

# Coronavirus (COVID-19) RISK ASSESSMENT

Risk Matrix used:

			Likelihood				
			Very Unlikely	Unlikely	Possible	Likely	Very Likely
			1	2	3	4	5
Severity	Negligible	1	1	2	3	4	5
	Minor	2	2	4	6	8	10
	Moderate	3	3	6	9	12	15
	Major	4	4	8	12	16	20
	Extreme	5	5	10	15	20	25

Guidance from the UK Government, Public Health England, Health & Safety Executive and NHS have been used to ensure the risk assessment is following the latest advice.

**Venue:** The Yoga Shed, Wickham Square, PO17 5JN

**Assessment date:** 17<sup>th</sup> May 2021

**Review date:** 21<sup>st</sup> June 2021

**Version:** 1.1

**Completed By:** Stacey Steele

**Position:** Proprietor of Stacey Steele Yoga (SSY)



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What are the hazards?	Who does this affect?	Risk Rating	Existing Control Measures In Place	Residual Risk Rating
<p>Exposure to the virus from others due to:</p> <p>1) Living with someone with a confirmed case of COVID-19.</p> <p>2) Have come into close contact (within 2 metres for <b>15</b> minutes or more) with a confirmed case of COVID-19.</p> <p>3) Being advised by a public health agency that contact with a diagnosed case has occurred.</p>	<p>Yoga students, teacher and onsite staff</p>	<p>3 x 4 = <b>12</b></p>	<p>If you are experiencing any symptoms of Covid-19, or if a person in your household has symptoms, then follow the government advice on self-isolation and do not come to class (a full refund will be made in cases of coronavirus symptoms).</p> <p>Only return to class once the period of self-isolation is over for all members of your household and all symptoms have disappeared. Notify the teacher immediately if you are experiencing any symptoms of Covid-19 during the class, or if you develop symptoms within 14 days of last attendance at class.</p> <p>Maintain social distance of 2m+ from other attendees whilst entering, participating in and exiting the class. Face coverings to be worn in the venue, unless on your mat.</p> <p>Ensuring hand sanitiser (provided) is used upon entry to the building as well as before and after any visits to the bathroom.</p> <p>Only one person to enter bathroom facilities at a time and wipe down touched surfaces with antibacterial wipe (provided).</p> <p>Stacey is taking twice weekly lateral flow tests at home and will only run classes if the latest result is negative.</p>	<p>1 x 4 = <b>4</b></p>



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<p>Exceeding the maximum capacity allowed for the space available and close contact between students/teacher at arrival</p>	<p>Yoga students and teacher</p>	<p>3 x 4 = <b>12</b></p>	<p>All classes must be pre-booked using the online booking system. Class sizes are restricted to 6 students maximum (plus the teacher) and will be given on a first booked first served basis. There will be no drop-ins allowed.</p> <p>Based on the floor the hall will accommodate 8 people in terms of maintaining both social distance of 2m+ and meeting ventilation guidelines of 100sqft per person, but SSY has restricted this to 6 people as an additional precaution at this time for increased comfort and safety of those in attendance.</p> <p>New students will need to return all documentation by email prior to the lesson.</p> <p>Changes to method of payment have also been made, with all payments being made in advance on the booking system by card payment (or by by bacs/paypal subject to prior agreement) to avoid close contact on arrival to class and to avoid the handling of cash.</p>	<p>1 x 4 = <b>4</b></p>
<p>A bottleneck of people at toilet/changing facilities or at entrance.</p>	<p>Yoga students</p>	<p>3 x 4 = <b>12</b></p>	<p>It is necessary to arrive dressed for yoga to save time required in the toilet/changing areas. Whilst waiting outside for the doors to be opened, it is necessary to maintain distance of 2m+ from the other people waiting.</p> <p>Any items brought to class will need to be placed alongside your mat, including your socks, which should stay on your feet until you arrive at your practice space. Please place your shoes on the shoe rack outside if possible.</p> <p>Hand sanitiser is available on entrance to the building, but if you would prefer to wash your hands with soap and water as well, you can do so in the washrooms, but please ensure that there is nobody else using the facilities before you enter.</p>	<p>1 x 4 = <b>4</b></p>



