



# COVID-19 RISK ASSESSMENT

Ref A	<b>COVID-19 Virus control measures – Treatment room at ABC Gym</b> <b>Carried out with Leanne Richardson owner and Paul Richardson Safety Officer.</b> <i>Treatment area and entrance to ABC Gym, areas including: Entrances, Receptions, corridors, stairways and kitchen.</i>	Status	Signature	Date
		Issued	P. Richardson	12.07.2020
		Approved	L. Richardson	12.07.2020

**Key Points** – Control of all personnel, sanitising of surfaces, who will be at risk, control of risks, Personal Protection.

NO	STEP	HAZARD	CONTROLS	Comments
	Risk Assessment to align with Government guidance form The Society of Sports Therapists and GCMT During COVID-19 on the 10 <sup>th</sup> July 2020			
1	<b>Thinking about the Risk</b> <ul style="list-style-type: none"> <li>Assessing the Risk</li> </ul>	<ul style="list-style-type: none"> <li>Transfer of COVID-19 through surface contact or person to person</li> </ul>	<ul style="list-style-type: none"> <li>Updating the COVID-19 Risk assessments for the treatment of patients within the Sports Therapy Clinic, to align with the Government guidance for Working Safely During COVID-19</li> </ul>	
1.1	<ul style="list-style-type: none"> <li>Managing the Risk</li> </ul>		<ul style="list-style-type: none"> <li>To Create, Implement, Document and review Risk Assessment controls to protect the clients, reduce Risk As Low As Reasonable Practicable against COVID-19. Produce COVID-19 Risk Assessment with representatives from the business, document findings and results, communicate those results to all concered and review findings.</li> </ul>	
1.2	<ul style="list-style-type: none"> <li>Sharing the results of your Risk Assessment</li> </ul>		<ul style="list-style-type: none"> <li>To communicate the Risk Assessments and the controls needed to all clients concered and make available to all.This will be available on my media site, all clients will be required to read this before making an appointment or the pre-assessment.</li> </ul>	



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1.3	<ul style="list-style-type: none"> <li>Track and Trace.</li> </ul>		<ul style="list-style-type: none"> <li>All clients details will be controlled under the GDPR guidelines.</li> <li>All clients must agree to the controls in place for the Government Track and Trace system.</li> <li>All patients MUST inform the therapist if they or their family develop COVID-19 symptoms.</li> </ul>	
2.0	<p><b><u>The Workplace</u></b></p> <ul style="list-style-type: none"> <li>Clear patient instructions and procedures for when and how to visit a clinic or other environment.</li> <li>Reduce the risk of patients coming into contact with one another by allowing time between appointments.</li> <li>Develop and adopt a clear and recorded cleaning plan.</li> </ul>	Transfer of COVID-19 through surface contact or person to person	<ul style="list-style-type: none"> <li>All treatments will be by appointment only.</li> <li>Clients will be required to stay in their own vehicle until collected, if they are coming in public transport client will wait outside until being collected.</li> <li>Client to leave all belongings in their car if possible (out of sight)</li> <li>Appointments will be spaced out to avoid crossover of clients.</li> <li>Cleaning schedule in place, which includes a full room disinfection at the start and end of each day, before the arrival of any clients.</li> <li>All equipment will be wiped down with sterile wipes between each client. This will include, treatment table, treatment seats,</li> </ul>	



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<ul style="list-style-type: none"><li>• Use the time between appointments to clean the room.</li><li>• Consider the layout of the work environment to ensure physical distancing, minimal contact to surfaces and hand hygiene methods are available.</li></ul>		<p>door handles and any other equipment touched by the client.</p> <ul style="list-style-type: none"><li>• Cleaning record document in place and visible.</li><li>• As above, all equipment will be wiped down with sterile wipes after each client. Time will be built into the schedule to allow this.</li><li>• Clients will be directed into the treatment room to get changed within a dedicated area of the treatment room and asked not to touch any other surfaces. The Therapist will stay outside the treatment room until the client is ready. The client will have to use the sterilisation gel as they enter the treatment room and don a face mask.</li><li>• All non-essential equipment has been removed and all other equipment is covered or wiped down with sterile wipes after each use.</li><li>• Equipment area marked out with floor tape, clients are not permitted to enter this section of the treatment room, signs in place.</li><li>• Plinth and chair will be covered in couch roll and changed between each client and cleaned.</li><li>• The therapist will place their belongings in a lockable container and sprayed with disinfectant between each use.</li></ul>	
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			<ul style="list-style-type: none"> <li>The door will be left open between clients to allow ventilation around the room</li> </ul>	
3.0	<p><b><u>The Patient</u></b></p> <ul style="list-style-type: none"> <li>Pre-assessment of all patients.</li> <li>Controls in place for management of clients that are “clinically extremely vulnerable” or in the “shielding category”</li> </ul>	<p><b>8</b> Transfer of COVID-19 through surface contact or person to person</p>	<ul style="list-style-type: none"> <li>Pre-appointment assessment form in place, to be completed via phone or video call before arriving for appointment.</li> <li>The pre-appointment assessment will identify if the client is in the vulnerable category, any patients in this category will be treated where possible over the phone or video call. Where this is not possible and a face to face appointment is essential then extra precautions will be taken, these include: A full disinfection of the treatment room – All waste removed before arrival – The entrance route also disinfected, including all door handles, and banister railings - Appointment spaced out to allow deep clean before arrival.</li> <li>Clients must not enter any other part of the building other than the Entrance hall and corridor, treatment room and toilets.</li> <li>Clients to come alone to their appointment unless they require a guardian/chaperone by law</li> <li>If chaperone is present, they must also be screened.</li> </ul>	



