



Coronavirus (CV-19) risk assessment

Severity	
1	Negligible Injuries
2	Minor Injuries
3	Moderate Injuries
4	Major Injuries
5	Fatality

Likelihood	
1	Improbable
2	Remote
3	Possible
4	Probable
5	Almost a certainty

		Severity				
		1	2	3	4	5
Likelihood	1	1	2	3	4	5
	2	2	4	6	8	10
	3	3	6	9	12	15
	4	4	8	12	16	20
	5	5	10	15	20	25

1-7: Low Risk 8-14 Medium Risk 15-25: High Risk

Risk matrix used in risk assessment
(likelihood x severity)

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Assessed by: H&S Team	
Reference: RA/CV-19 (Gym)	
Overview: Although legal restrictions to control COVID-19 have now lifted, it is still possible to catch and spread the virus. As such, PureGym request caution and encourage staff to protect themselves and others around them by adhering to the controls outlined in this risk assessment. The control measures are in accordance with the guidance set out by Public Health England and UKActive. They are specific to the nature of the business, including the size and type, how it is organised, operated, managed and regulated. PureGym staff must read this document and sign the declaration form prior to commencing work.	
People at risk: PureGym staff and any other relevant persons	
Sites: All	

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Hazard	Persons at risks	Risk Rating	Control measures
Exposure to COVID-19	Staff Members Cleaners All other relevant persons	$3 \times 3 = 9$ (low/Medium)	<p>General Management of COVID-19</p> <ul style="list-style-type: none"> • PureGym will comply with its duty to provide a safe workplace by; • Cleaning surfaces that people touch regularly. • Identifying poorly ventilated areas and taking steps to improve air flow. • Ensuring that staff and members who are unwell (with COVID-19 symptoms) do not attend the workplace. • Communicating to staff and customers the measures PureGym have put in place. <p>Self-isolation and Regular Testing</p> <ul style="list-style-type: none"> • Staff are not to attend the workplace if they have COVID-19 symptoms. • If staff develop COVID-19 symptoms, they must self-isolate immediately and get a PCR test. • Staff must self-isolate if they test positive for COVID-19. • Staff must self-isolate if they are told to do so by NHS Test and Trace, for example if they have come into close contact with someone who has tested positive. • The isolation period includes the day symptoms started (or the day the test was taken), and the next 10 full days. • PureGym encourage all staff to test themselves twice weekly even if they do not have symptoms (asymptomatic). <p>Active monitoring of COVID-19 Cases</p> <ul style="list-style-type: none"> • The H&S team will monitor and track COVID-19 cases. • In the unlikely event of an outbreak, PureGym may request staff take a PCR or Lateral Flow test to limit further transmission. • The H&S team will conduct COVID-19 investigations and where necessary implement additional controls. • The H&S team will liaise with local enforcement and or local Public Health as and when required. • TrainSafe protocols will be continuously reviewed to ensure SFARP the risk of COVID-19 is kept to as low a level as possible.
Contracting or spreading COVID-19 by; <ul style="list-style-type: none"> • Being in close contact with 	Staff Members Cleaners All other relevant persons	$3 \times 3 = 9$ (Low/Medium)	<p>Social Distancing</p> <ul style="list-style-type: none"> • Where possible, staff and members are encouraged to limit close contact with those they do not usually live with. • Confined back of house areas (i.e., staff breakroom) will have set capacity limits to minimise close contact. • Equipment will be spaced out in accordance with their intended use (manufacturers guidance) and access requirements.

