

Risk assessment template

Company name: My E-motion

Assessment carried out by: Helen Hawthorn

Date of next review: 01.01.2021

Date assessment was carried out: 01.09.2020

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
Spread of COVID-19 via airborne particles	Coaches and participants	<ul style="list-style-type: none"> • 2 metre social distancing enforced • One way system in place – clearly marked • Anyone showing symptoms of COVID-19 to stay at home • Maximum of 6 people 	<ul style="list-style-type: none"> • Remain vigilant and careful • Keep up to date with the latest government COVID-19 guidelines and adjust practice where necessary 	All coaches	14.09.2020	07.09.2020

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		<p>allowed in gym at a time</p> <ul style="list-style-type: none"> • Wear face masks where possible • All activities to be closely supervised by coaches 				
<p>Spread of COVID-19 via contact</p>	<p>Coaches and participants</p>	<ul style="list-style-type: none"> • 2 metre social distancing enforced • One way system in place – clearly marked • Anyone showing symptoms of COVID-19 to stay at home 	<ul style="list-style-type: none"> • Remain vigilant and careful • Keep up to date with the latest government COVID-19 guidelines and adjust practice where necessary 	<p>All coaches</p>	<p>14.09.2020</p>	<p>07.09.2020</p>

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		<ul style="list-style-type: none"> • Maximum of 6 people allowed in gym at a time • Toilets are only to be used when urgent. Participants are encouraged to use the toilet before leaving home. Hands must be sanitised before and after use. • Hands to be sanitised when entering and leaving the 				

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		gym <ul style="list-style-type: none"> • Changing rooms are not to be used • All activities to be closely supervised by coaches 				

More information on managing risk: www.hse.gov.uk/simple-health-safety/risk/

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