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			<ul style="list-style-type: none"><li>• Contactless payment will be provided, cash will be placed in an envelope and gloves will be worn at all times when handling cash.</li><li>• Client's temperature will be taken on arrival using a non-contact thermometer</li><li>• Client must take their shoes off before entering the clinic and the mat will be sprayed with a disinfectant spray between each client.</li><li>• Clients belongings will be placed in a locked storage container and sprayed between each clients with disinfectant spray.</li></ul>	
4.0	<p><b><u>Personal Protection</u></b></p> <ul style="list-style-type: none"><li>• PPE required for Client.</li> <li>• PPE required for Therapist</li></ul>	Transfer of COVID-19 through surface contact or person to person.	<ul style="list-style-type: none"><li>• All clients will be required to wear a mask on arrival to the clinic and will need to be applied before entering the building. The face mask must be worn throughout the treatment and not removed until they leave the building.</li> <li>• Face mask must be worn, along with a face shield, nitrile gloves and a disposable apron. The nitrile gloves and apron will be changed for new for each patient.</li></ul>	



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			<ul style="list-style-type: none"> <li>Therapists temperature will be checked morning and lunch time and recorded wearing gloves.</li> </ul>	
5.0	<b><u>Waste Management</u></b> <ul style="list-style-type: none"> <li>Control of disposable waste</li> <li>Control of waste material including towels and plinth covers.</li> </ul>	Transfer of COVID-19 through surface contact or person to person	<ul style="list-style-type: none"> <li>All disposable waste including PPE will be disposed of within a covered bin, which will be lined with a plastic waste bag. The waste bin bag will be tied before removal. A face mask and nitrile gloves must be worn for this activity, this will then be taken away in the boot of the car which will be lined with a washable material and stored in a garage for 72 hours before disposing in the bin.</li> <li>Towels and plinth covers will be dropped into the wash bin the after each use. Bin liner to be tied before removal. All material will be transferred directly to a washer and washed above 60°C, and must not be mixed with other laundry. A face mask and nitrile gloves must be worn for this activity.</li> </ul>	
6.0	<b><u>Common areas</u></b> <ul style="list-style-type: none"> <li>Use of kitchen and seating area.</li> <li>Entrance to building.</li> </ul>	Transfer of COVID-19 through surface contact or person to person	<ul style="list-style-type: none"> <li>Clients will not be allowed to use the kitchen or seating area. Appointments will be arranged so that there will be no need to wait within the building.</li> <li>Social distancing must be maintained when entering the building. The client will be collected at the appropriate time and guided to the treatment room. The</li> </ul>	



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	<ul style="list-style-type: none"><li>Toilets areas.</li></ul>		<p>therapist will make sure the social distance is maintained. When leaving the building please maintain a social distance, make sure corridors are clear before entering.</p> <ul style="list-style-type: none"><li>Signs posted to for social distancing.</li><li>It is everyone's responsibility to maintain a social distance.</li></ul> <ul style="list-style-type: none"><li>Again, social distancing rules apply.</li><li>Sterile wipes are provided within the toilet area.</li><li>Wash hands before and after using the facilities.</li></ul>	
<b>7.0</b>	<p><b><u>Emergency Response</u></b></p> <ul style="list-style-type: none"><li>Controls in place on Emergency Response</li></ul>	Transfer of COVID-19 through surface contact or person to person	<ul style="list-style-type: none"><li>On the sounding of the Fire Alarm all personnel are required to leave the area safely and try to maintain the 2-meter rule. Once at the Fire Point please maintain the social distance, do not leave the area until you have been accounted for.</li></ul>	