

COVID-19:

Fullbrook

Gym Reopening Risk Assessment

Assessment conducted by:	Nick Irwin	Job title:	Centre Manager	Location	Fullbrook
Date of assessment:	15/7/20	Review interval:		Date of next review:	

Related documents					
Trust/Local Authority documents:	Government guidance:				
	https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities				

Risk matrix

	Risk rating	Likelihood of occurrence			
	High (H), Medium (M), Low (L)	Probable	Possible	Remote	
Likeby	Major: Causes major physical injury, harm or ill-health.	Н	Н	Н	
Likely impact	Severe: Causes physical injury or illness requiring first aid.	Н	M	L	
•	Minor: Causes physical or emotional discomfort.	M	L	L	



Areas for concern	Risk rating prior to action (H/M/L)	Control measures	In place? (Yes/No)	□Further action • comments	Residual risk rating (H/M/L)
1. Establishing a 1.1 Net capacity	systematic	process of partial opening, including social dis	tancing		
Available capacity of the gym is reduced when social distancing guidelines are applied and air volume guidance is followed	н	 Following guidelines provided (100sqft per person) indicated a maximum of 17 people can use the gym at any one time. This does not however take into account the "break out room" that will also be in use. To control numbers of people attending a booking system will be provided with time left between booking slots to enable socially distanced exit from the gym Staff training undertaken on the 23/7/20 	Yes	Staff training required to reiterate the importance of this Training for new staff will be provided as part of induction process.	L
1.2 Organisation of g	ym floor				
Equipment facing into room so participants are breathing in to the room	Н	 All equipment has been turned around so that users are facing the wall. Equipment has been repositioned to reduce risk of transmission Some equipment has been removed completely Staff training undertaken on the 23/7/20 	Yes	Training for new staff will be provided as part of induction process	L
Gym equipment is shared and requires cleaning between users	н	 Members are told to clean equipment before and after use. Staff will be increasing their cleaning to add an additional layer of cleanliness Additional signage installed highlighting expectations and gym rules. "Fog" machine will be used at the end of the shift ready for the next day 	Yes	Continually monitor compliance	М
1.3 Availability of state	ff				
Potential for self isolation as the virus continues increases the possibility of being short staffed	M	 On call cover will be in place where possible Increased recruitment of zero hours staff to assist 	Yes	Continually monitor recruitment position.	L



Areas for concern	Risk rating prior to action (H/M/L)	Control measures	In place? (Yes/No)	□Further action • comments	Residual risk rating (H/M/L)
Staff come to work with symptoms of COVID	М	 Staff will be informed not to come to work if showing signs/symptoms. Staff training highlighting this was carried out on 23/7/20 	Yes	Training for new staff will be covered in induction	L
1.4 Pinch Points/Sess	ion oronovar				
1.4 FINCH FORMS/Sess	ion crossover	Ct-d and denotes time and		III).	
The crossover between sessions causes potential breaches in social distancing.	M	 Start and departure times are staggered. The number of entrances and exits to be used is maximised. Different entrances/exits are used for different groups. Staff members are briefed and signage provided to identify which entrances, exits and circulation routes to use. Floor markings are visible where it is necessary to manage any queuing. Increased signage to show 1 way routes and which exits to use. Members to be informed of which entrance/exits they should use. Queueing system introduced outside. 	Yes		L
1.5 Planning moveme	nt around the	Centre			
Movement around the Sports Centre risks breaching social distancing guidelines	М	 Circulation plans have been reviewed and revised. One-way systems are in place where possible. Access Gym from outside where possible. Appropriate signage is in place to clarify circulation routes. Pinch points and bottle necks are identified and managed accordingly. Gym Bookings are planned so that change overs are staggered to avoid overcrowding. Members are regularly reminded to observe social distancing 	Yes		L



