



Homerton College, Cambridge, Risk Assessment Form

Department or activity under assessment: Use of Gym under Covid restrictions for Easter Term 2021

Activity or Task	List the significant hazard(s). ¹	Describe what could go wrong – that is, say who might be hurt and how. ²	Is the risk high, medium or low? ³	Please list the control measures which will reduce the likelihood of this happening. ⁴	Suggest here any further actions which may be beneficial. Say who will carry them out and by when. ⁵
Booking Procedure	Spread of Covid due to overcrowding of gym space	Gym users contract Covid and become ill and spread amongst others they come into contact with	Med	<p>HUS Booking System used, maximum session bookable 1 hour. Plodge must have access to bookings.</p> <p>Gym access cards to be collected from the Lodge and returned at the end of the booked session.</p> <p>There can be <u>no</u> mixing of Household groups in any booked session in either side.</p> <p>Max numbers at any one time (9m2 per person): Left Side (free weights) – 2 persons Right Side (machines) – 3 persons</p>	30 minutes gap between each 1 hour session to reduce particles in the air
Use of Gym Equipment	Injury due to mis use of gym equipment or machinery	Gym users injure themselves due to using incorrect technique or from not knowing how to use equipment correctly	High	<p>The Online Induction must be viewed before use of the gym can be allowed.</p> <p>The HUS President must be e mailed with the details of when the online induction was undertaken before a booking can be confirmed</p>	Gym equipment serviced before reopening

Use of Gym	Spread of Covid due to gym users being in an indoor space, touching equipment, not following restrictions	Gym users contract Covid and become ill and spread amongst others they come into contact with due to being in close proximity to others in the gym, using contaminated equipment and machines, breathing in droplets, not following Covid restrictions	Med	<p>There can be <u>no</u> mixing of Household groups in any booked session in either side.</p> <p>Max numbers at any one time (9m2 per person): Left Side – 2 persons Right Side – 3 persons</p> <p>Ventilation must be maintained at all times – Windows Open and AC on.</p> <p>Gym users must come changed in clean and appropriate sportswear – the changing rooms will not be available for use (except for the toilet facilities)</p> <p>Please Wash Hands before, during and after using the gym, the gym equipment and any machines</p> <p>Gym Users must maintain 2m Social Distancing at all times</p> <p>Face Coverings must be worn on entry and exit – they are not mandatory during exercise</p> <p>Equipment and machines must be wiped down and cleaned after use – cleaning products provided by House Keeping</p> <p>Plodge team to monitor use of the gym</p> <p>Any breaches will be reported</p> <p>Repeat offenders breaching restrictions will have their gym access rescinded</p>	<p>Gym deep cleaned by House Keeping before opening</p> <p>Housekeeping to clean gym every weekday morning</p> <p>Gym open from 8am to 10pm</p>

Explanatory notes:

- ¹ Hazards are activities which contain actual or potential elements of danger. Eliminating hazards by the use of an alternative work method should always be your first consideration.
- ² Please explain how an accident, incident or health condition could arise. All events which are '**reasonably foreseeable**' must be considered.
- ³ How likely is this event to occur? Is there a low, medium or high probability? When a 'high risk' activity is identified a further more detailed task/site specific risk assessment may be required. Examples of high risk activities are: working in a confined space e.g. a sewer or working at heights e.g. on extendable ladders.
- ⁴ When deciding on suitable control measures, you should ensure that you are complying with all relevant College policy and guidance documents, and that you have considered the hierarchy of control measures. In order to comply with legislation, we must also take all steps which are '**reasonably practicable**' to reduce risk. This means that we should take all steps which are (in terms of time, cost and trouble) reasonable in relation to the reduction of risk achieved.
- 5. IF THE CONTROL MEASURES LISTED DO NOT SEEM ADEQUATE FOR THE RISK YOU ARE FACING DO NOT START THIS TASK – SPEAK TO YOUR SUPERVISOR.**

Important! It is essential to check regularly that the control measures specified in this risk assessment are actually being used in practice. All control measures should be reviewed regularly to ensure their effectiveness. Any specialist emergency or first aid procedures should be specified here.

If any Standard Operating Procedure (SOP) is required, please specify it here or attach it to this form. Any specialist training required should also be specified here:

Is special monitoring (e.g. hearing test, hand-arm vibration, eye test, and health surveillance) required? If so, please enter details in the end column 'Suggested Further Action' - the University Occupational Health Service may be able to offer the service you require.

What personal protective equipment (PPE) is required (e.g. overalls, gloves, respiratory protection, eye protection, safety footwear? You must ensure that any PPE specified is suitable for the purpose and compatible with all other PPE issued and needing to be worn. Each item of PPE needing to be worn to mitigate against the hazards that have been listed should be specified in the control measure column.

Please complete this section to confirm that this constitutes a reasonable and proportionate assessment of risk.

Name of assessor: Gary Sharp	Signature: <i>Gary Sharp</i>	Date: 20 th April 2021	Name of supervisor:	Signature:	Date:
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This assessment should be reviewed regularly (usually every 12 months), or earlier if there is a material change to the process, the equipment, location or relevant legislation. It should also be reviewed when new people are involved, or after an accident or incident has taken place.

Reviewed by (name)	Signature	Date	Indicate changes here