

Wynnstay Oswestry Ltd
 43 Church Street, Oswestry, SY11 2SZ
Location: Coach House Health Club

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| Title : Coach House Health Club COVID 19 Risk Assessment | Date of Assessment : 24/07/2020 | Risk Assessor : Kate Walmsley |
| Risk Assessment Reference : Coach House Health Club COVID 19 Risk Assessment | People involved in making this assessment : Kate Walmsley, Paul Davies, Rad Danailov, Sharon Corp | |
| Task/ Process : COVID 19 Risk assessment | People at Risk : Employees, Contractors, Members of the Public, Children & Young Persons | |

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| Hazard : Failure to follow Government policies Will lead to the spread of coronavirus infection among our workforce and anyone they come into contact with. |
| Control Measures: |
| 1. The Government's COVID Act and associated Regulations and Orders have set a framework to prevent the spread of the virus. We have developed procedures and arrangements to work within those rules and guidance. |
| 2. Our arrangements and procedures are reviewed daily in the light of additional Govt. guidance as published at Gov.uk/Coronavirus. |
| 3. Staff with family members in at risk categories or believe their circumstances to have changed have been instructed to inform their management team without delay. Decisions on furlough in accordance with Govt. policy are taken on a case by case basis. |
| 4. This risk assessment has been displayed on our website (if above 50 employees) and certificate of COVID compliance is on display on our company website and in customer facing areas of the centre. |

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| Hazard : Uninformed workforce, Personal Trainers and Contractors Uninformed workforce, Personal Trainers and Contractors who are not fully aware and understanding of the procedures and arrangements we have put in place to work within Government Policy on essential working could compromise our arrangements and affect the health of others. |
| Control Measures: |
| 1. Specific procedures and measures to reduce the risk of spreading Coronavirus have been prepared. These are based on UK Active, gym/fitness regulators and professional bodies, NHS, Public Health and Government guidance and instruction. |
| 2. Every member of staff has been fully briefed to ensure that that they are aware of the hazards and risks and understand the rules and procedures we have put in place. |
| 3. NHS and Public Health warning posters displayed at all our fixed workplaces and customer facing areas, and on company website. |
| 4. We have shared with our customers, by email and one our website the arrangements we have in place and how we would expect them to cooperate with our staff and arrangements whilst on site. |
| 5. Employees have been advised that uniform should be washed daily and that employees shower once they are home to help remove any potential contamination risk. |
| 6. These requirements are updated daily to reflect any changes in the official advice and guidance. |

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| Hazard : Re-commissioning building services and pool areas Failure to maintain building services, pool plant operations legionella prevention and building maintenance whilst the building was closed. |
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Control Measures:

1. Prior to re-commissioning a swimming pool facility, the following re-commissioning advice has been followed: PWTAG Technical Note No. 43: Re-opening a pool after COVID-19 shutdown.
2. All building maintenance and servicing has continued throughout closure.
3. Outlets are flushed on a regular basis, showerheads have been cleaned, sentinel outlets have been tested for temperatures.
4. Pool plant operations are in place and will be monitored whilst the building is in operation as per the pool plant operating procedure.

Hazard : Training Untrained staff who are not fully aware and understanding of the procedures and arrangements we have put in place to work within Government Policy on essential working could compromise our arrangements and affect the health of others.

Control Measures:

1. All employees have completed tool box talks relating to hygiene measures, have read the risk assessment and completed e-learning for returning to work and certificates have been retained.
2. All employees will be briefed on the content of this risk assessment and will sign to state they have read and understand the content.
3. All employees have been instructed on the requirement to inform to management of any breaches of protocol as per the arrangements to protect our employees and members of the public from COVID-19.

Hazard : Cleaning Inadequate cleaning & hygiene standards pose a risk of spreading infection by way of cross contamination from surfaces contaminated with the coronavirus.