Areas for concern	Risk rating prior to action (H/M/L)	Control measures	In place? (Yes/No)	□Further action	Residual risk rating (H/M/L)
Sports Hall users mix with Gym users who are now occupying reception	н	 Sports Hall users to enter the hall via the back fire door Sports Hall users will exit via fire doors. Hirers will be informed that indoor bookings are now 50 minutes long and that all hirers must leave promptly at the end of their session. Hirers are to be informed that there will be no congregating in the facility before or after allotted booking time. Booking diary will be adjusted to reflect this 	Yes	•	L
1.6 Staff Office/Recept	ion				
Potential for Social distancing breach	М	 Limit the number of members of staff on shift at any 1 time If possible limit when 2 members of staff are on shift, through rota try and ensure they are in the same family bubble Rota looking at family units Staff training on 23/7/20 Staff notices in place as a reminder 	Yes	New staff will have training as part of induction	L
1.7 Staff induction and	CPD				
Staff are not trained in new procedures, leading to risks to health	М	 All staff will be required to attend a training day prior to reopening where they will be asked to contribute to and improve upon this risk assessment. Training completed on 23/7/20 	Yes	New staff will have training as part of induction	L
New staff are not aware of policies and procedures prior to starting	L	New staff being recruited at the moment will be asked to attend the training even before official appointment.	Yes	New staff will have training as part of induction	L
1.8 Risk assessments					



Areas for concern	Risk rating prior to action (H/M/L)	Control measures	In place? (Yes/No)	□Further action • comments	Residual risk rating (H/M/L)
There may be gaps in the risk assessment due to the complexities and newness of Covid19	н	 Ask others to check and comment on the assessment Request sight of other facilities similar RAs to learn from best practice Risk assessment walk around with colleagues on 20/7/20 Best practice shared with other venues with ideas incorporated into our protocols 	Yes		L





2. Investing in safety equipment and health and safety arrangements to limit the spread of COVID-19 2.1 Cleaning SC reopening will initially use a reduced number of areas meaning that the volume of areas that require cleaning is reduced. Cleaning capacity is reduced as the school Procedures in place to clean frequently through the shift reduces the Н closes and centre requirement for external cleaning Yes reopens Fog machine to be used on regular basis and at the end of every shift 2.2 Hygiene and handwashing An audit of handwashing facilities and sanitiser dispensers is undertaken before the facility reopens and additional supplies are Inadequate supplies of soap and hand sanitiser purchased if necessary. Monitoring arrangements are to be put in place to ensure that mean that users and staff Н Μ supplies of soap, hand towels and sanitiser are maintained do not wash their hands with sufficient frequency throughout the day Staff training covering this was carried out on 23/7/20 Members forget to wash Posters and electronic messaging boards reinforce the need to wash their hands regularly and Yes hands regularly and frequently. frequently 2.3 Testing and managing symptoms



Infection transmission within the sports centre membership due to members (or members of their household) displaying symptoms	Н	All users of the Gym must book in via the bookwhen App. At this point contact details will be provided.	Yes		L		
2.4 First Aid/Designate	2.4 First Aid/Designated Safeguarding Leads						
The lack of availability of designated First Aiders puts members safety at risk	Н	1st aid certificates have been extended by 3 months	Yes	Arrange updated 1 st aid training			





2.5 Communication with	Members				
Members are not fully informed of the health and safety requirements for the reopening of the gym	Н	Social media and website have been used to keep members updated with reopening progress	Yes		L
Members may not fully understand their responsibilities should they show symptoms of COVID-19	М	Key messages in line with government guidance are reinforced through posters on the wall through out the centre	Yes		L
2.6 Personal Protective	e Equipment (PPE)			
Provision of PPE for staff where required.	М	PPE to be provided to staff. Gloves to be used when cleaning and face masks for those who would like to wear them.	Yes	•	L
3. Maximising soc 3.1 Member behaviour		ing measures			
Member behaviour upon reopening does not comply with social distancing guidance	M	 Clear messaging to Members on the importance and reasons for social distancing is reinforced via posters Staff demonstrate social distancing at all times Zero tolerance to blatant disregard to social distancing will be in place. Should blatant breach occur, manager is informed and will deal with. Staff training covering this was completed on 23/7/20 	Yes	New staff will be trained as part of induction process	М



