

Covid-19 - Risk Assessment

U3A Name - Worksop and District U3A

Interest Group – **TAI CHI**

Date Location/Postcode

Tuesday 8th September 2020
Shireoaks Village Hall S81 8LX

Nature and Description of Activity

Tai Chi Exercise

1 Identify the Hazard

Covid – 19 is circulating in the community

2 Identify the Risk and Describe the Control Measures to Mitigate the Risk

2.1 General Risks	2.2 Control Measures
Members of the U3A may contract Covid-19 whilst participating in the activity	<ul style="list-style-type: none"> a) Members should maintain social distancing which is currently 2m b) Members should avoid hugs and hand-shaking or other personal contact with people not in your household c) Circulate this risk assessment to all participant prior to the event
Member may attend event whilst infectious	<ul style="list-style-type: none"> a) Advise members before the event they must not attend if the experience symptoms of Covid-19 b) Advise members before the event they must not attend if they or a member of their household is currently self-isolating

<p>2.3 Identify any specific hazards that increase the risk due to the nature of the specific activity</p>	<p>2.4 Control Measures</p>
<p>Increasing the number of participants increases the risk of transmission</p> <p><i>Identify the maximum number of participants the venue can accommodate whilst maintaining social distancing</i></p>	<p>Insert maximum 14 participants</p>
<p>Close contact increases the risk of transmission</p> <p><i>Identify how you will maintain social distancing (2m) within the venue</i></p> <p><i>Identify pinch points particularly at point of entry and departure</i></p> <p><i>Identify activities where social distancing might be compromised especially during set up or clearing away.</i></p>	<p>Members to remain 2m distance from each other.</p> <p>One way system in operation. Entry is from Car Park and Exit onto Main Road.</p> <p>Recommendation for Masks to be worn on entry and exit</p>
<p>Touching infected surfaces increases transmission</p> <p><i>Identify common surfaces where transmission might occur at the venue</i></p>	<p>Hand sanitiser to be used by everyone on entry/exit to and from the building.</p> <p>Entry door push button - Entry door to be left open until all members are present</p>

3 The Venue

This risk assessment must be read in conjunction with attached guidance for Shireoaks Village Hall.

4 Further Guidance and Information

A register will be taken and retained for 21 days of those people attending the activity, and will be shared with the NHS Contact and Trace service if required.

You are advised to bring your own hand sanitiser and use it regularly

You should not share any equipment with your fellow participants.

No refreshments will be available at the venue. If required, you should bring your own and must not share it with fellow participants

You are advised not to share travel with anyone outside your own household.

Participants should complete their own personal check list to decide whether they wish to take part in the activity.

You must not attend any session if you or anyone in your household are experiencing symptoms of Covid-19 or are self isolating.

The main symptoms of Covid-19 are:

- high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

5 Risk Assessment Statement

In considering the hazards above we consider the risk acceptable following the implementation of the control measures identified

Yes

Signed **Elizabeth Short**

Date **03/09/2020**

Group Leader

Review Date...../...../.....

6 Guidance to help you complete the assessment

- A) Consider the current Government and Public Health advice in relation to your location and the feasibility of carrying out this activity safely adhering to present social distancing requirements and permissible out-door activities. (for example currently outdoor activities are still restricted to work, shopping and exercise but this is changing and will need to be checked)
- B) Consider whether your activity involves the sharing of any equipment or shared spaces and make suitable arrangements to have antiviral cleaning products available.
- C) Where necessary inspect area prior to starting activity to ensure adequate social distancing can be maintained throughout and to remove/isolate any hazards.
- D) Ensure travel arrangements also meet the necessary requirements
- E) Consider the general hazards related to this type of activity, the impact accommodating Covid19 requirements may have on the way it is organised. These may relate to the numbers permitted to take part at any one time, location and potential congestion areas, obstacles, fitness levels required, appropriate dress, weather conditions etc
- F) Record outcome of these considerations in writing prior to the activity and share with participants so they can complete their personal checklist in line with the information in your checklist.

Record outcome of these considerations in writing prior to the activity and share with participants so they can complete their personal checklist in line with the information in your checklist.

Before Activity Personal Checklist:	Yes (☐)
<p>A) All participants to review their own personal health and circumstances and refer to current Government guidance for different risk categories in Covid19 and what measures are recommended for people over 70 and/or with various medical conditions.</p>	Yes
<p>B) Consider the health risk category of anyone else you are isolating with in your household.</p>	Yes
<p>C) All participant should be able to travel to the event safely</p>	Yes
<p>Review the risk assessment for the activity above completed by the group organiser, review any specific hazards identified in the walk notification email and consider if you can take part without adverse risk to yourself or household.</p>	