

RISK ASSESSMENT – COVID 19 ASSOCIATED HAZARDS (AT HOME TRAINING)

Business name: PT2Home Limited		Last review: 06/12/20	
This risk assessment has been undertaken to identify any hazards associated with COVID-19, and to demonstrate the measures that have been, or will be put in place to keep risk of transmission as low as feasibly possible during the provision of services taking place in a client's home or private garden by PT2Home Ltd.			
What are the hazards?	Who might be affected?	Control measures in place	Timescale
Exposure to COVID 19 from infected individuals or surfaces	Personal Trainers Clients Other household members Visitors to the home	Cleaning <ul style="list-style-type: none"> • Clients and trainers are asked to maintain good hand hygiene, and encouraged to wash hands thoroughly prior to and after sessions. • Where hand washing is not possible, we ask that hand sanitiser is used before and after each session. • Where equipment is brought to the session by the trainer for use by the client, this must be thoroughly cleaned prior to and after use, using an antibacterial & antiviral solution. 	Ongoing
		Social distancing <ul style="list-style-type: none"> • The client and trainer must remain at least 2m apart • Group/paired training with members of different households not within your support bubble is not currently permitted within a home in areas subject to tier 2 restrictions, or within a home or private garden in areas subject to tier 3 restrictions • Spotting must not take place unless the client is in immediate danger 	Ongoing
		Location <ul style="list-style-type: none"> • The trainer and client are to train in an appropriate space within the home, where social distancing can be maintained, and the risk of the trainer touching surfaces and door handles unnecessarily can be avoided. • Where possible, it is advised that only the trainer and client(s) are to be present in the room where training is to take place during the session. 	Ongoing
		Wearing of facemasks <ul style="list-style-type: none"> • Although the wearing of facemasks is not mandatory, this is encouraged for both the client and trainer at their discretion 	Ongoing
		Session arrangement <ul style="list-style-type: none"> • Both clients and trainers are advised that if either themselves or anybody they have been in close contact with in the past 14 days has had a COVID 19 positive test, or COVID 19 symptoms not ruled out by a negative COVID 19 test they will not attend any 	Ongoing

		<p>scheduled training session, will rearrange this for a later date, and follow government guidelines in the management of COVID 19 symptoms</p> <ul style="list-style-type: none"> • Trainers and clients will be informed in the event that either party has potentially been retrospectively exposed to COVID 19 in previous sessions should this become apparent so that government guidelines on the management of COVID 19 can be followed • The trainer is not to attend the client's home any earlier than 5 minutes prior to an arranged session • Clients and trainers are encouraged not to use public transport to travel to sessions where possible 	
		<p>Equipment</p> <ul style="list-style-type: none"> • Trainers are to avoid the use of communal equipment/bringing equipment to sessions for use by the client where possible. However if this must be done, stringent cleaning procedures must be followed as above • Clients are encouraged to utilise their own equipment if available, that is to remain in the clients home between sessions 	Ongoing
		<p>Individual risk assessment</p> <ul style="list-style-type: none"> • Trainers with very vulnerable clients are asked to carry out individual risk assessments and are advised not to encourage them to participate in sessions 	Ongoing
		<p>Communication</p> <ul style="list-style-type: none"> • During the provision of sessions, music must not be played so loud as to impede efficient communication between the trainer and client(s) • This risk assessment and associated guidance from PT2Home Ltd is to be kept up to date, and be made available to both clients, trainers and members of the public • Regular communication is to take place between the PT2Home Director and personal trainers to outline the expectations of both parties 	Ongoing

RISK ASSESSMENT – COVID 19 ASSOCIATED HAZARDS (OUTDOOR PUBLIC SPACE TRAINING)

Business name: PT2Home Limited		Last review: 19/09/20	
This risk assessment has been undertaken to identify any hazards associated with COVID-19, and to demonstrate the measures that have been, or will be put in place to keep risk of transmission as low as feasibly possible during the provision of services taking place in a public outdoor space by PT2Home Ltd.			
What are the hazards?	Who might be affected?	Control measures in place	Timescale
Exposure to COVID-19 from infected individuals or surfaces	Personal Trainers Clients Members of the public nearby	Cleaning <ul style="list-style-type: none"> • Clients and trainers are asked to maintain good hand hygiene, and encouraged to wash hands thoroughly prior to and after training sessions/fitness classes • Where hand washing is not possible, we ask that hand sanitiser is used before and after each session • Where equipment must be brought to the session by the trainer for use by the client(s), this must be thoroughly cleaned prior to and after use, using an antibacterial & antiviral solution 	Ongoing
		Social distancing <ul style="list-style-type: none"> • The trainer must remain at least 2m apart from any client(s) • If group/paired training is taking place with members of different households, clients must remain at least 2m apart from each other • Where participating in a fitness class, clients are to ensure they are adequately maintaining social distancing rules at all times, the trainer must ensure this is being enforced • Spotting must not take place unless a client is in immediate danger 	Ongoing
		Location <ul style="list-style-type: none"> • The trainer and client are to carry out the session/fitness class in an appropriate space, large enough for social distancing to be maintained, and where the risk of touching surfaces unnecessarily is low. This should also be a location not impeding passing of members of the public i.e. next to a footpath • Where possible, it is advised that only the trainer and client(s) are present at the immediate location where training/fitness class is taking place during the session 	Ongoing
		Wearing of facemasks <ul style="list-style-type: none"> • Although the wearing of facemasks is not mandatory, this is encouraged for both the client(s) and trainer 	Ongoing
		Session arrangement <ul style="list-style-type: none"> • Both clients and trainers are advised that if either themselves or anybody they have been in close contact with in the past 14 days has had a COVID positive test, or COVID- 	Ongoing

		<p>19 symptoms not ruled out by a negative COVID test, they will not attend any scheduled training sessions/fitness classes, will rearrange this for a later date, and follow government guidelines in the management of COVID 19 symptoms</p> <ul style="list-style-type: none"> • Trainers and clients will be informed in the event that any party has been retrospectively exposed to COVID 19 in previous sessions/fitness classes should this become apparent so that government guidelines on the management of COVID 19 can be followed • The trainer and clients are advised not to attend the designated location for training or fitness classes any earlier than 5 minutes prior to an arranged session • Clients and trainers are encouraged not to use public transport to travel to sessions where possible • Where attending a group/paired training session or fitness class, clients are encouraged not to socialise with individuals outside of their household at the end of the session • Attendance to fitness classes/training sessions is only permitted after prior arrangement with the trainer. Any additional attendees on the day must provide the trainer with their contact details if needed for future COVID-19 related communication • Payment for sessions/fitness classes is encouraged by BACS payment to minimise handling of cash 	
		<p>Equipment</p> <ul style="list-style-type: none"> • Trainers are to avoid the use of communal equipment/bringing equipment to sessions for use by clients where possible. However if this must be done, stringent cleaning procedures must be followed as above • Clients are encouraged to utilise their own equipment if available • Clients are asked to bring their own mat for use in fitness classes 	Ongoing
		<p>Individual risk assessment</p> <ul style="list-style-type: none"> • Trainers with very vulnerable clients are asked to carry out individual risk assessments and are advised not to encourage them to participate in sessions/fitness classes 	Ongoing
		<p>Communication</p> <ul style="list-style-type: none"> • During the provision of sessions, music must not be played so loud as to impede efficient communication between the trainer and client(s) • This risk assessment and associated guidance from PT2Home Ltd is to be kept up to date, and be made available to both clients, trainers and members of the public • Regular communication is to take place between the PT2Home Director and personal trainers to outline the expectations of both parties. 	Ongoing