



RISK ASSESSMENT OF THE JPILATES STUDIO

A thorough risk assessment has been undertaken of all areas of the building in line with **HSE guidance** (<https://www.hse.gov.uk/simple-health-safety/risk/risk-assessment-template-and-examples.htm>) to ensure adherence to all 5 areas of **Working Safely during Coronavirus (Covid-19)**. <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/5-steps-to-working-safely>

CORONAVIRUS PANDEMIC PROTOCOL FOR JPILATES LTD **Updated 15/4/21**

This protocol has been written from the results of our risk assessment in adherence with "Guidance for people who work in grassroots sport and gym/leisure facilities." [Department for Business, Energy & Industrial Strategy and Department for Digital, Culture, Media & Sport\(2020\)](#)

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>

1. Class Numbers

- Class numbers have been reduced to enable 2 meters distance to adhere to maximum occupancy requirements as per Government guidance

2. Entry of students into studio for class

- Students are required to wear a face covering on entry to the studio up until the class commences. Students are also required to wear a face covering once the class has ended whilst they are cleaning the equipment and exiting the building.
- Students are required on entry to complete the COVID SELF DECLARATION FORM and temperature check asking if they are fit and well and whether or not they have any symptoms of COVID-19. This is backed up by visual reminders throughout the studio and regular emails sent to students to remind them not to attend if they or anyone they have been in contact with has any symptoms of COVID-19 or if they or any household member is awaiting a test result/ has had a positive test result.
- Students will enter one at a time through the main studio doors, and will be requested to scan the studio QR CODE.

- On entry students are marked as present in the studio on our secure GDPR compliant register system which links directly to our studio database containing all current student contact details.
- Students will sanitise their hands using the provided hand sanitisers

4. Exit from studio

- Students are required to wear their face covering once the class has ended, after cleaning all equipment they have used in the class with antiviral spray (Individual cleaning stations will be at each mat).
- Students are advised regularly via verbal and email reminder and visually using posters around the studio to exit swiftly after their class and not gather in groups to chat.
- Students will exit via the studio doors, sanitising hands on exit.

5. Cleaning of equipment by clients after class

- There will be a plastic box at the side of each mat which will contain one boiled washed single use cloth and a bottle of antiviral spray.
- Students will use the cloth and antiviral spray to sanitise all equipment they have used in class including their mat.

6. Equipment including mats and hand towels

- Students are required to bring their own mat and hand towel but these items **MUST** be sanitised prior to bringing them into the studio.
- Other equipment may be requested and the teacher will give plenty of notice of they are needed.
- Students must all wear socks in studio at all times

7. Social distancing on premises

- Designated mat locations will be marked with floor tape for clarity. Students will exercise in a “top and tail” manner throughout classes to enable maintenance of 2 metres distance between client head position on mats.

8. Face coverings, face masks and hands-on correction

- Masks or face coverings will be compulsory in the studio as detailed above on entry and exit. During the class face coverings are not recommended as per WHO guidance at this time.
- Students may wear a face covering during the class if they wish.
- Teachers will still maintain 2 metres social distance

- Teachers will remain 2 metres from students at all times and will teach verbally and visually with no hands on corrections given

9. Cleaning of contact points and cleaning stations after students have left

- There will be a gap of 30 minutes between classes to allow for the following cleaning procedures after all students have exited the studio.
- The teacher will clean all antiviral spray bottles and hand sanitiser bottles with antibacterial wipe after each session to ensure cleanliness for the next client.
- Teacher will clean door handles and any other contact points
- Teacher will then sterilise their hands

10. Teacher responsibilities

- To ensure maintenance of this protocol when in the studio.
- To report any of breaches of protocol directly to Joanne Cobbe, the Studio Director.

11. Teacher or student illness

- No student or teacher will be allowed to attend the studio if feeling unwell with Coronavirus symptoms
- Students will be invited to attend via Zoom

13. Attending via Zoom

- All students will be offered the opportunity to attend via Zoom rather than in-person if they wish. Please note that the experience will be different, but everything effort will be made to ensure the learning experience is as positive as possible.

14. Test and Trace

(<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>)

If you are contacted by the NHS Test and Trace service because you have been in close contact with someone who has tested positive for coronavirus and have to self isolate for 14 days you will be able to undertake your Pilates classes from home via Zoom.