

# The Studio Covid-19 Risk Assessment

<b>COVID-19 MEASURES: FOR TEACHERS</b>				
<b>HAZARD</b>	<b>CONTROL MEASURES IN PLACE</b>	<b>RISK FACTOR</b>	<b>FURTHER CONTROL MEASURES</b>	<b>RISK FACTOR</b>
Spreading COVID-19	Check your own temperature and assess overall wellbeing prior to teaching a session following the latest government advice (see above)	Medium	<p>Follow current government guidance and stay alert to minimise risk of exposure to COVID in a class setting.</p> <p>Wash hands or, if not possible, use antibacterial/anti viral hand sanitising gel (60% alcohol min.) before, during and after sessions as well as upon arrival and departure from the venue.</p> <p>If Teacher has any COVID-19 symptoms as above, either cancel the session or to find a replacement Body Control Pilates Teacher.</p>	Low
Spreading COVID-19 Preparing for sessions	Avoid public transport when travelling to venues if possible. Wash or sanitise hands on arrival.	Low	Teacher to ensure cleaning was carried out at the end of the previous session. Check list on entry to studio.	Low

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES	RISK FACTOR
Spreading COVID-19 through venue set up	<p>Clean all mats and equipment after sessions using antiviral solution or wipes.</p> <p>Provide hand sanitiser at the entrance and request all participants wash / sanitise their hands upon arrival.</p> <p>Plan layout of class, positioning the mats to ensure social distancing rules can be maintained</p>	Medium	<p>Teacher to allow time after sessions to ensure cleaning of mats and equipment with antiviral solution or wipes.</p> <p>Use 'bin bags' for disposal of wipes, gloves, masks etc. These should be sealed and disposed of safely.</p> <p>The Teacher wears gloves for cleaning the floors which is only used for this purpose. Pads/wipes used for cleaning are thrown away after one use.</p> <p>Provide, or ensure there is, clear social distancing and hygiene signage at the venue entrance as well as demarcations within the venue to where participants safely exercise.</p>	Low

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES	RISK FACTOR
<p>Spreading COVID-19 through participant contact and equipment use.</p>	<p>Class/session sizes are reduced to ensure a minimum <b>1m+ distance</b> between teacher and all participants.</p> <p>Provide verbal instruction only.</p> <p>Teacher to monitor participants while entering and leaving venue to ensure social distancing.</p> <p>Clients should be able to use the equipment whilst maintaining social distance.</p>	<p>Medium</p>	<p>No tactile cueing.</p> <p>Teachers should wear a mask or visor when teaching and avoid touching their face.</p> <p>Within a studio, ensure equipment is arranged to reduce incidents of face-to-face clients.</p> <p>All shared equipment and floors are to be wiped clean after each session.</p> <p>In studio sessions, equipment will need to be wiped down by a participant/teacher before the next participant uses it</p> <p>Floors and equipment should be dry before the next session.</p>	<p>Low</p>

**COVID-19 MEASURES: FOR PARTICIPANTS**

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES	RISK FACTOR
Spreading COVID-19 through unwell participants	<p>Participants are not to attend sessions if they are unwell or feel unwell as detailed above.</p> <p>Vulnerable persons who are 'shielding' or self-isolating are to not attend in-person sessions.</p> <p>Participants are not to attend sessions if they have come into contact with a person who has tested positive for Covid-19 in accordance with government guidelines.</p>	High	<p>Teacher to ask participants if they are feeling well at the start of the session.</p> <p>If a participant states they feel unwell, they are requested to leave the venue.</p>	Low
Spreading COVID-19 via travel to sessions	Participants are requested to follow government guidelines on travel.	Medium	Participants should use masks if using public transport on way to the venue.	Low

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES	RISK FACTOR
<p>Spreading COVID-19 within the venue</p>	<p>Participants are required to socially distance prior to entering the venue and await instruction from teacher prior to entering/leaving the venue.</p> <p>If possible, all doors remain open during entry and exit to reduce contact with surfaces.</p> <p>Participants are to wash their hands/or use hand sanitiser at the start and end of every session and will refrain from physical contact with each other.</p> <p>Rooms should be well ventilated between and during sessions.</p>	<p>Medium</p>	<p>Participants can bring their own hand sanitiser and wear their own face masks during sessions <i>if they wish</i>.</p> <p>Participants to be encouraged to bring their own mats and equipment if possible.</p> <p>Participants are required to arrive wearing suitable exercise clothing and avoid entering changing facilities.</p> <p>Facilities (toilets, changing rooms) are discouraged from use unless absolutely necessary.</p> <p>If facilities are used, participants should be encouraged to wipe down cubicle surfaces touched before/after use. Teachers/venue to provide wipes.</p> <p>Toilets should be flushed with the lid down. Signs encouraging this should be displayed.</p> <p>Teachers should wipe commonly touched surfaces, e.g door handles between sessions.</p> <p><b>No food. No sharing of food/drinks at all.</b> No use of mobile phones during sessions.</p>	<p>Low</p>

Spreading COVID-19 via administration	<p>Participants are to pre-pay for their sessions via online banking or credit/debit card.</p> <p>All Client Enrolment Forms and other documentation is to be sent electronically.</p> <p>Exchanging of cash and paperwork is discouraged.</p>	Low	No cash to be used	Low
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Completed by:

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New Direction Studio

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