

COVID-19 RISK ASSESSMENT

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES	RISK FACTOR
Spreading COVID-19	Check temperature and assess overall wellbeing prior to teaching a session following the latest government advice	Medium	<p>Follow current government guidance and stay alert to minimise risk of exposure to COVID in a class setting.</p> <p>Wash hands or, if not possible, use antibacterial/anti viral hand sanitising gel (60% alcohol min.) before, during and ideally after session.</p>	Low
Spreading COVID-19 Preparing for sessions	Avoid public transport when travelling to venues if possible. Wash or sanitise hands on arrival,	Low	Teacher will arrive with enough time to ensure the venue is cleaned and set up according to social distancing regulations prior to the arrival of participants.	Low

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES	RISK FACTOR
Spreading COVID-19 through venue set up	<p>Provide hand sanitiser at the entrance and request all participants wash / sanitise their hands upon arrival.</p> <p>Plan layout of class, positioning the mats to ensure social distancing rules can be maintained</p> <p>Clients to bring own mats and any equipment needed.</p> <p>Reformer has been adapted to be fully wipeable and cleaned inbetween clients.</p>	Medium	<p>Teacher or venue to bring all necessary cleaning solutions, including mops/cloths, to and from the venue.</p> <p>Teacher or venue to clean the floors between sessions with appropriate antibac/antiviral floor cleaner.</p> <p>Provide, or ensure there is, clear social distancing and hygiene signage at the venue entrance as well as demarcations within the venue to where participants safely exercise.</p>	Low

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES	RISK FACTOR
Spreading COVID-19 through participant contact and equipment use	<p>Class/session sizes are reduced to ensure a minimum 2m distance between teacher and all participants.</p> <p>Provide verbal instruction only.</p> <p>Teacher to monitor participants while entering and leaving venue to ensure social distancing.</p> <p>Avoid participants being face to face. Set up Side by side, or behind each other.</p>	Medium	<p>No tactile cueing.</p> <p>Teacher to wear a mask or visor when teaching and avoid touching their face.</p> <p>Floors are to be mopped clean after each session.</p> <p>Floors should be dry before the next session.</p>	Low

COVID-19 MEASURES: FOR PARTICIPANTS

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES	RISK FACTOR
Spreading COVID-19 through unwell participants	<p>Participants are not to attend sessions if they are unwell or feel unwell</p> <p>Vulnerable persons who are 'shielding' or self-isolating are to not attend in-person sessions.</p> <p>Participants are not to attend sessions if they have come into contact with a person who has tested positive for Covid-19 in accordance with government guidelines.</p>	High	<p>Teacher to ask participants if they are feeling well at the start of the session.</p> <p>If a participant states they feel unwell, they are requested to leave the venue.</p>	Low

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES	RISK FACTOR
Spreading COVID-19 via travel to sessions	Participants are requested to follow government guidelines on travel.	Medium	Participants should use masks if using public transport on way to the venue.	Low
Spreading COVID-19 within the venue	<p>Participants are required to socially distance prior to entering the venue and await instruction from teacher prior to entering/leaving the venue.</p> <p>If possible, all doors remain open during entry and exit to reduce contact with surfaces.</p> <p>Participants are to wash their hands/or use hand sanitiser at the start and ideally at the end of every session and will refrain from physical contact with each other.</p> <p>Participants may be encouraged to wear non-slip socks to avoid contact with the floor and mats.</p> <p>Rooms should be well ventilated between and during sessions.</p>	Medium	<p>Participants can bring their own hand sanitiser and wear their own face masks during sessions <i>if they wish</i></p> <p>Participants to bring their own mats and equipment</p> <p>Participants are required to arrive wearing suitable exercise clothing and avoid entering changing facilities if possible</p> <p>Facilities (toilets, changing rooms) are discouraged from use unless absolutely necessary. If they are to be used, masks should be worn. Hand drying towels will not be provided – participants to bring their own.</p> <p>Toilets should be flushed with the lid down.</p> <p>Commonly touched surfaces, e.g door handles etc to be wiped between sessions.</p> <p>No food. No sharing of food/drinks at all. No use of mobile phones during sessions.</p>	Low

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES	RISK FACTOR
Spreading COVID-19 via administration	<p>Participants are encouraged to pre-pay for their sessions via online banking.</p> <p>All Client Enrolment Forms and other documentation to be sent electronically.</p> <p>Exchanging of cash and paperwork is discouraged.</p>	Low	If paperwork and cash needs to be exchanged, it should be placed in an envelope/folder. Hands should be washed/sanitised after handling and paper quarantined for at least 48 hours before handling again.	Low

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YOUR BUSINESS NAME ; ZOETIC PILATES

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