

Risk Assessment Form – Covid-19 Pandemic Safe Operation of Activities V10

Reference:

RA 6.22



Centre: **All Facilities**

Site Manager: **All Managers**

Implementation Date:
12th April 2021

Peron/s Carrying out RA: **Paul Metcalfe**

People at Risk: **Staff, Customers, Contractors**

Review Date: **Ongoing**

Additional Information: **This risk assessment is aimed at reducing the risk of contracting Covid-19 upon opening facilities post government lockdown.**

Existing task specific risk assessments and guidance provided by the government/Public Health England.

Government/Public Health England Advice: <https://www.gov.uk/coronavirus>

HSE Advice: www.hse.gov.uk/news/coronavirus.htm

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6.22.1	Keeping Up to Date with Official Guidance						
	Lack of up to date information regarding the virus.	Exposure to live virus resulting in contracting Coronavirus. Exacerbation of existing medical conditions.	High	Attendance at Covid-19 clinics, webinars and other CPD by SMT. Regular review of NGB Guidance Following advice and guidance from the UK government. Following advice and guidance from industry bodies such as CIMSPA, UK Active, RLSS, PWTAG. Reviewing Best Practice examples Covid-19 response team established (SMT) and meet regularly to share information and			Low

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				<p>feed into the risk assessment process.</p> <p>Head of Operations receives automatic updates from Gov.Uk for changes to relevant legislation.</p> <p>CEO member of NCC BIMT.</p>			
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6.22.2	Activities - General						
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	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	<p>All visitors to the facility, aged 16 or over, are required to check in via the QR code on the NHS APP.</p> <p>Deep Clean of Floor, fixtures and fittings and all equipment undertaken prior to facilities re-opening.</p> <p>Where practical, hard to clean equipment has been removed.</p> <p>Chemicals used to sanitise hard surfaces and floors meet EN1276.</p> <p>Cleaning plan updated to ensure an increased cleaning regime, both in between sessions and at the end of the day.</p> <p>Control Measures that are in place to keep staff and customers safe are displayed on social media channels and website.</p>			Low
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				<p>Control measures updated in line with legislative or NGB requirements.</p> <p>Customers informed of any new activities that are able to commence/ required to cease in line with current guidance.</p> <p>Customers displaying Covid-19 symptoms are asked to stay at home.</p> <p>Customers displaying symptoms in the facilities politely asked to isolate and return home.</p> <p>All activities are to be to be pre-booked and paid for in advance, either online via the app or over the phone.</p> <p>Customers are encouraged to arrive at the facility activity ready and where possible to travel home to change/shower.</p> <p>Frontline staff Pandemic Awareness Training delivered prior to re-opening.</p> <p>Facilities to display QR codes for NHS test and trace app in strategic areas to allow for staff and customers to check into venues.</p> <p>Details of all visitors to sites are also recorded on booking sheets for the purpose of test and trace,</p>	<p>Training to be delivered for any staff who have not returned to work since March 2020</p> <p>Sites that host LFT to ensure that public entrances are separate to testing entrance.</p> <p>Staff in testing area not to mix with customers / other staff in building.</p>	<p>GM's ongoing.</p> <p>VO ST RA PE</p> <p>VO ST RA PE</p>	
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				<p>including name, contact number, time in and time out.</p> <p>Staff and Customers are requested to wear face coverings when they enter the building and when they are in public and circulation areas, such as reception, corridors, changing areas and spectating areas.</p> <p>Customers must wear face coverings when spectating and in line with government advice for specific service areas (e.g. spa treatments).</p> <p>Activities are withdrawn or modified in relation to restrictions imposed by government legislation or NGB guidance.</p> <p>Spectating arrangements are restricted or modified in relation to restrictions imposed by government legislation or NGB guidance.</p>			
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6.22.3	Activities – Gym						
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	<p>Transmission of Covid-19 due to overcrowded parking and failure to maintain social distancing.</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	<p>Medium</p>	<p>Customers are required to wear a face covering whilst moving through the facility to attend or leave the gym but are not required to wear a covering whilst exercising.</p>			<p>Low</p>
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				<p>Gym instructors are required to wear a face mask on the gym floor when customers are present.</p> <p>Gym entrance door to be held open to allow for easy access at the start and end of each session.</p> <p>Exit route from the gym may be via an alternative door, or even a fire door, where the exit is onto a well-lit pathway leading to the car park.</p> <p>Sessions to be bookable only with a 15-minute break in between each session.</p> <p>Both Members and Non-Members are required to be registered on the database for test and trace purposes.</p> <p>Bookings made in advance either online, on the App or over the phone.</p> <p>Personal Training is only carried out where a 2m distance can be observed between the PT and the customer.</p> <p>Sales Tours are only conducted where social distancing can be maintained or are conducted via a virtual platform.</p> <p>Prominent signage is displayed reminding of social distancing and sanitisation guidelines.</p>			
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				<p>Customers are encouraged not to bring belongings into the gym and to change and shower at home.</p> <p>Dry changing rooms unavailable.</p> <p>Personal towels may be permitted, and clear signage is displayed instructing customers to keep them on their person and not to use them for sitting on or for wiping down equipment.</p> <p>Hand sanitiser is available at the entrance to the gym and throughout the building.</p> <p>Sanitiser and paper toweling/sanitiser wipes are provided on a sanitisation station and prominent signage is displayed requesting customers to wipe equipment before and after use.</p> <p>Open topped bins located within the gym for disposal of wipes/roll.</p> <p>Staff check sanitiser levels frequently.</p> <p>Sessions are staggered to allow cleaning to take place in between sessions.</p> <p>Staff undertake cleaning of equipment throughout the day.</p> <p>Deep Cleaning takes place at the end of the day.</p>	<p>Duty Manager and Fitness Manager to monitor cleaning sheets,</p>	<p>DM & FM – ongoing.</p>	
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				<p>Where possible, windows are opened to provide fresh air (where this does not compromise air handling)</p> <p>Where practical, a one-way system is applied to the gym.</p> <p>GP Referral Assessments may be undertaken within assessment room based upon risk assessment 6.22.25</p> <p>Gym desk has social distancing markings in place.</p> <p>Workout cards are not issued and members are encouraged to use an app to manage their workout.</p> <p>Water Fountains that can be drank from are taken out of use.</p> <p>Customers may only fill up their own water bottles from water dispensers.</p> <p>Pieces of gym equipment are an appropriate distance apart so as to comply with social distancing guidelines and with a suitable margin for adequate circulation or one-way routes.</p> <p>Where practical, 2m social distancing is implemented.</p> <p>Where equipment cannot be moved, it is switched off or</p>			

