

## Phase3 Covid Risk Assessment

Risk	Action(s)
<b>ENTRY AND EXIT OF DEPT</b>	
Flow in and out of gym	<p>Only one entry/exit point other than the fire exit. Limiting schedule to two classes a day will ensure people arrive and leave around the same time and having a single flow of people either arriving or leaving.</p> <p>The gym will be marked with 2m tape and members will be asked to social distance on arrival, during class and when leaving. Members will be instructed to stagger coming into the gym if they see others in the car park.</p> <p>Class size will be limited to 13 members per class, plus the instructor, to ensure social distancing is adhered to.</p>
<b>CHANGING AND CHANGING ROOMS</b>	
Changing into training gear and having clothes lying around could cause cross contamination.	<p>Members will be asked to attend the gym in training gear when possible.</p> <p>Members will be asked to bring a wipeable bag on their first class back that they can use to keep their water, wallet, phone, hoodie etc and will be asked to bring this bag to their section of the mats. This is to ensure all of their belongings are in one place and to minimise the risk of cross contamination.</p>
Changing Rooms	<p>Changing rooms will be marked for social distancing. However, to minimise risk members will be asked to only use of the changing rooms when absolutely necessary (i.e. before going to work).</p> <p>Members will be advised to change out of gym clothes as soon as they get home and wash their training gear as soon as they can.</p>
<b>CURRICULUM</b>	
Activities offered - Jiu Jitsu classes will make social distancing impossible.	In this phase only non-contact classes will be offered. This will be a mix of strength and mobility classes and jiu jitsu drills .
Mat space	Mats will be marked to ensure enough space between participants.
<b>EQUIPMENT</b>	
Sharing of equipment	The only equipment in use will be weights, medicine balls and resistance bands, these will be wiped using anti-bacterial and anti-viral cleaning detergent after each use.
<b>AREAS</b>	
Gym space	<p>Clean air flowing in from windows, fire doors etc being open where safe and appropriate to do so</p> <p>Hand washing/sanitizers available at the entry to the gym, to the mat space, and outside the bathrooms.</p>
Corridor and mat area	Remove excess decorations, medals, flags, and equipment to minimise possible points of contamination and streamline cleaning.
<b>INSTRUCTORS</b>	
Minimise risk to instructors	To minimise risk to other instructors, Mark, Mikey, Gret will take all classes in phase 3.
<b>WELLBEING / SAFETY</b>	
Safety equipment	Appropriate PPE will be provided for cleaning of the gym along with a cleaning checklist and cleaning policy to ensure adherence to best practice.
Hygiene	Hand sanitisers will be provided in multiple areas along with posters showing appropriate hand washing and sanitising techniques.