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<p>Close contact with others on arrival to yoga class</p>	<p>Yoga Students</p>	<p>4 x 4 = <b>16</b></p>	<p>You should enter the premises 5-10 minutes prior to the beginning of the lesson once the doors have been opened. If you arrive early, please either wait in your vehicle or join the queue leaving sufficient space between others.</p> <p>Maintain a social distance of 2m+ at all times, even when queuing. Face coverings are required whilst you are inside the building and not on your mat, but should you wish to wear one whilst you are on your mat you will of course be welcome to do so.</p> <p>Use hand sanitiser on entrance to the building. If you use the washrooms please clean any surfaces you have touched with the antibacterial wipes supplied.</p> <p>After cleaning your hands, see where the distancing floor markers have been placed and occupy the spaces at the furthest points from the door first. Depending on total numbers booked on to the class, spacing may be increased even further than 2m+ to give you additional space.</p> <p>Please take all of your belongings to your practice space and keep them nearby. If you need to visit the bathroom please do so wearing your face covering and socks, or sanitise your feet on return to your mat as well as your hands.</p> <p>You should bring your own mat and any props you may like to use, a filled water bottle and if possible, a travel sized bottle or hand sanitiser/hand sanitising wipes.</p>	<p>1 x 4 = <b>4</b></p>
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Ventilation, social distance and touch points throughout class	Yoga students and Teacher	3 x 4 = <b>12</b>	<p>Quality air flow will be maintained throughout the lessons and it will be necessary to keep internal doors and the windows open. Try to refrain from touching the main doors or the windows. If it is warm enough the rear door may also be open for additional air. Heating will be used where necessary to ensure students are kept warm. You are advised to wear extra layers.</p> <p>Certain breathing techniques such as Kapalabhati and Lion's breath will be avoided so as to minimise particles in the air created on the exhale. A gentle reminder that yoga breathing is mostly in and out through the nose making it one of the safest indoor practises. Avoid touching your face/eyes/nose/mouth with unwashed hands and cover your cough or sneeze with a tissue then throw it in the bin. If no tissue is available, please use your sleeve/crook of your elbow.</p> <p>There will be no hands-on assist or group /pair work to maintain social distancing.</p> <p>Keep your mat in one place (on its marker) for the duration of the lesson and try to ensure hands and feet remain on the mat throughout class. Ensure you have what you need: strap, block, water, warm layer , blanket to hand prior to the start of the lesson.</p> <p>Should you require the bathroom during the lesson, please be mindful of your distance to others whilst making your way there and back (and do not forget to wear your face covering and socks).</p>	1 x 4 = <b>4</b>
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Safe exit from class – maintaining safe distance from others	Yoga students	3 x 4 = <b>12</b>	<p>At the end of the lesson, students can exit using the main door. Please wear your face covering and wash hands either at the washroom facility or using hand sanitiser on your way out of the building. Please be patient and wait for those nearest the door to exit first and ensure that 2m+ social distancing rules are maintained during your exit from the building.</p> <p>Once you arrive home please change out of your yoga clothes and clean your mat with antibacterial spray or wipes.</p>	1 x 4 = <b>4</b>
Ensuring that the venue is cleaned	All Users	4 x 4 = <b>16</b>	<p>The studio is regularly cleaned by the owner and cleaning products are available throughout the building for everyone's use.</p> <p>SSY will clean all touch points in the hall and washrooms with antibacterial wipes upon arrival and before departure (door/window handles, flushes, taps and light switches). Students will be requested to wipe down any touched surfaces in the washrooms after use, using the wipes provided.</p> <p>Handwashing facilities to be adequately supplied with soap, paper towels or hand dryer. The venue will also supply hand sanitiser by the entrance and by the washrooms.</p>	1 x 4 = <b>4</b>
Contact tracing following infection	All attendees	3 x 5 = <b>15</b>	<p>Attendees will need to ensure that SSY is aware of their name and current email address before attending a class for track and trace purposes.</p> <p>Should an attendee contract Covid-19 within 14 days of attending a yoga class with Stacey Steele Yoga they agree to advise Stacey immediately who will then contact other attendees from the same session to advise them of a confirmed case of the virus and invite them to get NHS tested for coronavirus. The infected attendee's name will NOT be passed to the other attendee under any circumstances.</p>	1 x 5 = <b>5</b>