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				<p>corporate notices placed on it advising not to be used.</p> <p>Floor markings are placed around the gym equipment to identify social distance requirements.</p> <p>Modular pieces of equipment can be used where seating is facing in opposite directions.</p> <p>Ventilation air exchanges per hour is increased.</p> <p>Maximum Gym capacity is based upon 100 square foot per person or number of machines available to ensure social distancing can be implemented.</p> <p>Background music is kept to a minimum to prevent customers from shouting.</p> <p>Gym Capacity</p> <p>Maximum Capacity in the Gym is reduced to and recorded</p> <p>Warm Up/Cool down areas are restricted to reduced users and signage is displayed advising of the maximum.</p> <p>Free weights area is restricted to reduced users and signage is displayed advising of the maximum.</p> <p>Personal Consultations</p>			
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				<p>Programmes and Assessments can only take place in assessment rooms where 2m social distancing guidelines can be adhered to.</p> <p>In the event that current assessment rooms are unsuitable as 2m social distancing is not possible, alternative locations will be provided where social distancing is possible.</p> <p>Where possible, windows are opened to provide fresh air (where this does not compromise air handling).</p> <p>Hand sanitiser should be available the assessment room,</p> <p>Assessor and participant are both required to wash/ sanitise their hands before and after the assessment.</p> <p>Assessments offered virtually or completed over the phone where possible.</p> <p>Tablets used for data collection will be cleaned and sanitised before and after use.</p> <p>Where close contact interaction between participant and instructor occurs (i.e. waist to hip measurement, blood pressure measurement, height, weight) face coverings must be worn by participant and instructor.</p>			

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				Where assessment measures include contact with equipment (i.e. blood pressure, weight), measurement tools will be sanitised before and after use. Equipment that cannot be sanitised should not be used.			
6.22.4	Studios and Group Exercise Classes						
	Possible transmission of Covid-19 due to not following 2m social distancing guidelines Spread of virus due to insufficient cleaning and hygiene arrangements Spread of virus as a result of touching contaminated touch points / shared items	Exposure to live virus resulting in contracting Coronavirus. Exacerbation of existing medical conditions	High	Under National Lockdown restrictions, indoor group exercise classes cannot be operated.			Medium
6.22.5	Sports Halls and Courts						
	Possible transmission of Covid-19 due to not following 2m social distancing guidelines Spread of virus due to insufficient cleaning and hygiene arrangements Spread of virus as a result of touching contaminated touch points / shared items	Exposure to live virus resulting in contracting Coronavirus. Exacerbation of existing medical conditions.	High	Sports Hall and court activities shall be in line with government road map stage 2. NGB guidance is followed where Government guidance is generic. No adult team sports, or Group Exercise is allowed indoors, with the exception for disability sport.	Booking sheets to be updated to reflect stage 2 roadmap. Sports Halls to remain closed at sites conducting LFT	JF – 31 st March 21 VO RA ST PE - Ongoing	Low

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				<p>Racquet sport bookings restricted to same household/social bubbles.</p> <p>Organised junior sports are permitted with an appropriate risk assessment submitted by club or organisation.</p> <p>Customers are required to wear a face covering whilst moving through the facility to attend or leave the courts, but are not required to wear a covering whilst exercising</p> <p>NGB guidance will dictate the number of players allowed to participate, otherwise guidance will be in line with government guidance for meeting in an indoor place.</p> <p>NGB guidance will inform whether contact sports are able to take place and these will only be for affiliated clubs on the approval of submitted risk assessments.</p> <p>No trampoline sessions unless a harness is available.</p> <p>Clubs to operate within NGB guidance and AN Procedures.</p> <p>Equipment and mats are set up by staff.</p> <p>Equipment and mats are sanitised before and after each use.</p>			

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				<p>Staff wash their hands before and after handling equipment.</p> <p>Staff to wear PPE (basic face mask) where two people are required to set up a piece of equipment and social distancing cannot be maintained.</p> <p>Hand sanitiser stations are fitted at the entrance to the sports hall/courts</p> <p>Prominent signage is displayed reminding of social distancing guidelines.</p> <p>Customers are encouraged not to bring belongings into the sports hall and to change and shower at home.</p> <p>Dryside changing rooms remain closed.</p> <p>Where activities take place in adjacent sports halls, separate entrance and exit routes are identified, or a safe circulation corridor is created to maintain social distancing.</p> <p>Ventilation air exchange per hour is increased.</p>			
6.22.6	Swimming Pools and Changing Rooms						

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	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	<p>Customers are required to wear a face covering whilst moving through the facility to attend or leave the swimming area.</p> <p>Parents of children in swimming lessons must continue to wear a face covering in the changing rooms.</p> <p>Cleaning plan updated to ensure an increased cleaning regime, both in between sessions and at the end of the day.</p> <p>All public sessions are to be bookable only, with a 15-minute break in between each session to allow for cleaning.</p> <p>Both Members and Non-Members are required to be registered on the database for test and trace purposes.</p> <p>Bookings made in advance either online, on the App or over the phone.</p> <p>Maximum bather load per session will be based on maximum number of cubicles available and maximum capacity of pool based upon 6m² area per person.</p> <p>Maximum bather load to be recorded and NOP updated.</p> <p>General Manager to programme swimming pool sessions around</p>			Low
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				<p>demand and the nature of the swimming pool.</p> <p>Swimming pools can provide open access to sessions, with pre-covid access policies applying</p> <p>Each session shall still be pre-booked and paid, with a maximum capacity set based upon the number of cubicles and lifeguards required.</p> <p>Where sessions are deemed to be open sessions, lifeguards shall police social distancing in the water and in the pool hall.</p> <p>Consistent breaches of social distancing will result in customers being asked to leave the premises.</p> <p>Laned sessions can still be scheduled as part of the programme and are encouraged to remain in place at traditional swimming pools.</p> <p>Lanes may be inserted into open sessions, at the request of customers, depending upon the numbers and type of swimmers in the pool at the time.</p> <p>Family swims and recreational swims may still be offered alongside programmed laned sessions, where pool space allows.</p>			

