

Risk Assessment: SE Fitness Sessions

Date:	Assessed by:	Location :	Review :
25/07/2020	Helyn McConnell	Wyndley Leisure Centre Sutton Park	Dec 2020

What are the Hazards?	Who might be harmed and how?	Controls Required	Additional Controls	Risk Rating	Action by whom	Target date	Complete
Spread of Covid-19 Coronavirus	Leaders, participants, anyone else coming into contact physically with, or in close proximity to, other people in relation to SE Fitness activities.	<p>No one to attend session who shows any symptoms of Coronavirus or feels unwell. If Leader feels unwell or shows symptoms they should cancel session.</p> <p>Participants and Leaders to consider the risk to themselves and to members of their household. Anyone considered in a high risk category or living with someone in a high risk category should not attend.</p>		M	SE Fitness Leaders / Helyn McConnell/ All participants	Ongoing	Ongoing
Spread of Covid-19 Coronavirus	Leaders, participants, anyone else coming into contact physically with, or in close proximity to, other people in relation to SE Fitness activities.	<p>Limit numbers attending the group and coming into close proximity with one another in line with Government guidelines.</p> <p>All participants to observe Government guidelines on social distancing.</p>	<p>Limited numbers to groups, Staggered start times to avoid large congregations.</p> <p>No cash to be taken at sessions, no register for sign in and no looking after belongings, including car keys, for anyone else.</p>				

			<p>No handshakes, hi fives or any other touching between participants.</p> <p>Participants should run in pairs on opposite sides of the trail / road or in single file maintaining a distance of 1m plus between the participants in front. Participants should not wait and hold gates open. Participants may need to stop and step off the path to allow other park users to pass safely.</p> <p>When using the track for warm up or other activities participants and coach should maintain distance of 1 m plus between themselves and anyone else using the track.</p>				
Spread of Covid – 19 Coronavirus	Leaders, participants, anyone else coming into contact physically with, or in close proximity to, other people in relation to SE Fitness activities.	Risk of passing on infection is greater indoors than out. SE Fitness HQ to remain closed so that all participants remain outside at all times. Participants encouraged to use the loo and wash hands thoroughly before leaving home.	Avoid touching face, eyes, nose, mouth with unclean hands.				
Spread of Covid – 19 Coronavirus	Leaders, participants, anyone else coming into contact physically with, or in close proximity to, other people in relation to SE Fitness activities.	All participants and Leaders to wash hands thoroughly before attending session and, ideally, apply hand sanitizer. Likewise to wash hands immediately on return home after session. Also all participants reminded to catch coughs and sneezes in tissues 'Catch it, Bin it, Kill it'.	Avoid touching face, eyes, nose, mouth with unclean hands.				

<p><i>Spread of Covid – 19 Coronavirus</i></p>	<p><i>Leaders, participants, anyone else coming into contact physically with, or in close proximity to, other people in relation to SE Fitness activities.</i></p>	<p><i>Limit the time spent with other people by discouraging congregation after the session</i></p>	<p><i>Encourage participants to go home directly.</i></p>				
<p><i>Spread of Covid – 19 Coronavirus</i></p>	<p><i>Leaders, participants, anyone else coming into contact physically with, or in close proximity to, other people in relation to SE Fitness activities.</i></p>	<p><i>Choice of routes. Leaders to risk assess the route in light of other park users and ability to maintain social distance.</i></p>	<p><i>Be flexible on route if encounter other people.</i></p>				