



Coronavirus (CV-19) Gym 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: Puregym H&S Team		
Reference: RA/CV-19 (Gym Staff)		
<p>Overview: PureGym, will so far as reasonably practicable, protect all employees and any other relevant persons whether permanently or temporarily engaged, from the risk of CV-19 infection. This risk assessment and the controls measures outlined are in line with the guidance and input from Public Health England and UKActive (industry body). The risks and controls are specific to the nature of the business, including the size and type, how it is organised, operated, managed and regulated. Extra consideration for the protection of employees who are high risk (clinically extremely vulnerable) and moderate risk (clinically vulnerable) has been made and wherever possible additional control measures implemented.</p> <p>PureGym acknowledge this is a rapidly evolving pandemic, therefore this risk assessment will be kept under constant review and modified as and when required.</p> <p>PureGym employees must read this document and sign the declaration form prior to commencing work.</p>		
People affected: PureGym Employees and any other relevant persons		
Sites: All		
<p>Training and Competence Requirements:</p> <p>Correct use of Personal Protective Equipment (PPE) – ‘Donning’ and ‘Doffing’</p> <p><i>Manning the club policy</i></p> <p><i>Manning the pods at peak policy</i></p> <p><i>Cleaning Process policy</i></p> <p><i>Personal Training and freelance Instructors’ trainer guidelines policy</i></p> <p>CPR for CV-19</p> <p>COSHH Risk Assessment</p>		

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Hazard	Persons at risks	Risk Rating	Control measures	Additional Controls
<p>Transmission and spread of CV-19 by;</p> <ul style="list-style-type: none"> • Close or direct contact (under the correct stipulated Social Distancing limit) with an infected person. • Touching contaminated surfaces. 	<p>Staff Members Cleaners Contractors Vulnerable groups – Pregnant workers, those with existing underlying health conditions Any other relevant person</p>	<p>3 x 3 = 9(Medium)</p>	<p>Hand and Cough Hygiene</p> <ul style="list-style-type: none"> • Employees will wash their hands regularly throughout the day. • PureGym will provide hand sanitisers in addition to washrooms. • PureGym will use signs and posters to build awareness of good handwashing technique, the need to increase handwashing frequency, avoid touching their face and to cough or sneeze into a tissue which is binned safely. • Employees must use hand sanitise before entering the break room (from the gym floor) and before starting a fresh task. • PureGym will supply blue roll to encourage employees and members to catch any coughs and sneezes. <p>Cleaning and infection prevention</p> <ul style="list-style-type: none"> • The cleaning regime will be modified to comply with the ‘CV-19 secure’ requirements. • Employees must wash their hands before and after cleaning. • Members will be required to clean anything they have touched with their hands (i.e. each piece of kit) or may have coughed onto (PureGym employee will spot clean if necessary). • Cleaning stations will be setup throughout all areas of the club. • Employees will carry out regular cleaning of high-contact touch points, at no larger interval than every 3 hours (refer to checklist). • Third party professional cleaners will also cover all high touch point areas on top of their usual daily cleaning requirements (refer to checklist). • Employee cleans will be done around members (adhering to social distancing). • Third-party professional cleans will be carried out either in an entirely closed gym, or by closing off an area at a time to members so the area can be deep cleaned. 	<p>All to be reminded via club sound system and TV screens to wash their hands for 20 seconds.</p> <p>COSHH risk assessment to be carried out for all cleaning products used by staff.</p> <p>Employees are encouraged to report any health effects (i.e. Dermatitis).</p> <p>Club management are to ensure clubs have the required levels of cleaning stock.</p> <p>Cleaning checks will be carried out by club management, if required, investigations will take place and performance failures escalated.</p> <p>Clubs will complete weekly PRIME checks to confirm employee health declarations and cleaning have been completed. This will be checked by Regional Managers.</p>