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<p>someone who has COVID-19</p> <ul style="list-style-type: none">• not washing hands or not washing them adequately.• not cleaning surfaces, equipment and workstations.• Poorly ventilated spaces leading to risks of coronavirus spreading			<p>Personal Hygiene</p> <ul style="list-style-type: none">• Staff will be encouraged to wash their hands regularly (for at least 20 seconds) using soap and water or by using the hand sanitising stations provided throughout the club.• It is particularly important staff wash their hands: after coughing, sneezing and blowing their nose; before they eat or handle food; after coming into contact with surfaces touched by others (i.e., such as handles and handrails); after coming into contact with shared areas such as kitchens and when they return home.• Where possible, staff should avoid touching their eyes, nose and mouth. If they do need to touch their face (for example to put on or take off their face covering), wash or sanitise your hands before and after.• Signs and posters will be placed around the club to reinforce the message to wash hands frequently.• Where possible, staff should cover their mouth and nose with disposable tissues when they cough or sneeze. Dispose of tissues into a rubbish bag and immediately wash hands. <p><i>Member expectations</i></p> <ul style="list-style-type: none">• Members are encouraged to hand sanitise upon entering the gym, and before using gym equipment.• PureGym will provide QR scanners to enter the gym (contactless method) as an alternative to the touch-based keypads.• Contactless payments will be encouraged when purchasing vending items. <p>General Cleaning Principles</p> <ul style="list-style-type: none">• Frequently touched surfaces will be disinfected regularly throughout the day.• Cleaning stations will be made available with disinfectant and blue paper roll to clean equipment.• PureGym will ensure cleaning stations are well stocked at all times. <p><i>Member expectations</i></p> <ul style="list-style-type: none">• Members are expected to wipe down equipment after use (this will be reinforced with signage throughout the club). <p>COSHH</p> <ul style="list-style-type: none">• Safety data sheets will be provided for all cleaning products that outlines the safe handling and first aid measures.• Staff are encouraged to report any occupational health effects (such as dermatitis). This will be managed on a case-by-case basis by the H&S team <p>Ventilation</p> <ul style="list-style-type: none">• Where possible, PureGym will ensure there is an adequate supply of fresh air (ventilation) in enclosed areas of the workplace. This will be achieved by mechanical or natural ventilation.• PureGym will monitor CO2 levels inside the building to maintain 800 – 1000ppm SFARP.
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Clinically extremely vulnerable groups of people	Staff	3 x 3 = 9 (Low/Medium)	<p>Clinically extremely vulnerable</p> <ul style="list-style-type: none"> Clinically extremely vulnerable people are advised to follow the same guidance as everyone else. PureGym will provide support for staff around mental health and wellbeing. This will include advice or telephone support via Aviva.
A person becoming unwell with COVID-19 symptoms	Staff Members All other relevant persons	3 x 4 = 12 (Medium)	<p>Cleaning after an individual with symptoms of, or confirmed, COVID-19</p> <ul style="list-style-type: none"> If a person has COVID-19 symptoms they should be sent home/removed from the building and advised to follow government advice to self-isolate. If the unwell person cannot leave the building immediately, they should be placed away from others (i.e., housed in the breakroom). If the unwell person needs clinical advice, they should go online to NHS 111 (or call 111 if they don't have internet access). In an emergency, call 999 if they are seriously ill or injured or their life is at risk. All surfaces the unwell person has come into contact with should be cleaned and disinfected Public areas where the unwell person has passed through, such as corridors (but which are not visibly contaminated with body fluids), can be cleaned as normal. Materials used to clean the area must be disposed of and "double-bagged". It should be placed in a suitable and secure holding area for 72 hours before being disposed of in general waste. Club management are to escalate the incident to their Regional Manager to log. <p>PPE Requirements</p> <ul style="list-style-type: none"> The minimum PPE to be worn for cleaning after a person with symptoms of, or confirmed COVID-19 case has left the area is disposable gloves and an apron. Hands should be washed thoroughly with soap and water for 20 seconds after all PPE has been removed.
Contracting COVID-19 by administering first aid or CPR (close contact with casualty who may have COVID-19)	Staff	3 x 4 = 12 (Medium)	<p>Delivering First Aid</p> <ul style="list-style-type: none"> Staff should wear a type 2R face mask (as a minimum), disposable gloves and a disposable plastic apron whenever administering first aid. Staff should clean their hands thoroughly with soap and water or sanitiser before putting on and after taking off PPE. Where possible, staff should limit close contact with the casualty and direct them to do things (under staff instruction). If staff need to provide assistance to someone who is unwell, move the person to somewhere away from others. If this is not possible, ask others who are not involved in providing assistance to stay at least 2 metres away. Ensure all PPE is safely discarded after delivering first aid. <p>CPR procedure during COVID-19</p> <ul style="list-style-type: none"> Staff are to adhere to the below CPR protocol as set out by the Resuscitation Council UK. Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. Do not listen or feel for breathing by placing your ear and cheek close to the patient's mouth. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives.

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		<ul style="list-style-type: none">• Make sure an ambulance is on its way. If COVID 19 is suspected, tell them when you call 999.• If there is a perceived risk of infection, rescuers should place a cloth/towel over the victims mouth and nose and attempt compression only CPR and early defibrillation until the ambulance (or advanced care team) arrives. Put hands together in the middle of the chest and push hard and fast.• Early use of a defibrillator significantly increases the person's chances of survival and does not increase risk of infection.• After performing compression-only CPR, all rescuers should wash their hands thoroughly with soap and water.• If staff have performed mouth-to-mouth ventilation on someone who does not have COVID-19, no additional actions need to be taken other than monitoring yourself for symptoms of COVID-19 over the following 14 days.• If the casualty is diagnosed with COVID-19, the staff member (applying CPR) may be contacted by NHS Test and Trace and asked to self-isolate.
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