



COVID-19 GENERIC RISK ASSESSMENT

Fit Kidz CIC generic Risk Assessment for dealing with the current COVID-19 situation during sessions in both indoor and outdoor settings.

<u>The hazards</u>	<u>Who might be harmed</u>	<u>Controls required</u>	<u>Additional controls</u>	<u>How is this supervised</u>
Spread of COVID-19 Coronavirus	<ul style="list-style-type: none"> • Participants • Other visitors incl friends and family • Staff at indoor settings • General public and passers-by at outdoor settings • Vulnerable groups – elderly, pregnant women, those with existing underlying health conditions • Anyone else who physically 	<p><u>Hand washing</u> <u>Indoor settings</u></p> <ul style="list-style-type: none"> • Hand washing facilities with soap and water in place. • Stringent hand washing to take place. • See hand washing guidance. • https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/ • Drying of hands with disposable paper towels. • https://www.nursingtimes.net/news/research-and-innovation/paper-towels-much-more-effective-at-removing-viruses-than-hand-dryers-17-04-2020/ 	<p><u>Hand washing</u> <u>Indoor settings</u></p> <p>Participants reminded on a regular basis to wash their hands for 20 seconds with water and soap, and the importance of proper drying with disposable towels. Also reminded to catch coughs and sneezes in tissues – follow Catch it, Bin it, Kill it and avoid touching face, eyes, nose or mouth with unclean hands. Tissues will be made available.</p> <p>Encourage staff to report any problems</p> <p>To help reduce the spread of coronavirus (COVID-19) remind everyone of the public health advice https://www.publichealth.hscni.net/publications?keys=coronavirus</p>	<p>Personal trainer to supervise in all instances.</p> <p>Tissues made available at setting.</p>

	<p>comes in contact with us in relation to our business</p>	<ul style="list-style-type: none"> • Staff encouraged to protect the skin by applying emollient cream regularly. • https://www.nhs.uk/conditions/emollients/ • Gel sanitisers supplied where washing facilities are not readily available. <p><u>Hand washing</u> <u>Outdoor settings</u></p> <ul style="list-style-type: none"> • As per indoor settings detailed above but hand-washing unlikely to be available. <p><u>Cleaning</u> Frequently cleaning and disinfecting of equipment and surfaces that are touched regularly throughout sessions. <u>Indoor settings:-</u> Pay particular attention to areas of high use such as door handles, light switches, reception area, using appropriate cleaning products and methods.</p>	<p><u>Hand washing</u> <u>Outdoor settings</u> As per indoor settings except participants reminded to wash hands prior to attending sessions and upon arrival home after sessions (where no hand washing facilities are available in outdoor settings). Participants asked to wear training gloves or regularly sanitise hands during sessions instead.</p> <p><u>Cleaning</u> Rigorous and regular checks will be carried out. All equipment cleaned and sanitised after every session and ready for the next session.</p> <p><u>Indoor settings:-</u> All high touch areas described to be cleaned and sanitised after every session.</p>	<p>Personal trainer to supervise in all instances.</p> <p>Hand sanitising bottles made available at setting.</p> <p>Personal trainer to carry out cleaning duties in all instances.</p> <p>All cleaning equipment supplied and regularly stocked / replenished.</p>
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