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				<p>Family swims shall be accessed by members from the same household/social bubble only.</p> <p>These sessions shall have reduced lane numbers (16) and allow a maximum of 2 families (max 4 participants per family) and 4 recreational swimmers to access each session.</p> <p>Recreational swimmers can include juniors, in line with existing swimming NOP.</p> <p>Where lane sessions are operating, families or recreational swimmers shall not enter the lanes, unless a lane is completely free.</p> <p>Studio and teaching pools can be opened for public use, but numbers are to be included in the overall capacity of the swimming session, based upon the total number of changing cubicles available at site.</p> <p>Due to the nature of lane swimming, access shall be to children aged 14 and over only, unless accompanied by a responsible adult in the same swim lane. HOCR to ensure that this is communicated as part of the return to swimming communication strategy.</p> <p>Hand sanitiser unit is available at the entrance to the building and at</p>			

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				<p>the entrance to the pool changing rooms.</p> <p>Communal changing rooms are closed and only cubicle changing available.</p> <p>Accessible and Family change is available.</p> <p>Urinals spaced out 2m apart by closing off the number available.</p> <p>Electric hand dryers or paper towels are available for hand drying.</p> <p>Swimming Pool Changing room entrance door to be held open to allow for easy access at the start and end of each session.</p> <p>Members of the lifeguard team to be present in the changing area pre and post swim to encourage social distancing is maintained.</p> <p>Door to be closed once participants enter to maintain heat within the changing area.</p> <p>Exit route from the changing rooms may be via an alternative door, or even a fire door, where the exit is onto a well-lit pathway leading to the car park.</p> <p>Where practical, one-way system is implemented around the changing rooms.</p>			
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				<p>Cubicles and lockers are numbered and customers are advised to use locker number that corresponds with cubicle number, to maintain social distancing and reduce risk of cross contamination.</p> <p>Customers are advised to arrive ready to swim and to shower at home after their session.</p> <p>Social distancing to be maintained in shower areas through turning off every other shower and placing signage indicating which showers not to use.</p> <p>Signage is clearly displayed advising the maximum capacity in shower areas.</p> <p>Signage is displayed asking customers to shower before entering the pool.</p> <p>Water fountains are taken out of use.</p> <p>Customers may only fill up their own water bottles from water dispensers.</p> <p>Hair Dryers are removed from use.</p> <p>Costume dryers are not available for use.</p> <p>Lifeguard zone visibility tests are undertaken as necessary and</p>			

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				<p>when positions are changed due to Covid-19 measures.</p> <p>Fun sessions, including inflatable and float sessions, are not permitted due to the inability to maintain and control 2m distance.</p> <p>Flumes, waves and water features to remain closed in line with national guidance from Swim England.</p> <p>Lifeguard numbers are defined for each session with the NOP updated accordingly.</p> <p>Lifeguards or spotters ensure 2m distance is observed both in the pool and on the poolside.</p> <p>Lifeguards wear PPE (basic face masks and disposable gloves) when assisting individuals on and off pool hoists. Staff wash hands following the removal of gloves.</p> <p>Pool equipment, including lifeguard chairs and hoists, are to be cleaned after every use.</p> <p>Pool water is maintained in accordance with PWTAG guidance.</p> <p>Prominent signage is displayed reminding of social distancing guidelines whilst swimming in the pool.</p> <p>Lifeguard training to include advice that they do not help customers</p>			
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				<p>with putting on hats or adjusting goggles.</p> <p>Staff provided with training in relation to new protocols</p> <p>Lane Swim Sessions</p> <p>Lane width shall be in line with Swim England guidance of 4m (15th June).</p> <p>Maximum occupancy per lane set by Swim England guidance (10)</p> <p>Teaching Pools</p> <p>Can be open during public sessions depending upon lifeguard numbers but overall capacity of the pool hall cannot be increased.</p> <p>Aquafit sessions are currently suspended in line with national restrictions.</p> <p>Leisure Pools</p> <p>Leisure Pools can open up with no lane restrictions in place and capacity based upon the number of cubicles available.</p> <p>Sauna and Steam Rooms</p> <p>Independent sauna/steam cabins located on the poolside shall remain closed.</p> <p>Swimming Lessons</p>			
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				<p>See Separate RA</p> <p>Club Hire</p> <p>Clubs are allowed to book for under 18 sessions only and will only be able to access areas once a suitable risk assessment has been approved by Executive Management and they agree to control measures as contained within site Risk assessments.</p> <p>Risk assessments to follow full NGB guidance.</p> <p>Aqua Based Fitness</p> <p>Not currently available due to national restrictions.</p> <p>Lifeguard Rescue</p> <p>Rescue procedures revised in conjunction with RLSS guidance to minimise contact with casualties.</p> <p>All lifeguards shall be fully trained in new procedures prior to opening.</p> <p>All training shall be recorded</p> <p>Lifeguard Equipment</p> <p>Handrails and seats to be disinfected every rotation.</p>			