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		<ul style="list-style-type: none"> • Employees will be provided with personal protective equipment (PPE) when carrying out regular cleaning and cleaning of visible bodily fluids. • Employees will adhere to the cleaning process document when carrying out regular cleaning and visible bodily fluid cleaning. This will indicate the correct PPE dress. • Where there is a confirmed or suspected CV-19 case, employees will be provided with the required training and PPE. • Cleaning procedures will apply for goods and merchandise entering the premises (contractors observe social distancing, items are observed to be left in a noted location and cleaned on arrival). • To manage offices a clear desk policy will be in place to minimise contact items. • Equipment should not be shared between employees where possible. • Hot-desking will not be supported at this time. • Vending and Yanga machines are subject to routine hygiene cleaning. • Card/contactless payments only will be applied to vending machine. • PureGym will instruct members to hand sanitise before entering the pods, and immediately upon entering the gym area. • Employees will be encouraged to challenge any member not adhering to the cleaning rules. <p>Social distancing</p> <ul style="list-style-type: none"> • Employees must maintain social distancing in the workplace wherever possible. • PureGym will make adaptations throughout all parts of the workplace to support social distancing. • Signage will be placed throughout all areas of the club to remind both Employees and others of the social distancing guidelines. • PureGym will use floor tape/stickers to indicate adequate social distancing. • PureGym will regulate the use of high traffic areas including corridors, lifts, turnstiles and walkways to maintain social distancing. • Members will be told keep their social distance if required. • Avoid working face-to-face. For example, by working side-by-side or facing away from each other. 	<p>Employees will be extra vigilant when storing waste (increased fire risk). The Storage door must always remain closed and locked. The storeroom should have limited ignition sources present, adequate fire detection and compartmentation.</p> <p>PureGym will continue to review the workplace (layout and processes) and implement best practice wherever possible.</p> <p>PureGym may section off areas of the club where social distancing cannot be managed.</p> <p>PureGym will implement a 'right of way' system for areas that cannot accommodate social distancing (i.e. corridors and stairs).</p>
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		<ul style="list-style-type: none"> • Activity time should be kept as short as possible (customer interaction and employee interaction) to minimise personal contact. • Managers will plan for the minimum number of people needed on site to operate safely and effectively. • PureGym will establish maximum occupancy levels to prevent overcrowding. • Reducing demonstrations and promotions to minimise direct contact and to maintain social distancing • PureGym will limit the number of employees working in the gym office (GMs will be given the max number of staff allowed in the office) and limit the number of employees allowed in the break room (max 2 at any given time) to minimise personal contact and to adhere to social distancing. • Only absolute necessary participants should attend meetings and maintain the correct levels of separation throughout. • Holding essential meetings in well ventilated rooms with appropriate social distancing in place. • Replacing face-to-face meetings wherever possible with video conferencing, phone conferencing, etc. • Cancelling nonessential training and all face-to-face training/recruitment practices • Where applicable training/ recruitment will completed by using email/online e-learning and other virtual mediums. • Personal training sessions to continue providing social distancing is in place. <p>Facilities</p> <ul style="list-style-type: none"> • Wherever possible PureGym will introduce engineering controls by increasing the ventilation rate to help dilute and remove potential CV-19 airborne contaminants. • PureGym will undergo a recommissioning process on all utility services prior to reopening. <p>Wearing of PPE</p> <ul style="list-style-type: none"> • PPE (gloves, face mask, goggles & an apron) have been provided in line with task requirements and government guidelines as a protection 	<p>Employees will avoid conflict with members and put their own safety first. Employees will escalate any issues to management and where required members will be banned.</p> <p>PureGym will carry out dynamic risk assessments for any activity (i.e. promotional work) that may affect social distancing.</p> <p>Queue management – PureGym will place Social Distancing space markings on the floor and if necessary, outside the entrance. Members queuing will be instructed to adhere to the correct social distance guidelines. This will be reinforced with appropriate signage.</p> <p>All contractors must follow social distancing and cleanliness guidelines.</p>
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			<p>factor where either social distancing cannot be achieved or for protection for cleaning purposes.</p> <ul style="list-style-type: none"> • Employees are instructed on how and when to wear PPE and dispose of it safely. <p>Information and communication</p> <ul style="list-style-type: none"> • A <i>Covid19 Taskforce team</i> will be setup to discuss all matters relating to CV-19 and its impact of the business, including reviewing performance data (CV-19 related accidents/incidents and ill-health), reviewing Government guidance and updating PureGym policies and procedures where applicable. • The <i>Covid19 Taskforce Team</i> will ensure a consistent flow of information is given in response to any CV-19 outbreak; where a club notes multiple cases the <i>Covid19 Taskforce team</i> will issue further guidance on evidence at hand. • The <i>Covid19 Taskforce Team</i> will conduct internal investigations post any outbreak and where required liaise with local enforcement. • All employees will complete a 5-day reopening pack that includes all the necessary information, training and instruction prior to returning to work. 	<p>Club management to ensure the required PPE provisions are maintained.</p> <p>PureGym will liaise with local authorities in relation to any local lockdown measures to suppress a CV-19 outbreak.</p>
<p>People becoming unwell while on-site with CV-19 symptoms resulting in a high risk of transmission.</p>	<p>Staff Members Visitors to premises (i.e. Prospects/Goods drivers) Cleaners Contractors Vulnerable groups – Pregnant workers, those with existing underlying health conditions</p>	<p>4 x 4 = 16 (High)</p>	<ul style="list-style-type: none"> • The following actions should be taken; • If an employee becomes unwell in the workplace with CV-19 symptoms they should be sent home and advised to follow government advice to self-isolate. • 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. • If an employee has helped someone who was taken unwell with Coronavirus symptoms, they do not need to go home unless they develop symptoms themselves. They should wash their hands thoroughly for 20 seconds after any contact with someone who is unwell. • All surfaces that the affected person has encountered must be cleaned and disinfected, especially objects visibly contaminated with body 	<p>PureGym to monitor the NHS website on any updated CV-19 symptoms</p> <p>.</p>

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			<p>fluids and all potentially contaminated high contact areas such as toilets.</p> <ul style="list-style-type: none"> • Public areas where the affected person has passed through and spent minimal time, such as corridors, but which are not visibly contaminated with body fluids, can be cleaned thoroughly as normal. • Cleaning staff should use disposable cloths or paper roll. • Cleaning staff must wear appropriate PPE. • Waste from cleaning of areas where possible cases have been (including disposable cloths and tissues) should be “double-bagged” and tied off; it should be placed in a secure holding area for 72 hours before being disposed of in general waste. • Club management must log the incident on PRIME and escalate to their Regional Manager immediately. 	
First Aid (CPR)	Staff Member	NA	<ul style="list-style-type: none"> • Employees will be trained on the Resuscitation Council CPR protocol for CV19. 	