

WFSSC Risk Assessment		indoor fitness activities		date prepared - 4/08/20	date of review - 4/09/20	prepared by G Green	
What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done	
Spread of Coronavirus during Indoor Fitness activities	all participants & instructors, other members & visitors Spread of the Virus	alert all participants to gov regulations - including specific recommendations regarding local situations	include in booking information	session leader / club secretary	weekly - at time when booking is invited		✓
		All participants required to self assess prior to attending - if unwell must not attend	“	“	“		
		If participant has had close contact with CV19 symptomatic person - must not attend	“	“	“		
		if participant has travelled abroad in last 14 days - must not attend	“	“	“		
		If participant develops symptoms within 14 days of class - request to inform session leader & NHS track and trace	“	“	“		

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		Hand sanitiser available at entrance to clubhouse & on bar, kitchen	encourage all to use	session leader	at start of every session	✓
		encourage participants to bring own sanitiser	include in booking information	session leader / secretary		✓
		Hand washing facilities available with paper towels - hand washing signage placed by all sinks				✓
		Frequent disinfectant of surfaces/ touch points - disinfect between sessions and after session	remind session leader to utilise disinfectant spray & wipes. Signage to encourage use	session leader / committee support		✓
		Control entry / exiting - one way system	encourage compliance	session leader	weekly	✓
		one in one out in toilets - signage in place	“	“	“	✓

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		Ventilation - extractors to be in use		session leader/ committee support	during session	✓
		Ventilation - window/s to be opened		“	“	✓
		Ventilation - kitchen shutter to be opened - increasing air circulation				✓
		Ventilation main doors can be opened prior/ between sessions to facilitate air flow		“	“	✓
		Social distancing to be maintained at all times - signage in place	participants to be reminded at start of sessions -	session leader		✓
		Social distancing - during activity each needs 9sqm = class size limited to 8 + instructor		session leader		✓

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		Social distancing - timing of sessions to allow 15 mins changeover period		session leader/ secretary		✓
		Social distancing - one way system for entry & exit		session leader/ committee support		✓
		Contactless payment (club system) made available to instructors		committee support		✓
		Noise level - kept v low to avoid need to shout				✓
		Possibility of person becoming unwell during session - extra changing room available - first aid kit equipped with PPE				✓
		Allow participants to wear face masks if they wish - spare masks are available in clubhouse				✓

