

Risk Assessment Pilates and Prosecco 25th September completed by Karen Laing: 23rd September 2020

Covid Compliancy Risk Assessment Pilates Event 25-9	What are the hazards?	Who might be harmed and how?	Controls	What further action do you need to consider to control the risk?	Who needs to carry out the action?	When is the action needed by?
	Getting or spreading coronavirus by not washing hands or not washing them adequately	Instructors, invited guests and visitors.	Remind attendees to wash hands thoroughly before attending. Provide water, soap and drying facilities at wash stations. Provide information on how to wash hands properly and display posters. Provide hand sanitiser for the occasions when people can't wash their hands.	Put signs up to remind people to wash their hands. Provide information on where hand washing facilities are. If people can't wash hands provide information on how and when to use hand sanitizer.		
	Getting or spreading coronavirus in common use high traffic areas such as corridors, rest rooms, toilet facilities, entry/exit points to facilities, other communal areas	Instructors, invited guests and visitors.	Clean frequent touch points before attendees arrive. Keep footpaths to toilet areas clear and advise on 2m distance ruling when waiting. Advise participants to keep mats over 2m apart and to stay on their mats unless leaving/ arriving/going to washrooms. Maintain 2m social distancing measures on entry and exit.	- Put in place monitoring and supervision to make sure people are following controls put in place, eg following hygiene procedures, washing hands, follow		
	Getting or spreading coronavirus by not cleaning surfaces, equipment and workstations	Instructors, invited guests and visitors.	Guests and instructors bring their own mats.			
	Mental health and wellbeing affected through isolation or anxiety about coronavirus	Instructors, invited guests and visitors.	Event is providing an opportunity to meet, to do gentle exercise and to talk. Signposting further opportunities to exercise in a socially distanced way.			
	Poor ventilation for attendees increasing risk of coronavirus.	Instructors, invited guests and visitors.	Ensure all windows are open. Leave door open until event starts. Church building is large and high with plenty of circulating air.			
	Not social distancing increasing risk of getting, spreading coronavirus.	Instructors, invited guests and visitors.	Remind participants of social distancing measures. Remind participants to leave directly after class and to ensure they arrive no more than 15 minutes before the class starts. Minimise attendee numbers to ensure social distancing is easy to maintain.			

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