3.2 Movement in corrido	ors				
Social distancing guidance is breached when members circulate in communal areas	Ŧ	Booking times have been amended to avoid pinch points. One-way systems are in operation where feasible. Signage is in place.	Yes		L
3.3 Toilets					
Queues for toilets and handwashing risk non- compliance with social distancing measures	М	 Queuing zones for toilets and hand washing have been established and are monitored. Floor markings are in place to enable social distancing. 	Yes		М
3.4 Reception area					
Groups of people gather in reception which risks breaching social distancing guidelines	Н	 Access controlled through Maglock system Minimum requirement for customers to approach reception. Payments will be in advance, bookings remote, entry to facility via the outside doors Social distancing points are clearly set out, using floor markings, continuing outside where necessary. Social distancing guidance is clearly displayed to protect reception staff (e.g. distance from person stood at reception desk). Arrangements are in place for segregation of visitors through use of Perspex screens to shield reception team and barriers to keep access to a minimum. Full PPE available Avoid reception altogether 	No	•	L



3.5 Changing Rooms						
Groups of people gather in changing rooms which risks breaching social distancing guidelines	н	 Members advised to arrive "gym ready" Changing rooms not available for general use 	no		L	

4. Continuing enhanced protection for members and staff with underlying health conditions					
4.1 Members with under	erlying hea	Ith issues			
Members with underlying health issues or those who are shielding are not identified and so measures have not been put in place to protect them	M	Each time a member makes a booking, they are informed that they are not to use the gym if they are shielding. This is built in to the booking system. Yes	L		
4.2 Staff with underlying	ng health i	ssues			
Staff with underlying health issues or those who are shielding are not identified and so measures have not been put in place to protect them	М	 All members of staff with underlying health issues, those within vulnerable groups or who are shielding have been instructed to make their condition or circumstances known to the school. Records are kept of this and regularly updated. Current government guidance is being applied. Yes Explained at training day 	L		



5. Enhancing mental health support for staff

5.1 Mental health concerns - staff

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The mental health of staff has been adversely affected during the period that the centre has been closed and by the COVID-19 crisis in general	М	 Staff are encouraged to focus on their wellbeing. Staff have been signposted to useful websites and resources. Return to work form following COVID-19 period to be completed with staff to support identification of any potential issues where support is required. 	Return to work forms to be completed by line managers where needed.	L





6. Operational issues 6.1 Managing premises on reopening after lengthy closure Statutory compliance has not been completed due to the availability of contractors during lockdown H All statutory compliance is up to date. Where water systems have not been maintained throughout lockdown, chlorination, flushing and certification by a specialist contractor has been arranged. All checks are confirmed as being up to date

6.2 Visitors attending site









3G-specific

Settings to add any site-specific issues/arrangements here and ensure mitigation strategies are in place to address them

Areas for concern	Risk rating prior to action (H/M/L)	Control measures	In place? (Yes/No)	□Further action	Residual risk rating (H/M/L)
Groups returning the facilities fail to follow the FA and government guidelines around returning to football	М	 Hirers asked to complete a checklist as part of the hire process to say that they will be adhering to all rules Staff asked to monitor this and make checks 	No	 Regularly checks to be made by staff Signboard to be installed 	L
Risk of transmission through the use of toilet and changing facilities.	М	 Hirers informed that players should arrive ready to play and that changing rooms will not be available. Queuing system in place for the toilets 	Yes	3G Rules board required	L
Risk of transmission through the mixing of different groups at crossover times	М	 One way system put in place with players asked to exit via the field before rejoining the public footpath Info provided on hirer booking form and signage 	Yes	•	L
Risk of transmission through the use of toilet and changing facilities.	М	 Hirers informed that players should arrive ready to play and that changing rooms will not be available. Queuing system in place for the toilets 	Yes	3G Rules board required	L
Risk of transmission through the use of toilet and changing facilities.	М	 Hirers informed that players should arrive ready to play and that changing rooms will not be available. Queuing system in place for the toilets 	Yes	3G Rules board required	L
Risk of transmission through the shared use of posts.	М	Hirers informed that any posts that are to be moved should be wiped down first.	Yes	3G Rules board required	L



