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| **Hazard** | **Risk** | **Control Measures** | **Residual Risk** |
| Transmission of COVID -19 via close contact | High | * 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 ten days or are self-isolating for any reason (e.g. from a household where someone has tested positive or have been contacted via Track & Trace). * Do not exceed the maximum ‘COVID safe’ capacity of the room as displayed at the entrance i.e. 3 for the Cardio Room and 4 for the Weights Room * Wherever possible maintain ‘social distancing’. * ‘Spotting’ and assisted exercises permitted for regular contacts. * To reduce the risk of contact between sessions **do not let sessions over run**. * Members only via booking system. * Six person maximum per booking period. * Names retained on booking system for at least 21 days (to allow for Track & Trace, if required). | Low/Moderate |
| Transmission of COVID-19 via aerosols | High | * Maximise ventilation to the room by opening doors where possible. * Maximum 2 ergs to be used on gallery with users facing away from each other, open gallery door to outside. | Moderate |
| Transmission of COVID -19 via contact with contaminated surfaces | High | * Gym rooms and ergs will have a cleaning and hygiene pack, including sterilising spray, hand gel and wipes plus roll towel. * The booked time should include a nominal period for cleaning before and after use, **allow for this when scheduling sessions.** * **Clean all equipment, bars, plates etc. immediately after use.** * Bring your own drinks (to reduce use of water fountain). * Showers and changing rooms restricted to two persons at any one time. * Housekeeping to clean floors etc. daily, prior to first session. | Low/Moderate |
| Transmission of COVID-19 to those vulnerable to the disease | High | * Sessions are voluntary, separate arrangements can be considered for vulnerable or shielding persons upon request. * 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. | Low/moderate |
| Fire & Emergency | Moderate | * Fire and emergency considerations will override COVID-19 concerns. * If a continuous alarm sounds, leave the building by the shortest route to the assembly point [Cripps Court]. * Do not congregate at exits or at the entry to the assembly point. * If the assembly point is congested or busy move into the next available open space (e.g. adjoining courtyard). | Low |
| First Aid | High | * If first aid is required call the Porters Lodge. * First aiders will wear a mask and gloves. * Those not immediately involved in treatment or reassurance should leave the room. | Low/moderate |