



## COVID – 19 Specific Risk Assessment: Lewes AC Gym Activities

Date: 15/10/20	Assessed by: Luc Best	Location : Gym at Lewes AC Athlete Track	Review : Weekly
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What are the Hazards?	Who might be harmed	What are you already doing?	Risk Rating	Action to be taken	Resultant Risk Rating	Additional Actions to be taken
Gym equipment	Users of the equipment	Wiping equipment after use All fixed equipment not to be used. Equipment to be kept to a minimum	H	Wiping and sanitizing before and after each individual use	L	Delegating equipment to each athlete for the session
Large group sizes	Users of the equipment & coaches	Keeping group sizes low to fit the size of the gym Gaps to between sessions to allow time for a deeper clean	H	Reduce the group sizes to below 6 and ensure 100sq ft space and 2m distance between users Regulate where gym activities take place. No face to face work, no partner work, side to side exercises	M	
Entering the gym	Users of the equipment & coaches	Hand Sanitizer to be used on the way in	H	Hand Sanitizer to be used on the way in Temperature checks at the entrance to the track	L	
Users coming to the gym whilst with covid-19 symptoms	All other users of the gym, coaches and family members	No specific notification to avoid this happening	H	Specific notification to all users of the gym and the placing of a notice at the gym	L	Reinforce the message from time to time by e-mail and verbal communication
Poor ventilation at the gym	All other users of the gym, coaches and family members	Keeping the door open	M	Maintain keeping the door open and fan use	M	

		Using a Fan to help circulate the air				
Infection transmission from previous client users of the gym	All other users of the gym, coaches and family members	Wiping equipment after use	M	Wiping and sanitizing before and after each individual use	L	
Lack of a complete range of hand washing and sanitizing facilities	All other users of the gym, coaches and family members	Limited sanitizing facilities being provided	H	Provide a full range of sanitizing facilities and make them easily available in the light of no hand washing facilities available at the gym	M	Request all users of the gym to have their own sanitizing gel for use during gym activities
Lack of contact information on gym users should track and trace have to be put in place	The general public, club members and other gym users	Relying on the Lewes AC club membership records are up to date	M	Remind all users of the gym that their contact details on the membership records are up to date. Also remind other gym users that up to date contact details need to be provided	L	
That the covid-19 actions are not kept up to date	The general public, club members and other gym users	Identified the covid-19 coordinator for the gym	M	The covid-19 coordinator to regularly monitor what is happening in the gym and make changes as appropriate. Also respond to any Government or England Athletics requirements	L	Link with the other club covid-19 coordinators for on track and off track activities to ensure the clubs covid-19 security arrangements are the best possible