Control Measures:

1. Continued rigorous cleaning procedures have been introduced in house. Cleaning scheduled have increased and will be monitored to fall in line with the demand.
2. If there is a confirmed COVID-19 case in the facility, the facility will be closed to public and we will follow the PHE Guidance – COVID-19 Cleaning in non-healthcare settings while cleaning all areas of the facility.
3. Staff will carry out regular cleaning of high-contact touch points such as entries, door handles throughout the premises, areas will be cleaned during workout sessions, before the clubs opening and after the last customer has left.
4. 'High sweat' equipment, and cardio machines such as running and rowing machines are cleaned in between every use by the clients who are asked to clean equipment before and after use and by the staff regularly during the day.
5. Signage is in place to request all members to wipe down equipment after using.

Hazard : Reception areas Close contact between reception staff on shift and between reception staff and members of the public could result in a higher risk of COVID-19 transmission.

Control Measures:

1. Processes have been introduced to make sure social distancing remains in place for reception staff.
2. Vending machine is in use with regular cleaning of contact and regular "touch" areas.
3. Members have been informed by post and on social media that booking is essential so the club does not exceed it's maximum capacity.

4. A Screen has been installed on the reception desk.
5. Only one person behind the reception desk at any one time.
6. chairs taken out of the reception areas so members can not sit and wait inside. Only one table and chair remain for new members to complete forms.
7. Members are requested to pay using contactless payments only.
8. Members will swipe their own membership card on entering the club.
9. Coffee and drinks are given only in takeaway cups only.

Hazard : Changing Rooms/Showers/Toilets Risk of overcrowding in changing rooms, towels and other cleaning aids preventing cross contamination leading to a higher risk of COVID-19 transmission.

Control Measures:

1. Extra care/signposting will be provided to maintain social distancing when in these areas.
2. Reduced number of lockers remain in use, as long as social distancing can be maintained.
3. Spray and cloths are available for customer use for touch points.
4. Showers with separate screened cubicles in place, cleaned between sessions.
5. Changing facilities remain open but gym goes advised to arrive and leave in gym gear and not to use the changing rooms.
6. A maximum capacity of members is in place to ensure the changing area does not become overcrowded.
7. Towels are not provided to members, members are instructed to bring their own towels and ensure they are not left unattended whilst changing, and put in the members bag as soon as they are not being used.

Hazard : Gym Floors Risk of overcrowding and close contact between members on the gym floor whilst exercising causing a higher risk of COVID-19 transmission.

Control Measures:

1. Gym equipment has been spaced, or removed, to enable social distancing from members using adjacent equipment.
2. If equipment is out of order to promote social distancing, it is monitored by our employees to ensure members are not using out of order equipment.
3. Gym times booked in advance to limit numbers and crowd control.
4. Regular cleaning takes place of the gym floors. Disposable paper roll supplied for customers to use on floor mats.
5. Maximum gym capacity has been based on 100ft2 which allows 10 clients at any one time and up to 2 instructors.
6. Extra signage regarding social distancing is in place around the free-weights area.
7. Touch points of equipment are cleaned after use – this will be performed by either the customer using spray and cloths provided. This is in addition to the cleaning schedule.
8. Only equipment that is socially distanced will be used – We have moved equipment and marked some pieces of equipment in the gym out of order (to facilitate social distancing).

Hazard : Gym Equipment Unclean equipment following member use causing a higher risk of COVID-19 transmission.

Control Measures:

1. All customers are informed they must clean equipment before and after use.
2. Any equipment with porous surfaces has been removed, e.g. battle ropes, sandbags, etc.
3. Regular cleaning takes place.
4. One way systems enabling customers to socially distance in the gym.
5. Shared weights are cleaned in between use by the customers and regularly cleaned by staff.

Hazard : Swimming Pools and Wet Side Facilities Close contact whilst swimming, crossing in lanes, and class grouping for swimming lessons and exercises.

