



COVID-19 Specific – Leisure Centres and Indoor Gyms

COVID-19 is a new illness that can affect your lungs and airways and is caused by a virus called Coronavirus. The symptoms can be mild, moderate, severe, or fatal.

This is a draft copy of a **generic Risk Assessment** for dealing with COVID-19. It is not likely to cover all scenarios and each council should consider their own unique circumstances.

Name of Assessor:

Assessment Date:

Review Date:

What are the hazards?	Who might be harmed	Controls Required	Additional Controls	Action by who?	Action by when?	Done
Spread of COVID-19 (Coronavirus)	<ul style="list-style-type: none"> Staff Visitors to your premises Cleaners Contractors Vulnerable groups – Elderly, pregnant workers, those with existing underlying health conditions 	<p>Authority to open Check the Government website for the latest guidance: https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities#section-4-1</p> <p>Hand washing</p> <ul style="list-style-type: none"> Hand washing facilities with soap and water in place. Stringent hand washing taking place. See hand washing guidance. https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/ Drying of hands with disposable paper towels. https://www.nursingtimes.net/news/research-and-innovation/paper-towels-much-more-effective-at-removing- 	<p>Review website at least once a week.</p> <p>Employees to be reminded on a regular basis to wash their hands for 20 seconds with water and soap and the importance of proper drying with disposable towels. Also reminded to catch coughs and sneezes in tissues - follow Catch it, Bin it, Kill it - and to avoid touching face, eyes, nose or mouth with unclean hands. Tissues will be made available throughout the workplace.</p> <p>To help reduce the spread of coronavirus (COVID-19), remind everyone of the public health advice: https://www.publichealth.hscni.net/news/covid-19-coronavirus</p>			

		<p>viruses-than-hand-dryers-17-04-2020/</p> <ul style="list-style-type: none"> • https://www.nhs.uk/conditions/emollients/ • Gel sanitisers in any area where washing facilities are not readily available <p>Cleaning Frequently cleaning and disinfecting objects and surfaces that are touched regularly, particularly in areas of high use (such as door handles, light switches and the reception area) using appropriate cleaning products and methods.</p> <p>Social distancing Reducing the number of persons in any work area to comply with the 2 metre/1+ gap recommended by the Public Health Agency: https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people</p> <p>Taking steps to review work schedules including start & finish times/shift patterns, working from home etc. to reduce number of workers on site at any</p>	<p>Posters, leaflets and other materials are available for display. https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19</p> <p>Rigorous checks will be carried out by management to ensure that the necessary procedures are being followed.</p> <p>Staff to be reminded on a daily basis of the importance of social distancing both in the workplace and outside of it.</p> <p>Management checks to ensure this is adhered to.</p> <p>Keeping the activity time involved as short as possible.</p> <p>Using screens or barriers to separate people from each other.</p>			
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		<p>one time. Also relocating workers to other tasks.</p> <p>Redesigning processes to ensure social distancing is in place.</p> <p>Ensuring sufficient rest breaks for staff.</p> <p>Social distancing also to be adhered to in canteen area and smoking area.</p> <p><u>Wearing of PPE</u> Where Risk Assessment identifies wearing of gloves and/or masks as a requirement of the job, an adequate supply of these will be provided. Staff will be instructed on how to remove PPE carefully to reduce contamination and how to dispose of them safely.</p> <p><u>Symptoms of COVID-19</u> If anyone becomes unwell with a new continuous cough or a high temperature in the workplace they will be sent home and advised to follow the stay at home guidance.</p> <p>Line managers will maintain regular contact with staff members during this time.</p>	<p>Using back-to-back or side-to-side working (rather than face-to-face) whenever possible.</p> <p>Reducing the number of people each person has contact with by using 'fixed teams or partnering' (so each person works with only a few others).</p> <p>Staff to be reminded that wearing PPE is not a substitute for good hand washing.</p> <p>Internal communication channels and cascading of messages through management will be carried out regularly to reassure and support employees in a fast changing situation.</p>			
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		<p><u>Visiting instructors, coaches, teachers and management</u></p> <p>Objective: To ensure safe practices for visiting instructors and supervisors that rotate across sports venues and leisure facilities.</p>	<p>Regulating use of high traffic areas including corridors, lifts, turnstiles and walkways to maintain social distancing.</p> <p>Considering limiting the number of classes that rotating instructors teach in order to minimise exposure.</p> <p>Determining the number of facilities they are comfortable with the instructors</p>		

		<p><u>Ventilation of indoor gym and leisure centres</u></p> <p>Ventilation is an important part of mitigating against the transmission of COVID-19. Ventilation into the building should be optimised to ensure a fresh air supply is provided to all areas of the facility and increased wherever possible. Particular attention should be given to areas where high intensity exercise activity takes place.</p>	<p>rotating around, in order to minimise exposure and establishing a system for monitoring this.</p> <p>Given the high risk of transmission from visiting instructors, where possible, establishing a private testing programme for rotating/visiting instructors.</p> <p>The maximum occupancy of each gym should be limited by providing a minimum of 100sqft per person. For this figure, the area is the net useable gym space available to members to use, including changing rooms, toilet and wash facilities. Reducing capacity in this way whilst sustaining ventilation flows, will increase the typical current 10l/s/p flow rate of ventilation to at least 20l/s/p, as fewer people are being served by the ventilation system.</p> <p>Ventilation systems should provide 100% fresh air and not recirculate air from one space to another.</p> <p>You should also consider:</p>			
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Any views or opinions expressed in this document are for guidance only and are not intended as a substitute for appropriate professional advice. We have taken all reasonable steps to ensure the information contained herein is accurate at the time of writing. In relation to any particular risk assessment issues, readers are advised to seek specific advice.

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