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				<p>No rescue equipment to be handheld, but is located next to lifeguard positions.</p> <p>Lifesaving equipment disinfected after use.</p> <p>Two Way Radios disinfected between users and at the start and of each shift using anti-bacterial wipes.</p> <p>Spectators</p> <p>Spectators only allowed into the facility for reasons of safeguarding.</p> <p>All Spectators are required to wear a face covering, unless exempt.</p> <p>Only one adult is permitted to accompany a junior to swim.</p> <p>Where practical, seats shall be identified on pool balconies to designate where spectators can sit.</p> <p>Where it is unsafe to provide balcony viewing, then the balcony shall remain closed and safe seating areas provided elsewhere in the building for spectators.</p> <p>Prominent signage displayed to advise of the maximum number of people able to spectate and if the capacity is full to wait in the alternative area (named).</p>			
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				Information strategy to inform staff and customers of new procedures/protocols.			
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6.22.7	Health Suites and Spas						
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	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	Health Suites and Spas are not available due to national restrictions			Low
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6.22.8	Soft Play Areas						
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	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	Soft Play facilities are not open due to national restrictions.			Low
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	<p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>						
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6.22.9	Clip and Climb						
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	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	<p>Auto billet installed to minimise contact between staff and climbers.</p> <p>SSOW updated to reflect auto billet installation.</p> <p>Admission Policy in line with government guidance for indoor climbing.</p> <p>Adults can only book within their family or social bubble.</p> <p>Staff to wear PPE where social distancing cannot be maintained (basic face mask and disposable gloves).</p> <p>Staff to wear PPE when undertaking a rescue from a wall (basic face mask & disposable gloves).</p> <p>Briefings take place where social distancing can be maintained.</p>	<p>Staff training to be completed prior to opening Ponteland for first time.</p> <p>Area to be identified for briefing at Ponteland</p> <p>Booking system and social media to be modified to reflect admission policy.</p>	<p>GC 12th April</p> <p>GC 12th April.</p> <p>JF 31st March</p>	Low
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				<p>Customers arrive pre-changed.</p> <p>No changing rooms available.</p> <p>One spectator allowed per junior climber/family, for safeguarding reasons.</p> <p>Entry and exit routes reviewed, in line with any one way system and where there is only one access door.</p> <p>Exit routes after a session may be via a fire exit, providing that route is onto a path and well lit.</p> <p>Where practical, a one way system around the walls is implemented.</p> <p>Number of climbs available is reduced to ensure that social distance guidelines are maintained.</p> <p>All sessions will be prepaid and booked via the app or website only to manage the number of customers in the building.</p> <p>NOP updated to reflect the revised maximum number of climbers in the area.</p> <p>Where practical, walls to be used will be rotated on a daily basis.</p> <p>Spectating seating is arranged to meet social distancing guidelines.</p>			
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				<p>Minimum thirty-minute break in between each session to allow egress, cleaning and access to the next session.</p> <p>Information strategy and signage to inform customers of new protocols.</p> <p>Staff provided with training in relation to new protocols</p> <p>Where practical, equipment is sanitised after each use.</p> <p>Entrance and exit doors to be wedged open before and after sessions to reduce touch points.</p> <p>Hand sanitiser is available on entry to the building and at the entrance door to the area.</p> <p>At least one sanitisation station is within the climbing area, consisting of antibacterial wipes, anti-virucidal cleaner and cloths</p> <p>Prominent signs request that climbers sanitise hands after every climb.</p> <p>Open topped bins available for disposal of used wipes.</p> <p>Equipment is sanitised after every session.</p>			
6.22.10	Ten Pin Bowling						

Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items.</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	Ten Pin Bowling is not available due to national restrictions.	.		Low
6.22.11	Bouldering Walls						
	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	Bouldering Walls are not open due to the current social distancing measures and the inability to maintain 2m distance and maintain sanitised surfaces.			Low
6.22.12	Indoor Carpet Bowls						
	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	Customers are required to wear a face covering whilst moving through the facility to attend or leave the rinks, but are not required to wear a covering whilst bowling.	.		Low

Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
	Spread of virus as a result of touching contaminated touch points/shared items			<p>Players shall be from same household/ social bubble only, with a maximum of 4 bowlers.</p> <p>All 4 rinks are more than 2 metres apart to allow for safe social distancing.</p> <p>Seats arranged in line with rink segregation.</p> <p>Prominent signage displayed asking customers to maintain safe social distancing.</p> <p>Entrance door to be held open to allow for easy access at the start and end of each session.</p> <p>Exit routes after a session may be via a fire exit, providing that route is onto a path and well lit.</p> <p>Where practical, one-way system should be implemented around the bowling area and walkways identified between the rinks.</p> <p>All bookings for 60 minutes and start at the same time.</p> <p>Minimum fifteen-minute break in between each session to allow egress, cleaning and access to the next session.</p> <p>No bowls are to be hired out.</p>			

Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
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				<p>Marks are placed on the carpet to identify where customers have to wait for their turn.</p> <p>Existing locker holders may continue to keep their balls stored, providing that the balls are sanitised after every use.</p> <p>Social distancing guidance and is displayed around the locker area, with floor markings.</p> <p>Information strategy and signage required to inform customers of new protocols.</p> <p>Staff provided with training in relation to new protocols</p> <p>Entrance and exit doors to be wedged open before and after sessions to reduce touch points.</p> <p>Hand sanitiser is available on entry to the building and at the entrance door to the bowling hall.</p> <p>No league games to be played by the bowling club.</p> <p>Club Hire</p> <p>Clubs will only be able to access areas once a suitable risk assessment has been approved by Senior Management and they agree to control measures as contained within site Risk assessments.</p>			
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Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
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				Risk assessments to follow full NGB guidance.			
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6.21.13	3G Pitches						
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	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	<p>3G Pitches shall only operate with permission of schools where they are based on school sites.</p> <p>3G pitches are available for club use only.</p> <p>Clubs will only be able to access areas once a risk assessment has been submitted.</p> <p>Clubs to enforce NFA guidance in relation to social distancing, spectators, sanitising balls and the wearing of face coverings,</p> <p>Staff to open entrance gates at the start of each session and close at the end of the day.</p> <p>Access gates and locks to be sanitised before and at the end of each session.</p> <p>Team dugouts should not be used and should be placed out of order.</p> <p>Goal Posts and corner flags sanitised before and after each session and in between each club booking.</p> <p>Changing rooms remain closed.</p>			Low
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Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
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				<p>All participants to arrive game ready and leave immediately after session.</p> <p>Toilets to be made available in line with separate risk assessment for numbers allowed in at any one time.</p>			
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6.22.14	Athletic Tracks and Areas						
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	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	<p>England Athletics advise that there is no size limit to groups participating in outdoor athletics.</p> <p>However, it is recommended that coach / leader to athlete / runner ratio is 1:12 for all settings for all age groups. To be clear for coaches and leader activity, for every 12 runners or athletes in a group at any age group there needs to be at least one coach or leader in place.</p> <p>Pole vault and High Jump areas shall remain closed due to the frequency of cleaning required after each use and the onus placed upon the operator by England Athletics to clean the beds.</p> <p>The landing pit for the long and triple jump is fully cleaned by turning and raking of the sand</p>			Low
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Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
				<p>before and after each group, and rake between individual athlete/user.</p> <p>Athletics training sessions are paid in advance and bookable online and by telephone.</p> <p>Where practical, entrance to an athletics track is via an outdoor entrance.</p> <p>Hand sanitiser is available on entrance to athletics areas where entrance is through a building.</p> <p>Prominent signage is displayed reminding of social distancing guidelines and hygiene.</p> <p>Sanitising station is available for customers to wipe down athletics equipment and notices are displayed encouraging use.</p> <p>Only staff to set up and put away equipment.</p> <p>Equipment requiring a two-person lift shall not be used in the initial opening phase.</p> <p>Equipment is sanitised pre and post use by staff.</p> <p>Staff wash their hands after handling athletics equipment.</p>			
6.22.15	Meeting Rooms						

Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
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	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	<p>Meeting rooms to remain closed to external bodies/agencies.</p> <p>All internal meetings to be held virtually in the first instance.</p> <p>Where practical, meetings are conducted in a room where windows provide additional ventilation.</p> <p>Meeting room capacity and layout revised to maintain social distancing.</p> <p>Prominent signage is displayed to inform of maximum room occupancy.</p> <p>Prominent signage is displayed asking attendees to maintain safe social distancing.</p> <p>Alternative spaces, such as studios to be used to allow for greater spacing.</p> <p>Mobile fans removed from meeting rooms.</p> <p>Entrance and exit doors to be wedged open before and after sessions to reduce touch points.</p> <p>Hand sanitiser is available on entry to the building and at key areas.</p> <p>Where projection equipment is to be used, sanitisation wipes should</p>			Low
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Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
				<p>be made available and only used by one person.</p> <p>Open topped bins to be available for disposal of used wipes.</p> <p>All waste bins to have bin bag inserts and bagged at the end of every shift and placed in collection bins.</p>			
6.22.16	Shared Services and Spaces						
	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	<p>Shared service areas identified, and facility risk assessments shared with Service Managers.</p> <p>Access routes to shared service areas reviewed to take into account one-way systems and alternative entry doors.</p> <p>Appropriate waiting areas identified, and chairs placed to ensure social distancing is maintained.</p> <p>Facility Managers presented with Risk Assessments and opening plans from the Service Manager.</p> <p>Share AN risk assessment with Service Managers in order that they adhere to our requirements.</p> <p>Shared services adhere to the operating plan of the facility.</p>			Low

Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
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				Shared Service Managers ensure that areas are frequently cleaned.			
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6.22.17	Food and Beverage						
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	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	<p>Food and beverage areas shall remain closed under national restrictions.</p>			Low
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6.22.18	Commercial Kitchen Areas						
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	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	<p>Kitchens shall remain closed.</p> <p>Taps flushed as part of legionella control measures.</p>			Low
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6.22.19	Changing Rooms, Showers and Toilets						
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	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p>	High	<p>Dryside changing rooms remain closed due to the inability to</p>			Low
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Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
	<p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>	Exacerbation of existing medical conditions.		<p>maintain social distancing and poor ventilation of areas.</p> <p>All Communal changing rooms closed and cubicle only changing available.</p> <p>Accessible and family change is available.</p> <p>Changing areas made available for customers with a disability.</p> <p>Cubicles, showers and toilets only to be used.</p> <p>Urinals spaced out to 2m apart by closing off the numbers available.</p> <p>Showers spaced out to 2m apart by closing off the numbers available.</p> <p>Electric hand dryers or paper towels are available for hand drying.</p> <p>Hair dryers are closed off.</p> <p>Prominent signage is displayed stating maximum capacity in toilet and shower areas and asking customers to wait if capacity is reached.</p> <p>Access doors to be wedged open, where practical.</p>			

Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
				<p>Signage promoting social distancing and hygiene requirements is displayed.</p> <p>Cleaning schedule is followed to ensure all areas are cleaned and sanitised regularly.</p> <p>Changing rooms and toilets are regularly checked throughout the day.</p> <p>Hand sanitiser is available at the entrance to the changing rooms.</p>			
6.22.20	Horse Riding Arenas (Pegasus)						
	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	<p>Lessons available for both able bodies and disabled clients.</p> <p>All lessons to be pre-booked in advance to manage the number of clients on site.</p> <p>Prominent signage is displayed reminding of social distancing guidelines and hygiene.</p> <p>QR code displayed to record visits for test and trace purposes.</p> <p>Prominent signage is displayed to prevent access to store areas.</p> <p>Hand sanitiser is available at the entry to the stable.</p>			Low

Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
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				<p>Emergency Action Plan in place for customers attending liveries and hurting themselves.</p> <p>Information strategy and signage required to inform customers of new protocols.</p>			
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6.22.21	Tranquility Spa Treatments						
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	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p> <p>Spread of virus as a result of using shared equipment.</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	<p>Entry door to the spa area to be locked open when in use.</p> <p>Only 2 spa therapists work in the area at any one time.</p> <p>Spa therapists to work in one room for the duration of their shift.</p> <p>Spa therapist to undertake clean of room and equipment used after each session and a deep clean of the room and equipment at the end of each shift.</p> <p>Workspaces to be cleared at the end of each shift and belongings removed.</p> <p>Reusable equipment, including client chairs, treatment beds, and equipment, are sanitised after each appointment, and at the start and end of shifts.</p>			Low
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Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
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				<p>Nail treatments to be undertaken in a separate area and protective screen placed on the table between therapist and client.</p> <p>Sinks are available in treatment rooms to allow staff to wash their hands frequently.</p> <p>Chairs and tables removed from the waiting area.</p> <p>Customers screened prior to arrival for Covid-19 symptoms</p> <p>All bookings record user details, ensuring that contact details are taken for non-members to allow for track and trace.</p> <p>15 Minutes cleaning time to be added to each booking, to allow for cleaning and sanitisation of area and equipment after each treatment.</p> <p>Staff ensure that they wear clean uniform every day, ensuring that it is appropriately washed between use.</p> <p>Clients to be met at the entrance of the building and brought into the spa area by the therapist.</p> <p>Hand sanitiser to be used on the way into the building,</p> <p>Hand sanitiser available in each treatment room.</p>			
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Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
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				<p>Treatments to be kept to a maximum of 60 minutes to reduce contact time with clients.</p> <p>Only water to be consumed by clients during treatments in a disposable cup or bottle.</p> <p>Clients are to wear a face covering when moving through the building and when receiving treatment.</p> <p>Blue roll provided in each room for clients to dry hands as opposed to using towels.</p> <p>Appropriate signage is in place to remind customers of good hand hygiene and social distancing requirements.</p> <p>Unless crucial for the treatment, skin to skin contact to be avoided and gloves used where practical.</p> <p>Staff wear full face visors and type 2 face mask when delivering treatments, where protective screens cannot be used.</p> <p>Face Visors are reusable and sanitised after every treatment.</p> <p>Face visors appropriately stored.</p> <p>Where towels are used as part of a treatment, they are replaced after every treatment.</p>			
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Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
				<p>Towels are washed as soon as possible after use, on a daily basis as a minimum and washed at 60C.</p> <p>Where practical, disposable equipment is used to assist with treatments.</p>			
6.22.22	Blyth Beach Huts						
	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	<p>Beach huts available to access for long term lets only.</p> <p>Information provided to users to inform them of rule of six regulations.</p> <p>Face Coverings to be worn on balcony areas where 2 metre social distancing cannot be maintained between huts.</p> <p>Rentals to provide own hand sanitiser and are responsible for disinfecting their hut.</p>			Low
6.22.23	Dave Stephens Centre						
	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p>	High	<p>Kiosk and internal cafe to remain closed.</p>			Low

Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
	<p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>	Exacerbation of existing medical conditions.		<p>Deep Clean of Floor and all hard surfaces undertaken prior to opening.</p> <p>Chemicals used to sanitise hard surfaces and floors meet EN1276.</p> <p>Increased cleaning of public toilets to a minimum of three deep cleans a day.</p> <p>Staff shifts reorganised to ensure sufficient cleans are undertaken during opening hours.</p> <p>Legionella tests undertaken prior to opening.</p> <p>Hand sanitiser unit is available at the entrance to the toilet block.</p> <p>Queuing marks are sprayed onto the pavement to ensure that users maintain social distancing.</p> <p>Maximum capacity for female toilets is based upon the number of cubicles available.</p> <p>Maximum capacity for male toilet block is based upon one person accessing the trough and the number of cubicles.</p> <p>Notices are displayed on the entrance to the toilet blocks advising of maximum capacity in the area at any one time.</p>			

Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
				<p>Doors to the toilet block remain open at all times during opening hours.</p> <p>Appropriate sinks and hand dryers are removed from use to ensure that social distancing can be maintained in this area.</p> <p>Water fountains are taken out of use.</p> <p>Prominent signage is displayed within the toilet block advising of social distancing and good hygiene requirements,</p> <p>Attendant to undertake cleaning in line with revised cleaning requirements and wearing of PPE, particularly when using a hosepipe.</p> <p>PPE provided for attendant and training given as to how and when it should be worn</p>			
6.22.24	Learn 2 Swim Scheme						
	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	<p>Spectators may attend with under 18's for safeguarding requirements.</p> <p>Spectators are limited to one adult per child/family.</p>			

Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
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	Spread of virus as a result of touching contaminated touch points/shared items			<p>Spectators are required to wear a face covering at all times when in the building, unless exempt.</p> <p>This includes changing villages and whilst spectating.</p> <p>Any external queuing system is close to the building to ensure segregation of people and vehicles.</p> <p>Activity starting times are staggered to try and avoid pinch points at reception.</p> <p>External queuing points are marked at 2m intervals to encourage social distancing.</p> <p>Exit point may be different from entry point to minimise cross over of customers and to maintain one-way systems, where practical.</p> <p>Hand sanitising stations are located at the entrance to the facility and all customers should sanitise their hands on entry.</p> <p>Customers should not arrive at the facility more than 10 minutes before the start time of their lesson.</p> <p>Information sent to customers in advance of their arrival at the facility in relation to safety protocols and the safe operation of the learn 2 swim scheme.</p>			
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Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
				<p>Participants will be met by swimming instructors and taken to the relevant changing point on the poolside.</p> <p>Registers are taken on the poolside on the learn 2 portal, which contains contact information for test and trace.</p> <p>Changing and Toilets</p> <p>Changing rooms are not to be used for pre-lesson changing.</p> <p>Swimmers arrive swim ready and to change on the poolside.</p> <p>Showers and changing cubicles will be available post swimming.</p> <p>Swimmers advised in advance not to bring shampoo and toiletries.</p> <p>Fifteen-minute stagger between lesson finish times to allow for a clean of the changing rooms in line with revised cleaning protocols, using appropriate antiviral chemicals.</p> <p>Learn 2 Swim Participants shall be able to access toilets in line with current protocols.</p> <p>Spectating</p>			

Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
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				<p>Spectators may attend with under 18's for safeguarding requirements.</p> <p>One adult is permitted per child/family.</p> <p>Parents/carers are encouraged not to bring siblings to the lesson, but provision is made for those who do so.</p> <p>Where practical, seats shall be identified on pool balconies to designate where spectators can sit.</p> <p>All spectators on pool balconies are to wear face coverings in order to provide seating at 1m intervals.</p> <p>Seating is staggered between rows.</p> <p>Family seating is identified for those who bring siblings.</p> <p>Where practical, seating is grouped by stages and is appropriately identified.</p> <p>Where it is unsafe to provide balcony viewing, then the balcony shall remain closed and safe seating areas provided elsewhere in the building for spectators.</p> <p>Information strategy to inform staff and customers of new procedures/protocols.</p>			
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				<p>Prominent signage on balconies advising that masks are to be worn in the area.</p> <p>Entry to Pool Hall</p> <p>All swimmers and parents remove outdoor footwear before entering the changing rooms / pool hall.</p> <p>Flip Flops may be worn and are encouraged.</p> <p>Users are to enter the poolside by following the directional signage.</p> <p>Additional signage is displayed for stage positions in the pool and drop off points.</p> <p>Each swimmer is allocated a space within the pool hall to remove all outdoor clothing.</p> <p>Clothing to be placed in bags which have been brought to the lesson by the parents.</p> <p>Parents take the bag with them when they exit the pool hall.</p> <p>Parents to sanitise hands when exiting the pool hall.</p> <p>Parents/carers to follow directional signs around the pool hall to designated waiting/viewing areas.</p> <p>At the end of the session, swimmers and parents will be directed to changing facilities and</p>			
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				<p>exit routes by the swimming teacher.</p> <p>Pool Capacity and Teaching Ratios</p> <p>The scheme will operate for 4-year old's and older.</p> <p>No public sessions take place when swimming lessons are taking place.</p> <p>Capacity of each stage is reduced in line with Swim England guidance.</p> <p>Stage 1 – maximum of 6 swimmers.</p> <p>Stage 2 – Maximum of 7 swimmers.</p> <p>Stage 3 to 8 – Maximum of 8 swimmers.</p> <p>Stages 9 & 10 – Maximum of 8 swimmers.</p> <p>Maintaining Social Distance During Lessons</p> <p>Zones are clearly identified for pool briefings with clear markings of where swimmers and coaches should stand to maintain social distancing.</p> <p>One-way system around the pool hall is enforced.</p>			
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Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
				<p>Space is identified for swimmers to rest.</p> <p>Drinking bottles/water bottles will need to be named (full name) and pre-filled before the start of the session.</p> <p>Anti-wave lane ropes used to dissipate the energy and prevent a build-up of turbulence on the surface, as additional turbulence could contribute to a need for amending bather loads.</p> <p>All lanes to swim in the same direction.</p> <p>Alternative lanes for stages 9 & 10 in deep end and shallow end.</p> <p>Equipment</p> <p>The pool will be set up prior to the Learn to Swim session taking place.</p> <p>Swimming teachers to place teaching equipment at their allocated area before the sessions begin.</p> <p>Teaching equipment should be submerged for a minimum of 30 seconds in the pool water after every session.</p> <p>No equipment will be shared or borrowed.</p>			

