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Description:	Atlas Fitness Ltd Session – Outdoor Bootcamp
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Approved:	Andy Andreou	Signature:	A.T Andreou	RAMS No.	One	Doc Review Date:	01/12/2020
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Location:	Richard Tauntons Sixth Form College						
Start Date:	04/11/2020	Responsible Instructors	Andy Andreou Jimmy Marsh Kelly Bailey Nathan Rendell				

Permits etc	Covid-19 compliant, Insurance		
N/A	Insure 4 Sport Policy: I4S497115		

NOTES

Checked ✓

Risk Level

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Probability	Severity
Improbable (P1)	Negligible (S1)
Remote (P2)	Minor (S2)
Possible (P3)	Severe (S3)
Probable (P4)	Extreme (S4)

	S1	S2	S3	S4
P1	N/A	N/A	N/A	C
P2	N/A	N/A	C	B
P3	N/A	C	B	A
P4	N/A	B	A	A

Consequences (Hierarchy of Controls)	
A	Hazard MUST be eliminated
B	Risk MUST be controlled by physical safeguards
C	Risk MUST be controlled so far a reasonably practicable
N/A	Risk is adequately controlled / insignificant

No	Hazard Classification	Level of Risk			STANDARD MEASURES TO CONTROL HAZARDS Client Procedures, Training, Measures, Procedures etc	Risk Level after Controlled Measures		
		P	S	R		P	S	R
1	Member communication				Impress upon instructors, Atlas members and any trialist the seriousness of the disease and that they all have a responsibility to themselves and others to act responsibly and identify areas of concern. If you consider something unsafe or dangerous 'STOP'. Create near a miss or incident notification to the relevant instructor/s. This will then be reviewed, and the necessary precautions put in place.			
2	Physical considerations				The doors to the Atlas vehicle to be opened and closed by the driver of the vehicle. No one other than the driver must enter the Atlas vehicle at any given time. Each session will have a designated responsible instructor who assumes responsibility for each session. The responsible instructor will also check the amount of people in the designated workout and meeting area does not exceeded stated government guidelines and social distancing is being maintained. Members/Trialists will be reminded when booking their slot to bring a water bottle and keep belongings on themselves.			
3	Hygiene and Handwashing				Responsible instructor to remind members/trialists to wash their hands for 20 seconds with water and soap before and after the session as soon as they get home. https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/ Also reminded to catch coughs and sneezes in tissues – Follow Catch it, Bin it, Kill it and to avoid touching face, eyes, nose or mouth with unclean hands. Tissues, sanitiser and facemasks will be made available at each session. Sanitiser and Tissues to be made available to all employees, members and trialists. Posters, leaflets and other materials are available and displayed including track and trace QR codes. https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19			

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4	Cleaning			All equipment that is used including cones to mark where each member/ trialist stands must be cleaned and disinfected after each session. This also includes all surfaces that any instructor, member or trialist comes in contact with.			
5	Rest breaks			Social distancing will be maintained, and personal water bottles must be used. The Atlas water bottles will be removed from the sessions to eliminate anyone using them.			
6	Multiple touchpoint locations and items			Reminder to wipe down before use then sanitise/ wash hands on wavier forms. Frequent cleaning and disinfecting objects and surfaces that are touched regularly, particularly in areas of high use such as door handles and the fitted hand sanitiser. Keep personal items segregated from other peoples. Continue to identify multiple touchpoint locations, put wipes by them for convenience and to act as reminder – e.g. hand sanitiser pump. Sanitise hands before contact with surfaces other people will touch to prevent contamination. Signs to be added to all regular touch points to alert people to risks, to wipe before use and hands are sanitised before and after use. Use near miss to record and track suggestions.			
7	Social distancing (2m)			Reducing the number of persons training to comply with the government guidelines on outdoor/indoor exercise groups https://www.gov.uk/guidance/coronavirus-covid-19-advice-on-accessing-green-spaces-safely Enforce the two metre gap recommended by the Public Health Agency https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people If someone is already using the hand sanitiser, wait Social distancing to be maintained when handing over any merchandise. Do NOT break social distancing rules. If there is a situation where you consider you may break it – STOP and speak with the lead instructor Andy Andreou. Instructors, members and trialists to be reminded using signage of the importance of social distancing both before/ after as well during a session. Lead instructor to monitor that this is being adhered to. 2 m gap includes informal meetings and discussions.			
8	Cohorts			Where possible maintain the same instructors working together			
9	Travel			Only 1 person to travel in the Atlas Fitness vehicle unless it is another person from the same household. When another instructor uses Atlas Fitness vehicle all surfaces must be cleaned and disinfected before and after use			
10	PPE			<i>Public Health guidance on the use of PPE (personal protective equipment) to protect against COVID-19 relates to health care settings. In all other settings individuals are asked to observe social distancing measures and practice good hand hygiene behaviours.</i> Where PPE is a requirement for risks associated with the work undertaken the normal guidelines must be followed			

Daily Point of Work Assessment

This sheet must be completed daily by the person controlling the activity within the method statement

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Date	Name	Change (Y/N)	Additional Hazards and Control Measures

Atlas Fitness Instructor

I have read and understood the attached Risk Assessment and Method Statement.

[Type here]

[Type here]

Name (print)	Signature	Date

[Type here]

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