

COVID-19 Risk Assessment for Harrogate Tri Club Strength and Conditioning sessions to be held at The Fitness Garage, Harrogate.

Coach: Emma David

Business: Ridgeway fitness and health

Clients: Harrogate Triathlon Club members

Date: 19/10/2020

References: UK Active Gym reopening guidelines 2020, The Fitness Garage risk assessment 2020.

Information on hygiene:

Hand washing facilities are available with antibacterial soap and water in place

70% Alcohol gel sanitiser is in any area where washing facilities not readily available.

Clear guidance on hygiene measures is provided to people on arrival through visual signage

Equipment is assigned to a person for use in their workout area.

Individuals will avoid touching door handles, etc - use elbow/foot where possible.

Clients are advised to arrive ready as the changing facilities will not be available

Information on Cleaning:

The gym and studio are cleaned and disinfected regularly and with the correct cleaning chemicals including use of Barbicide.

General surfaces in the gym that are touched regularly particularly in areas of high use such as door handles, light switches, reception area, etc. are cleaned regularly using appropriate cleaning products and methods.

Cleaning after a known or suspected case of COVID-19 is carried out following the specific government guidance by Fitness Garage staff.

Individuals will clean their own equipment with the Clinnell wipes provided after the class.

Information on Social Distancing:

Signage / posters are displayed to communicate hygiene and social distancing rules.

During classes, clients will be allocated their own space safely distanced from each other.

There is a one way system in place for entering and exiting the building.

Information on COVID-19 and what happens if anyone has symptoms:

All users are advised on the symptoms of Covid-19 and asked to keep up to date with government guidelines. Current advice is available on the Fitness Garage website (www.fitnessgarageharrogate.co.uk).

Anyone with suspected symptoms of COVID-19 will not attend classes

If anyone becomes unwell with Coronavirus symptoms whilst in the building they will be sent home and advised to follow Government guidance in relation to testing and self-isolation.

Individuals who have been notified by the NHS Test and Trace service via text message, email or phone that they have been in contact with a person who has tested positive for coronavirus (COVID-19) must not attend the session and must self-isolate at home as per government guidelines. In addition, to protect our club's community, you should not attend the session if anyone within your household is isolating as a result of a Test and Trace notification.