

## Covid – 19 Activity risk assessment

**Activity: Pilates Class**

**Date: 23.08.20**

**Location: Jericho Community Centre**

**Time/frequency: Tuesday Evening - weekly**

**Name of leader with responsibility: S Lazzerini**

What are the hazards?	Who might be harmed and how?	How is this risk managed?	Action by whom?	When?
Transmission of virus by droplets in air	Teacher & Class Participants	<ul style="list-style-type: none"> <li>• Participants to socially distance outside prior to class and leave promptly after class</li> <li>• Group leader to wear visor during teaching</li> <li>• Limited capacity in room with mats placed 2m apart. Markings on floor to indicate placement.</li> <li>• Participants asked not to attend should they present with any Covid-19 symptoms or if they are self-isolating.</li> <li>• Doors and windows to remain open to allow ventilation into the room.</li> <li>• Participants to face away from each other during classes.</li> <li>• Teacher not to circulate during class and teach from the front.</li> <li>• According to guidelines facemasks are not necessary during exercise classes however can be worn at the participants choice.</li> <li>• One way systems to be used at venues as appropriate.</li> </ul>	Teacher & Class Participants	Weekly
Transmission of virus by contact	Teacher & Class Participants	<ul style="list-style-type: none"> <li>• Hand sanitizer to be used prior to and following class (provided by teacher)</li> <li>• Clients required to bring their own mats to class.</li> </ul>	Teacher & Class Participants	Weekly

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What are the hazards?	Who might be harmed and how?	How is this risk managed?	Action by whom?	When?
		<ul style="list-style-type: none"> <li>• All equipment to be sanitized prior to and following use in the lesson.</li> <li>• High contact areas (eg door handles and window handles) to be wiped down following each lesson.</li> <li>• Toilets to be used only when necessary.</li> <li>• Participants asked to come to class ready and changed with no unnecessary items.</li> <li>• Reduced lesson time of 50 minutes to allow for cleaning prior and after class.</li> <li>• No tactile cueing.</li> <li>• Class payments to be made via BACS – no cash at venue.</li> </ul>		
Contact tracing	Teacher & Class Participants	<ul style="list-style-type: none"> <li>• Contact details being recorded for all attending. This will be a condition of joining the session</li> </ul>	Teacher	Prior to booking
Spread of virus by asymptomatic persons	Teacher & Class Participants	<ul style="list-style-type: none"> <li>• Contact details being recorded for all attending. This will be a condition of joining the session.</li> <li>• Customers asked not to attend should a member of their household display symptoms.</li> </ul>	Teacher	Prior to booking