Control Measures:

1. Swimming pools will open as long as properly chlorinated (as there is no evidence that COVID-19 can be spread to humans through the use of pools, hot tubs or spas).
2. Maximum bather loads is assessed by size of occupancy of the pool, whilst allowing for social distancing whilst swimming. This has also been outlined in our normal operating procedure.
3. Extra care/signposting has been put in place to maintain social distancing when getting in/out of the pool.
4. Hot tubs and spa pools now have limited capacity, will only open if social distancing can be adhered to.
5. Only one parent/carer per child are allowed to supervise their child during swimming
6. Only equipment that belongs to the individual can be used no borrowing equipment.
7. Limited time is advised in the changing rooms, customers advised to arrive in swimwear under their clothes.
8. Sauna steam room remain closed.
9. Bathers are asked not to group at the end of swim lanes.

Hazard : Outdoor Fitness Risk of transmission due to close contact.

Control Measures:

1. Social distancing and cleanliness requirements are promoted when booking online.
2. Social distancing and cleanliness requirements are promoted by the instructor(s) at the beginning and throughout classes.
3. Group classes are organised in a series of formations to comply with social distancing, with appropriate spacing between participants monitored by the instructor throughout the class.
4. No items will be passed to/from the instructor to the customer – including personal items, water bottles, bibs etc.
5. Where possible outdoor classes are prioritised over indoor exercise.
6. Customers are not cluster in groups before/after sessions. Social distancing markers implemented where possible.

Hazard : First Aid/Lifeguards There are increased risks of COVID virus transmission during provision of first aid and CPR.

Control Measures:

1. Although there may be heightened concerns around first aid, this will continue as normal, with the below aspects to be used when needed: Gloves. Resus masks for emergency first aid are provided to all first aiders. Face masks for general first aid.
2. Resuscitation Council UK has provided specific guidance on CPR delivery has been adopted.
3. Where it is not possible to maintain a 2 metre or more distance away from an individual, disposable gloves and a disposable plastic apron are provided for use.
4. Disposable gloves are worn if physical contact is likely to be made with potentially contaminated areas or items.
5. The use of a fluid repellent surgical face mask (FRSM / Type IIR) are recommended and additional use of disposable eye protection (such as face visor or goggles) should be risk assessed when there is an anticipated risk of contamination with splashes, droplets of blood or body fluids.
6. When using a fluid repellent surgical face mask, users have been instructed to mould the metal strap of the mask over the bridge of the nose and make sure the mask fits snugly under the chin, around or across any facial hair if present.
7. All first aiders instructed to clean their hands thoroughly with soap and water or alcohol sanitiser before putting on and after taking off PPE.

Hazard : Contractor and Third Party Management Contractors or third party vendors unfamiliar with COVID-19 procedures.

Control Measures:

1. Deliveries & Collections are made in the designated area in reception.
2. Contractors are instructed to use any PPE required as per the sites rules.
3. Contractors are required to ensure they any equipment you are bringing on site has been cleaned and disinfected prior to coming onto site.
4. Contractors are instructed to use hand wipes, gels or other sanitisers provided.
5. All paperwork to be signed and sent electronically only prior to work commencing, and signed off electronically post completion.
6. Contractors informed to maintain social distancing at all times whilst on site and to not share stationary or tools these should be kept for individual use.
7. All contractors and third party vendors have been issued with a contractor questionnaire which includes questions regarding their own control measures for COVID-19 and are expected to produced this prior to coming on to site.
8. Contractors and third parties (i.e vendors renting space in the centre) are informed not to enter the premises if they have displayed any symptoms of COVID-19 within the last 14 days or potentially been in contact with anyone who has had or displayed symptoms within the last 14 days.

Hazard : Pool Plant & Confined Spaces Employees in close proximity to one another in confined spaces increase the likelihood of transmission.

Control Measures:

1. Employees inform another member of staff on shift if they plan to conduct work alone in a confined space.
2. Only one employee permitted at any one time in the plant room to conduct pool testing/maintenance if social distancing cannot be maintained.

Documents Associated with this Risk Assessment:

Review Date : 24/07/2021

Reviewer : Kate Walmsley