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|  | Risk Assessment | SECTION | F5.1.54.03RA |
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| | | ISSUE | V2.0 |
| | | DATE | July 2020 |
| | | REVIEW | July 2021 |
| TITLE: Social distancing and preventing the spread of COVID-19 – Fitness Suites, Studios and Outdoor exercise | | APPROVED BY: Head of Health, Safety & Quality | |

| | | | |
|--|-------|-----------------------|--|
| Company name: | 1Life | Date of issue: | |
| Site name: | | Name of assessor: | |
| Date of assessment: | | Assessor's signature: | |
| Persons consulted on the completion of this risk assessment: | | | |
| Name | | Job Title | |
| | | | |
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| HAZARDS – What will cause harm? |
| <ul style="list-style-type: none"> • Close contact with staff and customers suffering from COVID-19 • Contaminated surfaces and equipment • Sharing equipment |

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| RISKS – What could happen? What could the consequences be? |
| <ul style="list-style-type: none"> • Contracting COVID-19 |


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| PEOPLE AT RISK – Who could be harmed? |
| <i>Staff, Contractors and Customers will be exposed to the risks above. Insert below specific people at risk within these groups</i> |
| <ul style="list-style-type: none"> • Staff • Customers |

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| LOCATION – Where are the hazards located? |
| <ul style="list-style-type: none"> • Fitness Suites and Fitness Studios |


| GENERAL CONTROL MEASURES – What are you doing to control the risks? | | | | | |
|---|---|-----|----|------|-------------|
| All the control measures identified below will in combination, contribute to minimise the risks identified to an acceptable level. Please identify below whether the controls are happening or not. | | | | | |
| No. | Description | Yes | No | N.A. | Responsible |
| | Fitness Suites | | | | |
| 1 | Members book in advanced and online, users can attend sessions after the session has started provided, they are not at maximum capacity | | | | |
| 2 | Contact details taken for facility users in order to support test and trace | | | | |
| 3 | Maximum capacity reduced to xxxxxx to ensure the 2m social distancing is achieved | | | | |

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| GENERAL CONTROL MEASURES – What are you doing to control the risks? | | | | | |
|---|---|-----|----|------|-------------|
| All the control measures identified below will in combination, contribute to minimise the risks identified to an acceptable level. Please identify below whether the controls are happening or not. | | | | | |
| No. | Description | Yes | No | N.A. | Responsible |
| 4 | Gym equipment is positioned to ensure the 2m social distancing rule is achieved. | | | | |
| 5 | Free weights area restricted to xxxxxx to ensure social distancing is maintained and floor markings are in place indicating social distancing area for each user. | | | | |
| 6 | Equipment that cannot be removed to ensure social distancing is switched off, taken out of use with clear signage displayed indicating the equipment is out of use. | | | | |
| 7 | All gym sessions have a 10-minute break between them to ensure there is not a crossover of users | | | | |
| 8 | Gym users leave via a different exit where possible | | | | |
| 9 | Personal training can only take place where a 2m distance can be observed | | | | |
| 10 | Self-employed personal trainers supply their own risk assessments and are included in the total occupancy for the gym. | | | | |
| 11 | Inductions can only be carried out where a 2m distance can be observed | | | | |
| 12 | Sales tours can only be conducted where a 2m distance can be observed or are conducted via a virtual tour | | | | |
| 13 | Prominent signage is displayed reminding customers of social distancing | | | | |
| 14 | Customers are advised not to bring personal belongings into the gym and are advised to change and shower at home | | | | |
| 15 | Hand sanitising stations fitted before and, in the gym. | | | | |
| 16 | Staff undertake cleaning of all equipment frequently and dependant on usage. | | | | |
| 17 | Electrostatic disinfectant fogger used on all equipment once a month | | | | |
| 18 | Deep cleaning takes place weekly | | | | |
| 19 | Customers are instructed to wipe down machines before and after each use. | | | | |
| 20 | Equipment that cannot be easily sanitised such as ropes and slam bags are taken out of use. | | | | |
| 21 | Music levels are reduced to avoid the need to shout | | | | |
| | | | | | |
| | Fitness Studios | | | | |
| 1 | Members book in advanced and online | | | | |
| 2 | Maximum capacity reduced to xxxxx to ensure each user gets 9sqm | | | | |
| 3 | Floor markings in place to separate users | | | | |