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				<p>Social distancing measures identified in advance of the first session taking place.</p> <p>Teachers</p> <p>All teachers undertake specific Covid-19 training prior to being allowed to teach.</p> <p>All teachers encouraged to take a LFD test twice a week.</p> <p>All teachers trained in specific Covid-19 NGB guidance from IOS and Swim England.</p> <p>Teachers maintain social distancing at all times on the poolside.</p> <p>Teachers wash / sanitise hands before and after sessions.</p> <p>No physical contact between teachers and children should take place when making corrections. Instructions are to be given verbally making sure social distancing is taking place.</p> <p>Teachers encourage participants to exhale in the water when passing if that is practicable.</p> <p>All teaching is from the poolside as per Swim England guidance.</p>			
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6.22.25	Exercise on Referral						
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Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
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	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	<p>Public Health approval agreed prior to commencing the scheme.</p> <p>Risk Assessment approved by Public Health due to the nature of health conditions of participants and health assessments required to be undertaken.</p> <p>Sessions restricted to gym sessions only due to national restrictions.</p> <p>Before returning to the facility each participant will receive a screening call to highlight how much activity they have been doing and any changes in the circumstances (i.e. medical conditions)</p> <p>All Exercise Referral participants will complete an updated PARQ to highlight any changes or additional medical conditions.</p> <p>Any changes in medical conditions that may impact the participants ability to exercise safely will be fed back to their GP to seek guidance.</p> <p>Exercise Referral participants will be provided with an exercise programme based on their medical conditions by a Level 3 Exercise Referral qualified member of staff.</p> <p>A level 3 Exercise referral qualified member of staff will be present for all sessions.</p>			Low
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				<p>Staff encourage to take a LFD test twice a week.</p> <p>Emergency alarms located where Exercise Referral sessions are taking place in case of emergency.</p> <p>All sessions restricted to 60 minutes duration in the first instance.</p> <p>Exercise on Referral sessions will be restricted to a maximum of 2 sessions per week as there will be restricted numbers able to attend depending upon facility.</p> <p>Access to buildings and activity areas is in line with above risk assessment and revised NOP.</p> <p>Assessments can only take place in assessment rooms where 2m social distancing guidelines can be adhered to.</p> <p>In the event that current assessment rooms are unsuitable as 2m social distancing is not possible, alternative locations will be provided where social distancing is possible.</p> <p>Where possible, windows are opened to provide fresh air (where this does not compromise air handling).</p> <p>Hand sanitiser should be available the assessment room,</p>			
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Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
				<p>Assessor and participant are both required to wash/sanitise their hands before and after the assessment.</p> <p>Assessments offered virtually or completed over the phone where possible.</p> <p>Tablets used for data collection will be cleaned and sanitised before and after use.</p> <p>Where close contact interaction between participant and instructor occurs (i.e. waist to hip measurement, blood pressure measurement, height, weight) face coverings must be worn by participant and instructor.</p> <p>Where assessment measures include contact with equipment (i.e. blood pressure, weight), measurement tools will be sanitised before and after use.</p> <p>Equipment that cannot be sanitised should not be used.</p>			
6.22.25	Spectators						
	Possible transmission of Covid-19 due to not following 2m social distancing guidelines	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	For activities delivered by Active Northumberland, Spectators may attend with under 18's for safeguarding requirements.			

Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
	<p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>			<p>One adult is permitted per child/family.</p> <p>All spectators aged 16 years and over are required to check in via the displayed QR code.</p> <p>Contact details will be also be via the child's details on booking systems</p> <p>Club spectating is in line with NGB guidance and approval of club risk assessment.</p> <p>Spectators will be required to wear a face covering at all times, apart from those who are exempt.</p> <p>Parents/carers are encouraged not to bring siblings to spectate but provision is made for those who do so.</p> <p>Where practical, seating is spaced at 2m. Seats can be spaced at 1m as face coverings are required to be worn.</p> <p>Where practical, seats shall be identified on pool balconies to designate where spectators can sit.</p> <p>Seating is staggered between rows.</p> <p>Family seating is identified for those who bring siblings.</p>			

Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
				<p>Where it is unsafe to provide balcony viewing, then the balcony shall remain closed and spectators will not be permitted.</p> <p>General Manager to ensure that prominent signage is displayed advising that masks are to be worn in public and spectating areas.</p>			
6.22.26	School Swimming Lessons						
	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p> <p>Spread of virus as a result of touching contaminated touch points/shared items</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	<p>School 'bubble' provision can be replicated in a swimming lesson environment and has been shared for replication.</p> <p>School covid officer identified, and site visit completed.</p> <p>Social distancing implemented by using separate entry & exit points which are clearly marked.</p> <p>Face coverings to be worn by school staff and pupils in year 7 and over when in a public space, including changing areas.</p> <p>Face coverings to be worn by school staff on poolside.</p> <p>Schools provided with operating instructions and expectations prior to first visit,</p>	<p>Guidelines as detailed in the COVID-19 NOP to be enforced and discussed with the School staff and swimming instructors prior to the first session taking place.</p> <p>Instructors to enforce</p>	<p>MS 12th April</p> <p>Instructors, ongoing</p>	

