



COVID SECURE RISK ASSESSMENT

Event: Hop, Skip and Sing support groups	Assessor: Eliza Wylie	Date: 6/01/2021
Location: Pilates Body Aligned Studio	Signature: Eliza Wylie	Date for Review: 30 Jan 2021

Clients will be asked these COVID-19 related screening questions before attending classes at the studio:

- Have you had the recent onset of a new continuous cough?
- Do you have a high temperature?
- Have you noticed a loss of, or change in, normal sense of taste or smell?

If any participant/ teacher has any of these symptoms, however mild, they should stay at home and not attend the class.

Hazard	Who is at Risk?	What could happen?	Existing Controls	Additional Controls Required	Risk Rating
				By whom? By when?	L
Spreading Covid-19 if unwell	Teacher & participants	Passing of infection	Asking participants to stay home if unwell	Teachers & participants to check their own and baby's health before attending the studio. Stay home if unwell, and do not attend the studio. Participants are asked to tell the teacher if they have been in contact with anyone who has Covid-19 and NOT to attend the studio for 14 days in accordance with government guidelines. If participants feel unwell, they will be requested to leave the venue.	3
Entrance and exit	Class participants & teachers	Non-compliance with social distancing: chance of cross infection	Clients currently enter and exit through one door	Enter through back door and exit through waiting area door. It is a requirement that masks are worn from the back door until mothers and babies are on their mats or inside the studio and the same on the way out. Social distance is to be maintained at all times.	1



Mats and resources	Class participants	Cross infection	Mats used and wiped down after each class.	Mums to bring something to sit on which they will take away after each class. Individual resource bags to be left on their spot and taken by EW. This will avoid any cross contamination. No props or instruments to be shared. Anti-bacterial wipes, cloths & disinfectant spray bottles will be available around the studio to wipe down equipment before and after use.	1
Class timings	Class participants	Non-compliance with social distancing chance of cross infection	Classes cross with each other and mix during arrival and parting.	Classes all to be scheduled with 15/30minute gap between timings. Clients to arrive 10 minutes before class begins and all leaving class members asked to leave promptly on completion of the class. No mixing before or during class.	1
Hand washing	Teacher and class participants	Touching and passing of infection	Hand washing before entering studio	Hand sanitizers on the walls by each door to the building. All participants to sanitize or wash their hands in the bathroom on entry to the class.	1
Class size and spacing	Teacher and class participants	Non-compliance with social distancing chance of cross infection	Currently studio holds 12 people	Comply with the NEW updated government guidelines and ensure each family unit stays on their spot with 2m between them. No moving around the studio but during movement songs we will move on the spot.	1
Door openings	Class participants and teacher	Passing of infection	No Controls	Door wedge to be under studio doors on entry and exit to allow for more ventilation and reduce the need to touch doors. Door handles to be sanitized regularly during the day by teachers.	1
Studio flooring: Karndean	Class participants and teachers	Pass infection between classes	Currently cleaned once per day	Ensure classes have 15/30minute gaps between them. Floor to be cleaned with flash mop before & after each class.	1



Sound & TV system	Teacher	Passing of infection	No controls	Sound system to be sanitized with disinfectant wipes by the teacher at the start and end of a class. Teacher to connect to sound system with bluetooth.	1
Teacher distancing	Teacher and class participants	Non-compliance with social distancing: chance of cross infection	No controls	Teacher to maintain up to date social distance regulations at all times from any class members.	1
Facilities & Water	Participants and Teachers	Passing infection	Water fountain used with glasses washed after each use. Toilets Cleaned daily	Toilets will be regularly cleaned, door handles wiped. Participants are required to wash their hands before classes, use their own mats and small equipment. Participants to bring their own water bottles and not share these with others.	1
Payments for classes	Teachers and class participants	Passing infection	None	All classes are to be paid for before attendance. Cash will no longer be accepted.	3



It is possible to maintain social distancing guidelines (2m, or 1m apart within the studio). As a result, personal protective equipment in the form of a visor/ mask will not be required for teaching purposes (guidance from Gov.uk website)

<p>Likelihood of Occurrence</p> <ol style="list-style-type: none">1. Negligible chance2. Little chance but could happen3. May happen4. Likely to happen5. Almost inevitable	<p>In case of an outbreak, SPOC (single point of contact person) will be Eliza Wylie, who will contact the closest PHE Health Protection Team on:</p> <ol style="list-style-type: none">1. PHE South West Centre Health Protection Team, Follaton House, Plymouth Road, Totnes, TQ9 5NE Phone: 0300 303 8162 option 1 then option 1
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Completed by : Eliza Wylie

Business name: Hop, Skip and Sing

Date: 06/01/2021

Signed: _

