

COVID 19 Risk Assessment for Claremont Project

DATE	HAZARD IDENTIFIED	Who might be harmed	ACTION TAKEN	Action by whom
21/09/2020	Transmission of COVID 19 within class/outside of class	Participants, Instructors, Staff at Claremont, other hall users	<ul style="list-style-type: none"> • Bookings taken online via booking system and records of participant attendance made, - to be maintained for 21 days for track and trace purposes and then destroyed if not required. • Self-screening of individuals before they arrive at the class to ensure individuals displaying COVID-19 symptoms or those who should be shielding do not travel or attend. • Participants to be reminded when they sign up of the importance of social distancing both in the event and outside of it. • Participants to be reminded of the need to be tested and self isolate if they or members of their household become unwell with symptoms of coronavirus. • Inform participants that it may be necessary to self isolate if they come into contact with another participant who later tests positive for COVID 19. • If anyone becomes unwell with a new continuous cough or a high temperature at the event they will be sent home and advised to follow the stay at home guidance. • If advised that a participant has developed Covid-19 and were recently on the premises the management team will inform the venue & identify people who have been in contact with them and will take advice on any actions or precautions that should be taken. • No participant will return to the class for at least 10 days from the onset of symptoms and they must be at least 7 days with no symptoms. They will not be allowed back to the venue for at least 14 days from the onset of symptoms and will require 	HulaFit/ Instructor

			clearance from the COVID Medical officer before they return	
	Covid 19 mitigations taken in class	Participants Instructor	<ul style="list-style-type: none"> Instructors movements/choreography are pre-planned taking into consideration how to ensure social distancing in a limited space. Instructors to ensure good verbal cueing, especially for correcting technique as manual adjustments are not permitted. Instructors should explain the safety guidelines of what is expected before, during and after class including what the participant is expected to do to maintain social distancing and all other health and safety guidelines. Instructors will pay close attention to the volume of their music. Music should not be played at a level that encourages shouting. This is because of the potential for increased transmission, particularly from aerosols and droplet transmission 	HulaFit/ Instructor
21/09/2020	Assess Buildings/Venue An assessment of user numbers, space capacities, venue circulation, ventilation and layout planning to maintain social distancing.	Participants, Instructor, Staff Members, other hall users	<ul style="list-style-type: none"> Class numbers reduced to 9 per class adhering to maximum capacities set by Claremont, with a class layout plan to ensure social distancing can be maintained during class. Communications in place so that all participants are aware of the control measures in place at the centre, how to act appropriately to minimise the risk of transmission of COVID-19 including; A one-way system is to be observed for movement throughout the building — Claremont Ongoing entrance via the main entrance and exit via individual fire exits.(1 exit point where possible) Communicate location of hand sanitiser points & recommend sanitising upon entry and exit. Socially distance spacing markings at congestion points around the building, mainly the front entrance. Toilet use should be avoided where possible. 'One in - one out' policy in place & request participants to sanitise after use. 	HulaFit

			<ul style="list-style-type: none"> • Windows and doors will be kept open as much as possible during sessions to ensure maximum ventilation. • Participants will be advised to wear a face covering when moving around the building. • Participants must arrive in appropriate workout attire with their own bottle of water, hand sanitiser and as few belongings as possible. 	
	Assess the venues cleaning strategy to minimise COVID-19 transmission risk	Participants, Instructors, Staff members, other hall users	<ul style="list-style-type: none"> • Cleaning is done 7 days a week with a focus on prevention of COVID 19. Claremont have also hired an additional daytime cleaner who frequently cleans, disinfects objects and surfaces that are touched regularly, particularly in areas of high use such as door handles, and light switches. • Clean the regular touch points after class e.g Door handle & light switches. 	HulaFit Claremont
	Cleanliness of Equipment in class – Hula Hoops	Participants, Instructor	<ul style="list-style-type: none"> • Ensure Hula Hoop equipment is cleaned before after contact with antibacterial wipes/cleaning product – ensure sufficient cleaning equipment is available. • no equipment to be shared within a class. 	HulaFit/ Instructor
	Health and safety of equipment	Participants	<ul style="list-style-type: none"> • Instructor to give clear instruction to participants to be aware of surroundings/environment/other people and maintain spatial awareness before commencing hula hooping activity. • A pre -briefing should be held to inform adults of the risks associated with items of equipment etc & clear instruction of appropriate use of equipment by experienced instructor. 	HulaFit/ Instructor
	First Aid		<ul style="list-style-type: none"> • Floor to be checked/cleared before class to ensure no trip hazards or obstructions. • Any incident or accident will be reported and recorded in incident book. • Instructor is First Aid trained and will adhere to First Aid training principles in dealing with injuries/emergencies & will have a fully charged mobile phone at hand in order to call the Emergency services. 	HulaFit/ Instructor



			<ul style="list-style-type: none">• First Aid kit stocked and accessible with face mask and latex gloves included.	
	Electrical and other equipment	Participants, Instructor, Staff members	<ul style="list-style-type: none">• Check own equipment is safe and functioning.• Provide own speaker for use in class.	HulaFit/ Instructor