

Generic Risk Assessment

RA Title	Adults Using the Gym under COVID 19	Initial Assessment	01/12/2021
RA No.		Review Date	01/12/2022

RISK MATRIX		Severity		
		L - Minor (<3 days off sick)	M - Serious (>7 days off sick)	H - Major injury (Hospitalisation)
Likelihood	L - unlikely	T Trivial	L Low	M Medium
	M - possible	L Low	M Medium	M High
	H - very likely	M Medium	M High	I Intolerable

Person at Risk	E - Employee	Cr - Contractor	Ch - Coach	Vo - Volunteer	M - Member	Vi - Visitor
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SPECIFIC HAZARD

No.	Activity	Hazard	Person at risk	Risk Level	Control Measure	In Place
1	ATTENDING A TRAINING SESSION WHEN ILL OR SHOWING SYMPTOMS OF A COLD/FLU/COVID 19	Spreading COVID 19 via direct transmission or surface contamination.	All	I	If anyone in paddler's family has symptoms of a cold or flu then they must not attend any training sessions . Gov't guidelines on testing and isolation must be followed. The Coach or the Responsible person will send them home immediately the illness becomes apparent.	
2	USING THE HALL	Spreading COVID 19 via direct transmission or surface contamination.			<ol style="list-style-type: none"> 1. Keep social distance 2m 2. Wear a face mask unless actually exercising 3. Use hand sanitiser before entering the gym. Sanitiser will be on the entrance hall table. 	

Generic Risk Assessment

					<ul style="list-style-type: none"> 4. Ensure the hall is well ventilated by opening Main door, door into the gym, and fire door to create airflow 5. The hall will be cleaned once a week. 	
3	TRAINING AS A GROUP	Spreading COVID 19 via contact with a wide social group.	M	M	To reduce social contact adults will training in small groups, with a maximum of 10 members.	
4	ENTERING THE YARD	Spreading COVID 19 via direct transmission or surface contamination.	All	M	<ul style="list-style-type: none"> 1. Hands will be sanitise using the sanitiser on the gate. 2. Use sanitiser spray on the lock and gate handles before touching 	
5	ENTERING THE GYM	Spreading COVID 19 via direct transmission or surface contamination.	M	M	<ul style="list-style-type: none"> 1. Sanitise the key safe, and the key when used 2. The entrance lobby is a pinch point where the change of cross contamination is higher. Maintain social distancing and wear a face covering 	
6	USING ERGO	Spreading COVID 19 via direct transmission or surface contamination. In addition using an ergo is a heavy cardiovascular load leading to transmission via droplets and aerosol from breathing	M	M	<ul style="list-style-type: none"> 1. Wipe paddle bar and hard surfaces of the ergo after use 2. The ergo's must be 2 meters apart and paddled facing the mirror. 	
7	USING BENCH PRESS	Spreading COVID 19 via direct transmission or surface contamination. In addition using the bench press with heavy weights will result in explosive breathing out. So a danger of contamination the resulting droplets and aerosol exists.	M	M	<ul style="list-style-type: none"> 1. Avoid using heavy weights or lifting to failure so that a spotter is not needed 2. If a spotter is used, then both parties will be masked. 3. Wipe down the equipment after use 	

Generic Risk Assessment

8	USING DUMBELLS AND FREE WEIGHTS	Spreading COVID 19 via direct transmission or surface contamination. During explosive, or high aerobic exercises breathing will generate aerosol and droplets	M	M	<ol style="list-style-type: none"> 1. Find a space and maintain social distancing of 2m. 2. Wipe down the equipment after each use 	
9	USING THE CABLE MACHINE	Spreading COVID 19 via direct transmission or surface contamination. During explosive, or high aerobic exercises breathing will generate aerosol and droplets	M	M	<ol style="list-style-type: none"> 1. Face out to avoid the need to wipe down the racking board for the selection of handles. 2. Wipe down the handles you use and the weight stack keys 3. If you use the chinning bar, wipe down the handles and any surface if you face inward 	
10	CLEANING	Spreading COVID 19 via direct transmission or surface contamination. During explosive, or high aerobic exercises breathing will generate aerosol and droplets	M	M	<ol style="list-style-type: none"> 1. The Club will establish a volunteer cleaning rota for the gym, which will be deep clean every week. 2. To make cleaning easier all personal items and clutter will be removed from the gym 3. Anyone who uses the gym will be expected to volunteer for cleaning duty 	

RA Sign Off		
Role	Name	Signature