



Petina's Pilates

Covid-19 Risk Assessment

| What is the hazard? | Who might be harmed? | Controls Required | Additional Controls | Action by who | Status |
|--------------------------------|--|---|--|--------------------------------|----------|
| Spread of Covid-19 Coronavirus | Clients, building staff, vulnerable groups; elderly, pregnant, underlying health conditions; anyone else who may be using the premises | Hand Washing; clients will be advised to arrive at class with clean hands and will be required to use hand sanitiser upon arrival. | All clients to be reminded at the beginning of each class to wash their hands for 20 seconds with water and soap before arrival, to use the hand sanitizer upon arrival and to avoid touching face, eyes, nose or mouth with their hands during the class. | Petina Barnes | Complete |
| | | Client will be reminded to use the hand sanitizer provided by the building. | | Petina Barnes | Complete |
| | | Cleaning; Frequent cleaning and disinfecting of surfaces or objects that are touched regularly such as door handles & light switches using appropriate cleaning products and methods | | Petina Barnes | Complete |
| | | Equipment: clients will be asked to bring their own equipment to be used in class e.g. mat, head pads, towels or cushion. | | Petina Barnes | Complete |
| | | No cash payments: clients will be asked to pay online or through digital payments prior to the event. In exceptional situations where this is not possible, exact cash will be accepted so long as social distancing measures are implemented. Change cannot be given. | | Petina Barnes | Complete |
| | | Personal Belongings: clients should keep personal belongings to a minimum (only those items required for class) and these are to be kept from others. Shared areas for | | Petina Barnes Petina Barnes | Complete |



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| | | storage such as coat hooks, chairs etc. should not be used to limit cross contamination. | | | |
| | | Social Distancing: Reducing the number of clients in a hall to comply with the 2-meter (6.5 foot) gap recommended by the Public Health Agency. | Temporary floor markers will be used to assist clients in identifying a safe social distance from others. Clients to be reminded of the importance of social distancing throughout class including entry and exit. | Petina Barnes | Complete |
| | | Social Distancing: Classes will need to be booked in advance to ensure numbers are managed in order to maintain social distancing at all times. | | | Complete |
| | | Class schedule: Reviewing class timetable to enable sufficient cleaning in between classes and to allow time for client groups to make use of allocated entry and exit points. | | Petina Barnes | Complete |
| | | Class schedule: No waiting in communal areas. | | Petina Barnes | Complete |
| | | Class schedule: Bookings each week need to be made 24 hours in advance through email, text or phone. | | Petina Barnes | Complete |
| | | Water bottles can be brought in from home but it is not recommended to fill water bottles at the venue. No eating is allowed on site. | | Petina Barnes | Complete |
| | | No washing or changing on site. | Clients to be advised that they should arrive in the appropriate clothing and not use the changing rooms or toilets on site. | Petina Barnes | Complete |
| | | Music/Noise/Shouting | All activities that increases the spread of droplets from the mouth or nose are to be avoided. Shouting is not recommended and music volumes should be set | Petina Barnes | Complete |



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| | | | at such a level that shouting over them is not required. | | |
| | | Movement of Fresh Air; when working indoors, fresh air should be circulating as much as possible. Open all windows and doors where appropriate to allow this | | Petina Barnes | Complete |
| | | Symptoms of Covid-19: Anyone feeling unwell with a high temperature, continuous cough or loss of taste or smell should not come to class. Anyone who has symptoms during class should be sent home immediately and advised to stay there and arrange for testing. | | Petina Barnes | Complete |
| Supporting Test and Trace | | A temporary record of client names and contact details will be kept for 21 days and provided to NHS Test and Trace if required. This information will help contain clusters or outbreaks of the virus. | | Petina Barnes | Complete |