

Covid-19 Risk Assessment for In The Moment Centre For Yoga Movement & Wellbeing. v 20.08.29

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| Establishment | In The Moment Centre For Yoga, Movement & Wellbeing. | Date of Next Review: | 07/09/20 |
| Date of Assessment Assessment Carried out by | 29/08/2020 GM | Notes: | |

| What Are The Hazards? | Who Might Be Harmed And How? | What Actions Are Required To Remove Or Mitigate The Risk? | Risk Factor / Urgency | | |
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| | | | High | Med | Low |
| Risk of hosts or participants importing SARS-CoV-2 to the establishment. | Any hosts, participants, cleaning staff, the owner or anyone entering any shared areas of the building could contract Covid-19 and/or spread the infection further. | <p>Require all hosts to require all participants to provide their host with a health declaration of no Covid-19 symptoms or positive tests in the 14 days prior to entering ITM.</p> <p>Require all hosts to decline entry to any participant who does not provide this declaration.</p> <p>Require all hosts to confirm the above to the owner on the day of their session.</p> <p>Require all hosts and participants to use the hand sanitisation provided at point of entry to the building and on entry to each room within the building occupied by ITM.</p> <p>Require all hosts and participants to wear face coverings (unless exempt) on entry to and while moving anywhere within the building except when it may be necessary to remove them for the purpose of participating in the session.</p> <p>Encourage individuals who are exempt from wearing face coverings to nonetheless wear them, if possible, while entering and moving through the building and arriving at their socially distanced marked spot within the studio rooms.</p> <p>Require all hosts and participants to bring the minimum of belongings and equipment into the building. This includes not bringing or consuming any food. Bottled water and flasks with hot drinks can be brought.</p> <p>Require all equipment (participant's and studio's) to be disinfected prior to use.</p> | | | |
| Risk of hosts or participants spreading SARS-CoV-2 while in the establishment. | Any hosts, participants, cleaning staff, the owner or anyone entering any shared areas of the building during the session could contract Covid-19 and/or spread the infection further. | <p>Require all hosts and participants not to congregate or queue at the entrance to the building or anywhere within the building.</p> <p>Require all participants to arrive in the minimum necessary amount of time before and to leave immediately following the session.</p> <p>Require all hosts and participants to observe all precautions (social distancing, hand sanitisation, hand washing, face coverings, sneezing/coughing into disposable tissues or the crook of the elbow etc) while in the building.</p> <p>Require there to be no physical contact between any individuals.</p> <p>Require no equipment to be shared during sessions.</p> <p>Require hosts to ensure safe maximum numbers of participants are not exceeded by using pre-booking for all sessions.</p> <p>Encourage online or contactless payments wherever possible.</p> <p>Require hosts to manage the activity of the participants in their sessions so that social distancing and hygiene measures are maintained.</p> <p>For mat-based activity, such as yoga, participants may remove their face</p> | | | |

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| | | <p>coverings if necessary for the practice, but only while on their mats.</p> <p>Address any cleaning or maintenance issues when sessions are not in progress (except in emergency).</p> <p>Inform hosts and participants of the protocol in the event of anyone developing Covid-19 symptoms while in the building.</p> <p>Require hosts to ensure proper ventilation.</p> <p>Require hosts to ensure proper disinfection of high touch points.</p> <p>Provide floor markers to indicate safe distancing and require hosts and participants to centre themselves on these markers.</p> <p>Provide printed instructions, equipment and materials for effective ventilation and disinfection.</p> <p>In order to minimise the number of people moving through the building at the same time, where possible avoid the same start/finish times for sessions in different studio rooms.</p> <p>Allow sufficient buffer times between sessions in the same studio room to allow for egress, disinfection and ingress.</p> | | | |
| Risk of residual spread of SARS-CoV-2 after hosts and participants have left the establishment. | Any hosts, participants, cleaning staff, the owner or anyone entering any shared areas of the building subsequent to the session could contract Covid-19 and/or spread the infection further. | <p>Remove all un-necessary items.</p> <p>Require hosts and participants to disinfect all equipment after use.</p> <p>Require hosts to remove any rubbish from the studio rooms and to dispose of it safely away from the building.</p> <p>Require hosts to ensure proper ventilation.</p> <p>Require hosts to ensure proper disinfection of high touch points.</p> <p>Provide printed instructions, equipment and materials for effective ventilation and disinfection.</p> | | | |
| Risk of a host or participant arriving with or developing Covid-19 symptoms. | Any hosts, participants, cleaning staff, the owner or anyone entering any shared areas of the building could contract Covid-19 and/or spread the infection further. | <p>Inform hosts in advance of the government approved protocol for this circumstance.</p> <p>Instigate deep cleaning and disinfection as appropriate and necessary.</p> | | | |
| Risk of a participant not being fully aware of the appropriate protocols and requirements. | Any hosts, participants, cleaning staff, the owner or anyone entering any shared areas of the building could contract Covid-19 and/or spread the infection further. | Require hosts to agree to act as the Nominated Covid-19 Officer for their sessions, and to communicate all the protocols and requirements to their participants in advance of the session. | | | |
| Additional: Test & Protect | Members of the wider population. could contract Covid-19 and/or spread the infection further. | Require all hosts to maintain a record of all participants' names and contact details for every session, and to provide these to the Test & Protect scheme if required. These records can be destroyed 21 days following the session. | | | |

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| Notes on completion | <p>Definitions: In The Moment Centre For Yoga, Movement & Wellbeing is referred to throughout as ITM and includes communal areas within the building (passageways, stairs, toilets etc) as well as the studio rooms. Session. Any activity (class, workshop, seminar, course, meeting etc) booked into any of the three studio rooms occupied by ITM at 72 Berkeley St, Glasgow G3 7DS. Host(s). The person(s) responsible for running the session. Participant(s). Anyone attending any session. Owner. The owner/manager of ITM – Graeme Murray. Social Distancing. A minimum separation of 2 metres between individuals. Nominated Covid-19 Officer. Person in charge of ensuring all protocols are followed prior to, during and after individual sessions.</p> |
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