

BLAZE FITNESS UK - COVID RISK ASSESSMENT March 2021 update

Risk	Who may be at harm?	Mitigation
Government guidelines are not adhered to	Instructor Participants	<p>Blaze to keep up-to-date on guidance and adapt to any changes (whether more lenient or more stringent)</p> <p>Blaze publish risk assessment on website and to Facebook members on group page. All members and instructors given clear instructions on adherence to guidelines.</p> <p>Instructor and participants to wash their hands before arriving and on returning home.</p>
Members mingle too closely at session start/end.	Instructor Participants	Instructor to wait on playing fields rather than car park to allow more space for members to gather. Stretch and wrap up to be done on field not car park.
Cross contamination through personal belongings.	Instructor Participants	Members to keep keys/water bottle/kit on their allocated space throughout the session. Items are not to be passed to the instructor. Instructor will maintain visual check on items for security.
Cross contamination through exercise kit.	Instructor Participants	Cones only to be touched by the instructor. All instructors to have their own set of cones. Any exercise equipment only to be used where each participant can be allocated their own piece of equipment. Equipment not to be shared between participants. Equipment to be cleaned before and after each session by the instructor.

Risk	Who may be at harm?	Mitigation
Members train with unreported symptoms	Instructor Participants	Instructor to ask members specifically before the session if they or anyone in their household has had any COVID symptoms and to maintain a visual check during the session. Members to be reminded on Facebook page about the requirement to be open and honest about any symptoms.
Member requires first aid support during a session	Instructor Participants	All instructors to carry gloves and masks (for themselves and for member) in case first aid attention is required.
Members breach the 2m rule during the session	Instructor Participants	Cones to be used to set out appropriate spacing. Members to be given clear instructions before the session about the importance of maintaining a 2m spacing.
Members disregard the guidelines	Instructor Participants	Any member deliberately disregarding the rules will be sent home immediately.
Sessions breach the 30 person maximum	Instructor Participants	Maximum previous attendance has been in the 20s so this is unlikely but should it happen, either another instructor will take half the group in a separate session, or the last to arrive who take numbers over 30 will be asked not to take part.
Venues may be in use by other sporting groups which may prevent adequate space for social distancing	Public Instructor Participants	Venues to be checked by Blaze for availability; instructor to arrive in time to set up session with appropriate distancing; session to be relocated within venue if necessary.