

## Risk assessment Group Fitness Programmes 6/4/21

Company name: Forest Fitness

Assessment carried out by: Michael Rees

Date of next review: 6/5/21

Date assessment was carried out: 6/4/21

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
<p><b>Spread of Covid-19 Coronavirus</b></p>	<ul style="list-style-type: none"> <li>• Coach</li> <li>• Clients</li> <li>• Anyone else who physically comes in contact with you in relation to your business or home life.</li> <li>• Vulnerable groups – Elderly, Pregnant workers, those with existing underlying health conditions</li> </ul>	<p><b><u>Testing</u></b></p> <ul style="list-style-type: none"> <li>• All coaching staff to carry out rapid COVID test every Wednesday &amp; Sunday.</li> </ul> <p><b><u>Hand Sanitising</u></b></p> <ul style="list-style-type: none"> <li>• Provision of alcohol based hand gel to all clients. Encourage clients to carry their own</li> </ul> <p><b><u>Temperature Checks</u></b></p> <ul style="list-style-type: none"> <li>• On arrival clients will have their temperature taken. Anyone over 38 will not be able to participate and will be asked to return home.</li> </ul>	<p>Clients reminded on a regular basis of the importance of social distancing both in the session and outside of it between other clients AND members of the public who may also be using the space.</p>	<p>Michael Rees</p>	<p>Every session from 1/9/20</p>	

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		<p><b><u>Social Distancing</u></b></p> <ul style="list-style-type: none"> <li>• All payments to be made online via BACS beforehand so no cash is passed or handled.</li> <li>• Change session meeting point to open space to avoid clustering and congestion. Clients will be assigned a workspace where they will place their mat and belongings. They will only leave the workspace when directed to by the coach or if they need the toilet.</li> <li>• Work over a larger area to ensure 3m distancing is maintained.</li> <li>• On arrival client are directed to their work-space, where they base themselves for the entire session. Only moving when directed to do so by the coach, Each cone is over 3m apart.</li> <li>• The spaces are filled in order of arrival. First to arrive takes the</li> </ul>				

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		<p>furthest spot. This reduces the risk of late comers having to pass by other class members.</p> <ul style="list-style-type: none"> <li>• Coach to wear facemask/screen at during session</li> <li>• Redesigned warm-up, main session and cool-down to ensure distancing is maintained. Use full space and floor stretching <b>NOT</b> hand rail or any surface that could have multiple contacts.</li> <li>• No equipment, drinks or anything to be passed from coach to clients, or between clients.</li> </ul> <p><b><u>Limit Class Sizes</u></b></p> <ul style="list-style-type: none"> <li>• Government guidance limits groups to 30 people. All classes limited to 25 to allow for adequate safe spacing.</li> </ul>				

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		<p><b><u>First Aid</u></b></p> <ul style="list-style-type: none"> <li>In the event of an accident it may be necessary for the first aider to come close to a client to administer first aid. In that case the first aider must sterilise hands, wear surgical gloves and a mask/visor.</li> <li>Anything that has to be passed from the first aider to the client must be sterile.</li> </ul> <p><b><u>Phased Departure</u></b></p> <ul style="list-style-type: none"> <li>The class will be dismissed in small groups in order to limit the opportunity for congregation and grouping.</li> </ul> <p><b><u>Symptoms of Covid-19</u></b></p> <ul style="list-style-type: none"> <li>If someone becomes ill before the session they must stay home and notify the coach, who will in turn</li> </ul>				

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		<p>notify the other clients and Track &amp; Trace / Public Health</p> <ul style="list-style-type: none"> <li>• If anyone becomes unwell with a new continuous cough or a high temperature during the session they will be sent home and advised to follow the stay at home guidance.</li> <li>• Coach will maintain regular contact with clients during this time and if client becomes unwell, inform UK Track &amp; Trace as well as everyone who attended the session.</li> <li>• If advised that a client or relative / close contact of the client has developed Covid-19 and were recently at a session, the coach will contact the Track &amp; Trace to discuss the case, identify people who have been in contact with them and will take advice on any actions or precautions that should be taken.</li> </ul> <p><b>Record Keeping</b></p>				

