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		DATE	7 th April 21
		REVIEW	June 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		


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 • Adverse Weather Conditions • Unsafe floor surfaces • Insufficient ventilation

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


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

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


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 can book in advance and online, users can attend sessions after the session has started provided, they are not at maximum capacity				
2	Where gym sessions are not booked, all users swipe in at reception to record contact details and 60 min head counts are				

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GENERAL CONTROL MEASURES – <i>What are you doing to control the risks?</i>					
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
	carried out and recorded to ensure capacity is not breached. Entry will be stopped when capacity is reached.				
3	Contact details taken for facility users in order to support test and trace. NHS QR code posters also displayed to record all user details for test and trace.				
4	Maximum capacity reduced to xxxxxx to ensure the 2m social distancing is achieved in all fitness facilities.				
5	Gym equipment is positioned to ensure the 2m social distancing rule is achieved.				
6	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.				
7	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.				
8	Gym users leave via a different exit where possible				
9	Personal training can only take place where a 2m distance can be observed. PT's must wear a mask when teaching clients.				
10	Self-employed personal trainers supply their own risk assessments which are verified by management 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 are conducted via a virtual tour. If a member of the public is being toured around the facility, social distancing must be maintained and masks worn by staff and public. Users being toured will have their details taken for test and trace via the QR code or at reception on the visitor register.				
13	Prominent signage is displayed reminding customers of social distancing in reception and throughout the fitness areas.				
14	Customers are advised not to bring personal belongings into the gym and are advised to change and shower at home unless the changing rooms are open during set times. Changing room capacity reduced to ensure social distancing can be achieved.				
15	Hand sanitising stations fitted before and throughout the gym.				
16	Staff undertake cleaning of all equipment frequently 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.				

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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
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				
22	Supply and extract opened to 100% fresh air intake, vents are cleaned and fully operational				
	Fitness Studios				
23	Indoor classes are not permitted until 17 th May at the earliest.				
24	Aqua Aerobics is not permitted until 17 th May at the earliest.				
25	Virtual classes can start from the 12 th April for single use, members of the same household or bubble.				
26	Separate risk assessment to be complete for both these activities following updated Government advice.				
	Outdoor Exercise classes				
27	Members book in advanced and online				
28	Maximum capacity reduced to ensure each user gets 9sqm and no more than 30 in a class.				
29	Teacher manages social distancing throughout the class				
30	Classes are scheduled to ensure there is not a crossover of customers entering and leaving at the same time.				
31	Outdoor workout classes take place in clearly marked zones				
32	Signage displayed reminding customers of social distancing measures				
33	The use of equipment is limited to reduce the potential of cross contamination and additional cleaning of touchpoints				
34	Where equipment is used it is not handled by more than one customer				
35	Equipment cleaned after use				
36	Customer are advised not to bring personal belongings to the outdoor class and to change and shower at home				
37	Instructors do not share head mics				
38	Hand sanitisers available on entrance to the outdoor area				
39	Music station charged up before use to avoid the use of cables				
40	Area inspected for safety before the class starts				
41	Classes do not take place during extreme and harmful weather conditions				

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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

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:

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:	

¹ Continue numbering from previous table
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Authorised Person:	Signature:
Date:	