PT/Induction-specific

Settings to add any site-specific issues/arrangements here and ensure mitigation strategies are in place to address them

Areas for concern	Risk rating prior to action (H/M/L)	Control measures	In place? (Yes/No)	□Further action	Residual risk rating (H/M/L)
Social distancing is not always possible whilst coaching in the gym leading to an increased risk of transmission	н	 Personal trainer must wear face mask and a visor Alter coaching style to implement social distancing wherever possible 		•	
Avoidance of close proximity face to face contact is not possible in PT/Induction situations	н	Alter coaching style to avoid close proximity face to face contact where possible Majority of sales/safety speak to be done either outside or in open space As discussed with gym manager	Yes		
PT/Induction bookings risk taking the gym over capacity and therefore over the agreed level	Н	 Sessions must be booked via bookwhen including booking a slot for the PT As discussed with gym manager 	Yes		

Sports Hall specific

Hirers will take responsibility for ensuring their sessions are covid secure. They will perform a facility R/A prior to each session making the DM aware of any issues that have been identified.

Areas for concern	Risk rating prior to action (H/M/L)	Control measures	In place? (Yes/No)	□Further action • comments	Residual risk rating (H/M/L)
Entry to the sports hall through reception risks over crowding and transmission of virus	Н	Reception area not to be used and users are instructed to access the Hall via the fire doors at the rear of the building.	Yes	•	L



Areas for concern		Control measures	In place? (Yes/No)	□Further action	Residual risk rating (H/M/L)		
Hirers will take responsibility for ensuring their sessions are covid secure. They will perform a facility R/A prior to each session making the DM aware of any issues that have been identified.							
Group Exercise Specific							
It is difficult to socially distance in toilet facilities risking transmission	Н	 Single toilets are open for use with a queuing system implemented outside. 	Yes	•	L		
		•		•			
It is difficult to socially distance in toilet facilities risking transmission	Н	Outside toilets in use for sports hall users with queueing system outside	Yes	•	L		
Poor hand hygiene risks spread of virus	Н	 Sports Hall users must sanitise hands upon entry and at regular intervals in line with governing body guidelines 	Yes	•	L		
Hirers not taking responsibility for their participants risks transmission	Н	 In addition to what is set out in facility Ts and Cs of hire Sport governing body guidance must also be followed Updated Ts and Cs completed Covid Officer appointed 	Yes	•	М		
Entry to the sports hall through reception risks over crowding and transmission of virus	н	 Reception area not to be used and users are instructed to access the Hall via the fire doors at the rear corner of the building. Exit from the sports hall will be via the fire door nearest fire door to the court Once outside the one way system should be followed again 	Yes	•	L		
Sharing of equipment risks transmission of virus	н	Only staff to set up or take down nets (gloves available if required).No lending of equipment. Purchases are allowed but not borrowing	Yes	•	L		
Cross over of booking times risk transmission of virus as one booking leaves and another turns up	н	 Separate entry and exits marked up and 1 way system implemented Sessions reduced to 50minute slots to allow time between bookings 	Yes	•	L		