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				<p>Hands to be sanitised upon entry to the facility.</p> <p>Drop off and pick up controlled by School staff.</p> <p>Facility staff have access to the school's emergency contact details in the case of an emergency.</p> <p>Allocated changing areas, utilising group changing areas where possible.</p> <p>No public swimming available where communal changing villages are used by schools.</p> <p>Access to changing areas restricted to 10 mins pre lesson and 15 minutes post lesson.</p> <p>Changing areas to be disinfected prior to use and in between sessions.</p> <p>Schools to have sole use of swimming pool during initial return period.</p> <p>Directional signage to show one-way system to poolside and around pool to waiting areas</p> <p>Each swimmer is allocated a space to wait for the lesson to begin.</p>	<p>Changes to arrangements to be communicated to schools.</p>	<p>Coordinators, ongoing</p>	
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				<p>Instructors advise on where to enter and exit the water.</p> <p>No parent spectating.</p> <p>Swimming Instructors complete signing in form stating that they are symptom free.</p> <p>Instructors encouraged to take two LFD tests a week.</p> <p>Swimming Instructors maintain social distancing at all times on the poolside.</p> <p>Swimming Instructor to wash/sanitise hands before and after sessions.</p> <p>Swimming Instructor to wash/sanitise equipment before and after sessions.</p> <p>No physical contact between Swimming Instructors and pupils should take place when making corrections, only verbal communication, keeping the required distance.</p> <p>Active Northumberland Staff to administer First Aid as per RLSS guidance during the COVID-19 Pandemic.</p> <p>Pupils unable to continue in sessions will leave their lesson. School staff will take them to get</p>			
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				<p>changed and wait for the rest of the class to leave the building.</p> <p>Where possible anti wave lanes ropes will be used to divide areas of the pool. Where this is not possible areas will be clearly identified using standard ropes.</p> <p>Each class / bubble will be allocated an area for the lesson to take place.</p> <p>This will be based on the standard of the children.</p> <p>Minimum 15-minute change over time between schools.</p> <p>New cleaning regime introduced to clean and sanitise changing rooms and touch point areas.</p> <p>Maximum of 1 member of school staff per class.</p> <p>Additional staff considered where school risk assessment dictates.</p> <p>A maximum of 3 school staff allowed on poolside during the lesson.</p> <p>All sessions delivered from poolside</p>			

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				<p>Poolside surrounds to identify (visually) the social distancing measures put in place.</p> <p>Schools identify bubbles and ability split for children, without limiting the quality of the lesson.</p> <p>Class or year bubbles are to remain socially distant from external personnel of their bubble.</p> <p>Changing Rooms Toilets available prior to the lesson where possible.</p> <p>Single use Toilet to be identified prior to the lessons taking place.</p> <p>Swimmers encouraged to take a quick pre swim shower.</p> <p>A quick rinse post swim is acceptable as long the is does not exceed the overall 15-minute changing time.</p> <p>Children with any skin conditions who may need a thorough shower will have to leave the lesson early to shower. So not exceed the 15-minute changing time</p> <p>Swimming Instructors will have an allocated set of equipment to use throughout the duration of the lesson Equipment should be cleaned before and after use.</p>			

Ref No.	List Hazards	Risks	Initial Rating (L,M,H)	Current Control Measures	Action Required to Reduce Risks	By Who & By When	Final Rating (L,M,H)
				<p>Equipment is submerged for 30 seconds in adequately disinfected pool water before and after use.</p> <p>Equipment that cannot be sanitised in the pool is appropriately cleaned between lessons. This includes high traffic areas such as hand rails.</p> <p>Swimming Instructors deliver the climb out over the side exit rather than using the steps where possible to reduce the amount of contact.</p> <p>Swimming Instructors will have access to equipment to disinfect their area</p> <p>Pupils are allocated equipment for their use during the lesson and avoid handling other people's.</p> <p>No equipment is shared.</p>			
6.22.27	Outdoor Group Exercise						
	<p>Possible transmission of Covid-19 due to not following 2m social distancing guidelines</p> <p>Spread of virus due to insufficient cleaning and hygiene arrangements</p>	<p>Exposure to live virus resulting in contracting Coronavirus.</p> <p>Exacerbation of existing medical conditions.</p>	High	<p>Appropriate area identified in which to deliver class and same are used for each session.</p> <p>Area sectioned off to prevent any vehicular movement.</p> <p>Area is checked by the instructor prior to each class commencing and any debris removed.</p>	<p>Risk Assessment to be shared with Instructors.</p> <p>Instructors to check safety prior to each class</p>	<p>GB – ongoing.</p> <p>Instructors – ongoing.</p>	

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	Spread of virus as a result of touching contaminated touch points/shared items			<p>Class not to take place where surface is damaged, or risk of injury is identified.</p> <p>Any uneven surfaces will be highlighted to the participants.</p> <p>Correct usage and demonstrations will be given at the start and throughout the class.</p> <p>Clients advised on the day and in pre-communication on appropriate footwear.</p> <p>The Instructor will advise 2m social distancing is maintained throughout the class</p> <p>The Instructor maintains a 2m social distance from the participants</p> <p>The Instructor ensures the program of exercises are delivered in a way that maintains social distancing.</p> <p>Where possible floor markings are used to identify each participant's space</p> <p>Equipment is kept to a minimum.</p> <p>Any Equipment that is required is sanitised prior to the class commencing and cleaning materials made available to the</p>			

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				<p>participants so they can clean after use</p> <p>Instructor advises all participants not to share any equipment.</p> <p>Instructor provides full demonstration of routines and safe use of equipment.</p> <p>The instructor assesses the possibility of heat/cold exposure and advise the clients accordingly</p> <p>Instructor advises on hydration at the start of each class and encourages clients to rehydrate throughout the class</p> <p>Classes are prebooked and paid in advance.</p> <p>Full contact details to be provided upon booking for effective test and trace.</p> <p>Hand sanitiser is available for participants/.</p> <p>Personal towels and Exercise mats permitted but customers always advised to keep them in their possession</p> <p>Customers encouraged to change and shower at home.</p>			
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				<p>No changing provision available but toilets identified for use.</p> <p>Instructor to carry a radio at all times and sanitise after use.</p> <p>All abusive/anti-social behaviours reported to the On-Site Duty Manager immediately.</p>			
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Risk Assessment Review – Safe Operation of Activities During COVID-19 Pandemic.

<p><u>Reason for review:</u></p> <p>Government Control Measures for COVID-19 Pandemic 2021</p>	<p>Approved by: Paul Metcalfe</p>	<p>Review Date: Ongoing</p>
<p><u>Changes From Last Review</u></p> <p>Re-opening assessment after lockdown 3.0</p>	<p>Signature: P A Metcalfe</p>	