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		<ul style="list-style-type: none"> <li>The coach has contact details for every class member.</li> <li>Every class member present is recorded on the class register.</li> </ul>				
<p><b>Overuse Injury</b></p>	<p>Clients</p>	<p><b><u>Pre-Screen</u></b></p> <ul style="list-style-type: none"> <li>Every client must complete a Physical Activity Readiness Questionnaire (PARQ) before beginning any course of training with Forest Fitness.</li> <li>Check in with every client before the session and ask if they are carrying any injuries old or new that may be affected by the activities of the session.</li> </ul> <p><b><u>Warm Up</u></b></p> <ul style="list-style-type: none"> <li>Ensure clients undergo a thorough warm-up and mobility routine as follows:</li> </ul>	<p>Monitor how each client responds to each phase of the warm up and tailor accordingly</p>	<p>Michael Rees</p>	<p>Every session</p>	

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		<ul style="list-style-type: none"> <li>○ Range of movement mobility work, upper body</li> <li>○ Slow easy pace jog to increase blood flow</li> <li>○ More complex moves to build mobility and control</li> <li>○ Technical run drills to improve technique</li> <li>○ Progressive sets of strides to build intensity and ensure clients are fully warm before session begins</li> </ul> <p><b><u>Cool Down</u></b></p> <ul style="list-style-type: none"> <li>● Gentle cool-down jog to slowly bring intensity down</li> <li>● Static floor stretch of every muscle group from calves up through to upper body. Standing stretch if floor is wet.</li> </ul>				

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<p><b>Trip Hazards, uneven surfaces, wet &amp; slippery ground</b></p>	<p>Clients &amp; Coach</p>	<p><b><u>Survey Work Space</u></b></p> <ul style="list-style-type: none"> <li>• Run the track/session space and identify areas of potentially tricky ground</li> <li>• Clear obstacles if necessary</li> <li>• Work through the warm up with the group and point out problem areas.</li> <li>• Ask clients to pay attention to the surface and point out potential areas.</li> <li>• Use cones to identify if an area is particularly bad.</li> <li>• Ensure clients are wearing suitable footwear.</li> </ul>		<p>Michael Rees</p>	<p>Every session</p>	
<p><b>Other members of the public</b></p>	<p>Clients, Coach, Public</p>	<p><b><u>Collision</u></b></p> <ul style="list-style-type: none"> <li>• Before the session starts point out other users of the space and advise clients to keep at least 2m apart from then as they pass.</li> <li>• Ensure public are aware of clients.</li> </ul>	<p>Hold session early morning when space is quieter</p>	<p>Michael Rees</p>	<p>Every session</p>	



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<b>Dogs</b>	Clients, Coach, Public	<p><b><u>Fall/Collision</u></b></p> <ul style="list-style-type: none"> <li>Instruct clients to ensure they are aware of all dog on or off lead in the area.</li> </ul> <p><b><u>Attack</u></b></p> <ul style="list-style-type: none"> <li>Instruct clients to ensure they are aware of all dog on or off lead in the area. Stop session if necessary, to ensure safety of all participants</li> </ul> <p><b><u>Dog Mess</u></b></p> <ul style="list-style-type: none"> <li>Advise clients to carry wipes</li> <li>Coach to also carry sterile wipes and dog mess bags to remove if necessary.</li> </ul>	Hold session early morning when space is quieter	Michael Rees	Every session	
<b>Insect Bites &amp; Stings</b>	Participants and trainer. People who are at risk of reacting badly to insect bites. Some people may need a strong anti-histamine or even anti-biotic	<p><b><u>Repellent</u></b></p> <ul style="list-style-type: none"> <li>Advise clients to spray before the session.</li> </ul> <p><b><u>Clothing</u></b></p> <ul style="list-style-type: none"> <li>Advise clients to wear longer exercise tights, trousers.</li> </ul> <p><b><u>Session</u></b></p>		Michael Rees	Every session	

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	treatment if bitten. Risk of a reaction, cellulitis, etc.	<ul style="list-style-type: none"> <li>Advise on the risk of floor work and provide standing options for all the exercises and stretches.</li> </ul> <p><b><u>First Aid</u></b></p> <ul style="list-style-type: none"> <li>Always carry a bite relief spray and ointment.</li> </ul> <p><b><u>Location</u></b></p> <ul style="list-style-type: none"> <li>Use open spaces and avoid long grass and ponds.</li> </ul>				

More information on managing risk: [www.hse.gov.uk/simple-health-safety/risk/](http://www.hse.gov.uk/simple-health-safety/risk/) Published by the Health and Safety Executive 10/19