	(H/M/L)			
Overcrowding risks virus spread	Н	 Capacity altered for each room dependant on what type of class it is and in line with governing body guidelines Movement classes (where there is movement off of the spot) requires more space per participant. Studio 1 and 2 =9max, Hall = 12 max canteen = 10 max Stationary classes (no movement off the spot) requires less space per participant. Studio 1 and 2= 14 max, Hall = 21max, Canteen = 19max Discreet Painted spots (different colours indicating the different spacing to be installed) for instructors to overlay with cones/signs as required. 	NO	Ts and Cs to be updated to reflect changes Initial marking system to be put in place.
Hirer not taking their Covid responsibilities seriously	Н	All hirers must adhere to Ts and Cs and provide a written Risk assessment prior to booking being accepted	No	Update Ts and Cs
Crossover between participants from different activities risk virus spread	Н	 All hirings/bookings are 50 minutes Participants asked to not turn up early Keep all activities separate providing own entrances, exits and toilet facilities. Studios – enter and exit through white firedoors, using PE toilets Hall- Enter and exit via the covered walkway (one way system in place. Use admin toilets Canteen – enter and exit via white fire door using "new block" toilets 	NO	Update Ts and Cs Update booking system Make staff aware
Crossover between participants using toilets risk virus spread	Н	All toilets to have 1 in 1 out policy in place with queuing system outside.	NO	Update Ts and CsSignage requiredQueueing markers required
Risk of transmission through poor hygiene	н	 All users must sanitise hands upon entering the hall/studio Participants advised to bring their own sanitiser and hirers to provide spare. Paid instructors will be provided with sanitiser to use as spare 	No	 Update Ts and Cs Provide instructors with spare
Risk of infection through shared use of equipment	Н	 Hirers are not allowed to use school equipment unless authorised to do so and an agreed cleaning protocol is in place Hirers will be responsible for any equipment that their participants use and the cleaning protocols applied 	NO	 Update Ts and Cs Make staff aware Design specific cleaning protocols for each activity requiring equipment.



		 Paid instructors using school equipment will apply agreed cleaning protocols as part of their employment. All equipment used will be cleaned before and after use. 			
Increased numbers or reduced space (school storing equipment/school event) reduces the available floor space per participant	Н	 Class booking system must be in place to avoid going over capacity No ad hoc bookings allowed School to be given copy of RA with a request to limit the storing of equipment in the halls/studios Improved communication with school to avoid last minute changes which would result in reduced space 	NO	Update Ts and Cs Contact school to discuss storage Contact school to request advanced sight of the school events	
Risk of transmission between community and student use	Н	 Speak to school about morning cleaning schedule. Will all areas be cleaned in the morning? If not spray rooms after last hiring Wipe contact areas as locking up. 	NO	Speak to school Staff training	
Risk of transmission From contact made with the floor	М	 Any class that needs to do floor work mats must be used. Hirers are responsible for cleaning these at the end of a session. If it is a centre run class then they will be fogged by the sports centre team. 	NO	Speak to school Staff training	

Risks related to conducting Martial Arts Classes — Karate/Defence Lab

Areas for concern	Risk rating prior to action (H/M/L)	Control measures	In place? (Yes/No)	□Further action	Residual risk rating (H/M/L)
Lack of sanitizer use by some or all participants risks transmission	н	 All participants advised by email and at class to use their own sanitizers Instructor to monitor Instructor to carry spares in case students forget 	Yes	•	L
Shaking hands or other body contact risks transmission	н	 All participants informed that this is no longer allowed Instructors to monitor 	Yes		L
Close contact risks cross contamination	М	 Floor will be marked out in line with karate governing body guidance. 3m presumed (max of 12 participants??) No Spectators allowed 	NO		L



Congregating before/after class risks cross contamination	Н	 Students picked up by one parent only Students dismissed in order Keeping to the left at all times Maintain social distancing Instructor to monitor Class times will be reduced to avoid mixing with other classes. All classes now 50mins 	Yes	L
Pick up/drop from class risks cross contamination	Н	 Students picked up by one parent only No parents allowed in to watch Trialists must book in advance and only 1 parent to stay to watch. Parents will be included in class numbers and therefore impact participant capacity. Students dismissed in order Keeping to the left at all times Maintain social distancing Instructor to monitor Class times will be reduced to avoid mixing with other classes. All classes now 50mins 	Yes	L
Coughing/sneezing incorrectly risks virus spread	Н	Participants sent instructions Instructor to monitor	Yes	L
Sparring and close partner work risks transmission	Н	No sparring allowed No close partner work allowed	Yes	L
Use of kick shields & focus mitts risks virus spread	Н	 Activity governing body guidance to be followed All participants advised not to by email 	Yes	L
Kiai (karate shout) risks virus spread	М	Banned from the hall Instructor to monitor	Yes	L
Feeling unwell or with symptoms risks spreading virus to others	н	 Parents and asked to assess children for symptoms and told not to attend if any symptoms Adults self assess 	Yes	L
Details not retained for track and trace purposes	Η	Details retained for track and trace	Yes	L



