

PROMINENCE PILATES STUDIOS: COVID-19 MEASURES

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES	RISK FACTOR
Spreading COVID-19	I will check my own temperature and assess overall wellbeing prior to teaching a session following the latest government advice	Medium	<p>Follow current government guidance and stay alert to minimise risk of exposure to COVID in a class setting.</p> <p>I will wash hands or, if not possible, use antibacterial/anti viral hand sanitising gel (60% alcohol min.) before, during and after sessions as well as upon arrival and departure from the studio.</p> <p>If I have any COVID-19 symptoms as above, I will either cancel the session or find a replacement teacher.</p>	Low
Spreading COVID-19 Preparing for sessions	<p>I will avoid public transport when travelling to the studio</p> <p>I will wash or sanitise hands on arrival.</p>	Low	I will attend a minimum of 10 minutes prior to the start of the session to ensure the Studio is cleaned and set up according to social distancing regulations prior to the arrival of clients.	Low

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES	RISK FACTOR
<p>Spreading COVID-19 through studio set up</p>	<p>I will clean all mats and equipment before and after sessions using antiviral solution or wipes.</p> <p>I will provide hand sanitiser at the entrance and request all participants wash / sanitise their hands upon arrival.</p> <p>I will position equipment to ensure that social distancing rules can be maintained</p>	<p>Medium</p>	<p>I will allow time before and after sessions to ensure cleaning of mats and equipment with antiviral solution or wipes.</p> <p>I will bring all necessary cleaning solutions, including mops/cloths, to and from the studio together with gloves to be used for cleaning the studio.</p> <p>I will provide 'bin bags' for disposal of wipes, gloves, masks etc. These will be sealed and disposed of safely.</p> <p>I will clean the floors with appropriate antibacterial/antiviral floor cleaner, wearing gloves for cleaning the floors which is only used for this purpose.</p> <p>Cloths used for cleaning are disinfected/boil-washed between uses or disposable mop cloth heads are thrown away after each use.</p> <p>I will provide clear social distancing signage at the studio entrance.</p> <p>I will provide screens where 2 metres separation is not possible.</p>	<p>Low</p>

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES	RISK FACTOR
<p>Spreading COVID-19 through client contact and equipment use, within the studio.</p>	<p>Class/session sizes are reduced to comply with the government social distancing guidelines</p> <p>I will provide verbal instruction only.</p> <p>Classes will be set up so that clients are side by side or behind each other with screen separating each client</p>	<p>Medium</p>	<p>All shared equipment will be wiped clean after each session.</p> <p>In studio sessions, equipment will need to be wiped down by a participant/teacher before the next participant uses it</p>	<p>Low</p>
<p>Companies using the treatment room.</p>	<p>White Acre Sports Massage Therapy and C1nergy agrees to adopt their own risk assessment which is at least as comprehensive as this one.</p>	<p>Medium</p>	<p>White Acre Sports Massage Therapy and C1nergy will provide Prominence Pilates Studios with a copy of its risk assessment prior to re-opening .</p> <p>White Acre Sports Massage Therapy and C1nergy will notify Prominence Pilates Studios of any incident as soon as they become apparent.</p>	<p>Low</p>

PROMINENCE PILATES STUDIOS: COVID-19 MEASURES FOR CLIENTS

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES	RISK FACTOR
Spreading COVID-19 through unwell clients	<p>Clients are not to attend sessions if they are unwell or feel unwell as detailed above.</p> <p>Vulnerable persons who are 'shielding' or self-isolating are to not attend the studio</p> <p>Clients must not attend classes if they have come into contact with a person who has tested positive for Covid-19 in accordance with government guidelines.</p>	High	<p>I will ask clients at the start of each class if they are feeling well.</p> <p>If a participant states they feel unwell, he / she will be instructed to leave the studio.</p>	Low
Spreading COVID-19 via travel to sessions	Clients are requested to follow government guidelines on travel.	Medium	Clients should use masks if using public transport on way to the venue.	Low
Track and trace.	Prominence Pilates Studios has electronic records of all clients visiting the studios. Clients agree that this data can be used for track and trace in the event of an incident.	Low		
Clients minimising what they bring to the studio	Clients to bring only personal clothing, keys, water, and mobile phones to each class	Low		

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES	RISK FACTOR
<p>Spreading COVID-19 within the studio</p>	<p>Clients are required to socially distance prior to entering the venue and use the hand sanitiser as soon as they enter.</p> <p>Clients are to wash their hands/or use hand sanitiser at the start and end of every session and will refrain from physical contact with each other.</p> <p>Clients must wear non-slip socks to avoid contact with the floor and mats.</p> <p>Rooms should be well ventilated between and during sessions.</p>	<p>Medium</p>	<p>Clients can bring their own hand sanitiser and wear their own face masks during sessions <i>if they so wish</i>.</p> <p>Clients are encouraged to bring their own mats and equipment if possible or a towel.</p> <p>Facilities (toilets, changing rooms) are discouraged from use unless absolutely necessary. If facilities are used, clients are encouraged to wipe down cubicle surfaces touched before/after use with the sanitised wipes.</p> <p>Toilets should be flushed with the lid down. according to the signage and hands washed.</p> <p>Clients will be asked not to touch the banister if possible. I will wipe commonly touched surfaces, e.g door handles between sessions.</p> <p>No food is allowed in the studio No use of mobile phones during sessions.</p>	<p>Low</p>

Spreading COVID-19 via administration	<p>Participants are to pre book all sessions with the online booking system.</p> <p>All Client Enrolment Forms and other documentation is to be sent electronically.</p> <p>Exchanging of cash and paperwork is discouraged.</p>	Low	<p>If paperwork and cash needs to be exchanged, it should be placed in an envelope/folder. Hands should be washed/sanitised after handling and paper quarantined for at least 48 hours before handling again.</p>	Low
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Completed by:

Kate McDermott

Prominence Pilates Studios Ltd

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