around the building.	
Compromised mental health of Coaches and clients.	Mild to serious mental health crisis.	Coaches to be aware of individual circumstance and support where possible.	<a href="https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/</a>	