Transmission of virus through poor hand hygiene	Н	 Sanitiser placed at entrance to hall All participants must clean hands upon entry to the hall and at regular intervals during the sessions If student leaves the hall upon their return the 	Yes	Each Instructor to monitor.	L
Crossover between participants from different activities risk virus spread	н	 All hirings/bookings are 50 minutes Participants asked to not turn up early Keep all activities separate providing own entrances, exits and toilet facilities. Studios – enter and exit through white firedoors, using PE toilets Hall- Enter and exit via the covered walkway (one way system in place. Use admin toilets Canteen – enter and exit via white fire door using "new block" toilets 	NO	Update Ts and CsUpdate booking systemMake staff aware	





Badminton Club Specific To be put in place by club committee

Areas for concern	Risk rating prior to action (H/M/L)	Control measures	In place? (Yes/No)	□Further action	Residual risk rating (H/M/L)
Lack of Social Distancing risks spread of COVID-19	н	 Members only – no guests. Six players per court system in place to manage session numbers. Once allocated to a court/group of 6, players will remain in that group for the remainder of the session. If players leave early, no new players will replace them. Covid-19 officer will keep a record of the groupings. Group of 6 can vary on a weekly basis. Covid-19 officer to ensure social distancing guidelines and ensure anyone not playing on court must remain at least 2 meters from those playing and each other. No bodily contact, including handshakes and high fives. No gatherings once games have finished. Players advised to only attend if they do not have any symptoms of COVID-19 https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/ 	Yes	•	М
Shared use of equipment during sessions risks spread of Covid-19	М	 Players must only use their own racket(s). Sharing of shuttles - players reminded to have thoroughly washed their hands (in accordance with Government guidance) or use hand sanitiser immediately before and after play. One tube of shuttlecocks will be provided for each court. Players to only use shuttles from their designated court and playing group of 6. Players asked to bring clearly marked drink bottle which they do not share. Session organiser to inform players not to use/touch equipment such as nets and posts. If they do, hand sanitiser will be available and provided by the club for each court. A pack of anti-bacterial wipes will be available for each court Gloves will be made available for members who wish to use them for handling shuttlecocks 	Yes		L



Participant Activity risks spread of Covid-19	М	 Covid-19 Officer to communicate playing groups of 6 before session. Direct participants to stay home if they are sick, and if they are displaying symptoms of COVID-19. Instruct participants to tell you if they are displaying symptoms of COVID-19, have been in close contact with a person who has COVID-19 or have been tested for COVID-19. 	Yes	L
Increased risk to participants with underlying medical conditions and BAME groups	Н	 Organiser to identify high risk participants or those from vulnerable groups before session. Share Risk Assessment information before sessions start, allowing these participants to make an informed choice about attending the session. 	Yes	L
Travelling to session	М	 If traveling to venue by car then either on own or with members of the same household only. If using public transport, they must ensure that face coverings are worn. Inform participants of the status of changing facilities and toilet facilities – recommend that players arrive changed and ready to play. Do not use the venue's changing areas. 	Yes	L
Entry and exit to building	Н	 Entry and exit will be via the designated entrance. Participants must, on entry and exit from the facility, use the hand sanitizer gel to clean their hands when using the Hand Sanitizer station provided at the entry/exit point. On entry to the venue, participants enter and go straight to the badminton hall. End of session, everyone must leave the site in order of nearest court first. They should leave immediately once returned to their cars. N.B. No social gatherings/groups. 	Yes	L
Cross infection through Poor hygiene	Н	 Covid-19 officer to supply hand sanitiser and make available on entrance to the hall and back of courts – players to apply regularly through session. Shuttlecocks will not be used for 72 hours after each session. 	Yes	L
Provision of first aid	Н	 Any treatment will be via participate self-management. If the Sports Facility First Aider is involved then their own procedures will be followed. 	Yes	L



