

## Queens' College Gym COVID-19 Risk Assessment

Hazard	Risk	Control Measures	Residual Risk
Transmission of COVID -19 via close contact	High	<ul style="list-style-type: none"> <li>Do not attend if displaying any of the symptoms of Covid-19 (persistent cough, temperature, loss of taste or smell), have tested positive for Covid-19 in the last fourteen days or are self-isolating for any reason (e.g. from a household where someone has tested positive or have been contacted via Track &amp; Trace).</li> <li>Do not exceed the maximum 'COVID safe' capacity of the room as displayed at the entrance i.e. 2 for the Cardio Room and 3 for the Weights Room</li> <li>Wherever possible the 2m 'social distancing' rule should be applied.</li> <li>No 'spotting' or person assisted exercises.</li> <li>To reduce the risk of contact between sessions <b>do not let sessions over run.</b></li> <li>Members only via booking system.</li> <li>Four person maximum per booking period.</li> <li>Names retained on booking system for at least 21 days (to allow for Track &amp; Trace, if required).</li> </ul>	Low/Moderate
Transmission of COVID-19 via aerosols	High	<ul style="list-style-type: none"> <li>Maximise ventilation to the room by opening doors where possible.</li> <li>Maximum 2 ergs to be used on gallery with users facing away from each other, open gallery door to outside.</li> </ul>	Moderate
Transmission of COVID -19 via contact with contaminated surfaces	High	<ul style="list-style-type: none"> <li>Gym rooms and ergs will have a cleaning and hygiene pack, including sterilising spray, hand gel and wipes plus roll towel.</li> <li>The booked time should include a nominal period for cleaning before and after use, <b>allow for this when scheduling sessions.</b></li> <li><b>Clean all equipment, bars, plates etc. immediately after use.</b></li> <li>Bring your own drinks (to reduce use of water fountain).</li> <li>Showers and changing rooms reserved for staff and fellows only.</li> <li>Housekeeping to clean floors etc. daily, prior to first session.</li> </ul>	Low/Moderate
Transmission of COVID-19 to those vulnerable to the disease	High	<ul style="list-style-type: none"> <li>Sessions are voluntary, separate arrangements can be considered for vulnerable or shielding persons upon request.</li> <li>Strict adherence to COVID-19 hygiene and social distancing measures when moving to and between rooms as the building is accessed by those other than gym users.</li> </ul>	Low/moderate

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Fire & Emergency	Moderate	<ul style="list-style-type: none"><li>• Fire and emergency considerations will override COVID-19 concerns.</li><li>• If a continuous alarm sounds, leave the building by the shortest route to the assembly point [Cripps Court].</li><li>• Do not congregate at exits or at the entry to the assembly point.</li><li>• If the assembly point is congested or busy move into the next available open space (e.g. adjoining courtyard).</li></ul>	Low
First Aid	High	<ul style="list-style-type: none"><li>• If first aid is required call the Porters Lodge.</li><li>• First aiders will wear a mask and gloves.</li><li>• Those not immediately involved in treatment or reassurance should leave the room.</li></ul>	Low/moderate