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| GENERAL CONTROL MEASURES – What are you doing to control the risks? | | | | | |
|---|--|-----|----|------|-------------|
| All the control measures identified below will in combination, contribute to minimise the risks identified to an acceptable level. Please identify below whether the controls are happening or not. | | | | | |
| No. | Description | Yes | No | N.A. | Responsible |
| 4 | Classes are scheduled to ensure there is not a cross-over of customers entering and leaving at the same time. | | | | |
| 5 | All equipment is cleaned after use. | | | | |
| 6 | Spin bikes are set up at least 2m apart | | | | |
| 7 | Signage displayed reminded customers of social distancing measures | | | | |
| 8 | Hand sanitisers are fitted before the entrance to the studios. | | | | |
| 9 | Customers are advised not to bring personal belongings into the studio and to change and shower at home | | | | |
| 10 | Where possible Instructors do not share head mics, if they are shared, they do not share the foam mic cover and the head mic is disinfected after use. | | | | |
| 11 | Instructors teach at a minimum 2m distance from the class users | | | | |
| 12 | Music levels are reduced to avoid the need to shout | | | | |
| 13 | Group exercise instructors and Personal trainers must let the Leisure Centre know which other sites they are teaching at and when, inform the Centre should there be an outbreak at one of the other facilities they work at and will have their temperature taken before each class by the Duty Manager on shift, who will wear a face mask whilst taking their temperature and record the reading. | | | | |
| | | | | | |
| | Outdoor Exercise classes | | | | |
| 1 | Members book in advanced and online | | | | |
| 2 | Maximum capacity reduced to ensure each user gets 9sqm | | | | |
| 3 | Floor markings in place to separate users | | | | |
| 4 | Classes are scheduled to ensure there is not a crossover of customers entering and leaving at the same time. | | | | |
| 5 | Outdoor workout classes take place in clearly marked zones | | | | |
| 6 | Signage displayed reminding customers of social distancing measures | | | | |
| 7 | The use of equipment is limited to reduce the potential of cross contamination and additional cleaning of touchpoints | | | | |
| 8 | Where equipment is used it is not handled by more than one customer | | | | |
| 9 | Equipment cleaned after use | | | | |
| 10 | Customer are advised not to bring personal belongings to the outdoor class and to change and shower at home | | | | |
| 11 | Instructors do not share head mics | | | | |

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| All the control measures identified below will in combination, contribute to minimise the risks identified to an acceptable level. Please identify below whether the controls are happening or not. | | | | | |
| No. | Description | Yes | No | N.A. | Responsible |
| 12 | Hand sanitisers available on entrance to the outdoor area | | | | |
| 13 | Music station charged up to avoid the use of cables | | | | |
| 14 | Area inspected for safety before the class starts | | | | |
| 15 | Classes do not take place during extreme weather conditions | | | | |

| SITE SPECIFIC ASSESSMENT – Complete this table for any hazard, risk not included above and for any additional control measures in place or required. | | | | | |
|--|--------|------|-----------------|-------------|---------------------|
| No. 1 | Hazard | Risk | Control Measure | Responsible | In place? Yes/No |
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CONTACT YOUR COMPANY HEALTH AND SAFETY RESOURCE IN THE FIRST INSTANCE IF YOU ADD ANY HAZARD, RISK OR CONTROL MEASURE IN THIS TABLE

| ACTIONS – What actions must be done to ensure the full implementation of the risk assessment? | | | | | | |
|---|-------------|----------------|-------------|----------|-----------------|------------------------|
| Write down an appropriate action for any control measure marked as 'No' | | | | | | |
| Identify high priority actions with a 'Yes' | | | | | | |
| Link the 'Number' column to the relevant Control Measure number in the risk assessment to enable the assessor to cross reference and check that all 'No's' have an action recorded against them | | | | | | |
| Insert additional rows as required to enter all of the actions needed. | | | | | | |
| Number | Description | High Priority? | Responsible | Due Date | Completion date | Completion checked by: |
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¹ Continue numbering from previous table
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I confirm that I have read, reviewed and understood this risk assessment and if in doubt I have sought the advice of the relevant person in my organisation.

I confirm that I am aware that I must monitor the completion of the actions highlighted in the assessment to ensure they are completed adequately and within the timescales set.

| | |
|-----------------------------------|-------------------|
| Appointed Person: | Signature: |
| Appointed Person Job Role: | |
| Date: | |

| | |
|---------------------------|-------------------|
| Authorised Person: | Signature: |
| Date: | |