

Club	LOUGHBOROUGH BOAT CLUB - GYM RISK ASSESSMENT	Date:	FRIDAY 4TH SEPTEMBER 2020
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No:	Hazard	Reduce probability a Hazard causing a Hazardous Event		Hazardous Event	Reduce the Severity of Harm		Harm	Severity (1-5)	Probability (A-E)	Level of Risk (L/M/S/I)	Action Owners					
		Barriers	Action to maintain barriers		Controls	Action to maintain controls					Club Chairman	Club RSA	Gym Users	Members		
1	Exposure to Covid 19 between athletes	-Gym occupancy to be limited to 4 people, and a time-booking system to be used	Club to advise all gym users on the current guidelines and requirements for use.  General advise to public.	Gym user contracts Covid-19	Rower recovers without hospital treatment	(driver and coach self isolates at home)	minor illness	3	D	Low						
2		- Gym user with symptoms advised not to come down			treatment by NHS	NHS does not become overwhelmed with cases	severe illness			4	C	Moderate			X	X
3		- Gym user to workout in separate, pre-defined areas - Gym user to maintain social distancing - Gym users to only lift weights within their capacity - Gym ventilation to be maximised by opening doors - Athletes not to train facing each other					lifechanging illness or death			5	B	Substantial				
4	Exposure to Covid 19 from contaminated surfaces	- All surfaces (contact points) to be sanitised (weights/bars/mats etc.) before and after use	Club to advise all gym users on the current guidelines and requirements for use	Gym user contracts Covid-19	Rower recovers without hospital treatment	(driver and coach self isolates at home)	minor illness	3	A	Low						
5		- Gym equipment not to be shared between users			treatment by NHS	NHS does not become overwhelmed with cases	severe illness			4	A	Moderate			X	X
6		- Gym doors to be kept open - Gym floors to be sanitised after each training session					lifechanging illness or death			5	A	Substantial				
7	Exposure to Covid 19 if needing to assist another gym user	- Person helping the athlete to wear a mask, gloves, and apron	Club to advise all gym users on the current guidelines and requirements for use	Person assisting athlete contracts Covid-19	Rower or supporter recovers without hospital treatment	(rescuer, rower and coach self isolates at home)	minor illness	3	A	Low						
8					treatment by NHS	NHS does not become overwhelmed with cases	severe illness			4	A	Moderate			X	X
9							lifechanging illness or death			5	A	Substantial				
10	Exposure to Covid 19 by others gym after a previous user	- All contact points to be sanitised before and after use - Equipment not to be shared between athletes - Gym to be cleaned regularly	Club to advise all gym users on the current guidelines and requirements for use	Athlete becomes infected with COVID-19	Rower recovers without hospital treatment	(driver/coach self isolates at home)	minor illness	3	A	Low						
11					treatment by NHS	NHS does not become overwhelmed with cases	severe illness			4	A	Moderate			X	X
12							lifechanging illness or death			5	A	Substantial				