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| **Risk Assessment** |
| **Risk Assessment for the activity of** | **Yoga Society Risk Assessment****Face-to-face activities during COVID-19** | **Date** | **26/08/2020** |
| **Club / Society / Group** | **SUSU Yoga Society** | **Assessor *(Name, Role and position to qualify sign off of document e.g. Coach)*** | **Ivan Ivanov, President** |
| **Committee member (name and role)** | ***Panagiota Tavianatou, Vice President*** | **Signed off** | ***Panagiota Tavianatou*** |

**COVID-19 Notice**

**This risk assessment must be read in conjunction with the club or society’s COVID-19 Risk Assessment on their SUSU page. Should any information in this risk assessment conflict with the measures listed in the COVID risk assessment, then the COVID risk assessment takes precedence over this document.**

| ***PART A***  |
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| **(1) Risk identification** | **(2) Risk assessment** | **(3) Risk management** |
| **Hazard** | **Potential Consequences** | **Who might be harmed****(user; those nearby; those in the vicinity; members of the public)** | **Inherent** |  | **Residual** | **Further controls (use the risk hierarchy)** |
| **Likelihood** | **Impact** | **Score** | **Control measures (use the risk hierarchy)** | **Likelihood** | **Impact** | **Score** |
| Inadequate space for social distance/ overcrowding | COVID-19 transmission if there is any member infected. | Society members, committee | **3** | **3** | **9** | **Physical controls: ensure there is at least 2m distance in-between mats where possible.**  | **2** | **2** | **4** | Make sure the teacher/instructor is also at least 2 m. away from all students.  |
| Sharing yoga mats/other equipment | COVID-19 transmission If any infected student has previously used the mat and left it without cleaning.  | Society members, committee | **3** | **3** | **9** | **Eliminate: stop sharing mats. Ensure all members of the society bring their own mats to classes to prevent infection.**  | **2** | **2** | **4** |  |
| Hand sanitizer availability | COVID-19 transmission if any infected student enters the room and does not keep appropriate social distance and touches common surfaces.  | Society members, committee | **3** | **4** | **2** | **Eliminate: Make hand sanitizer available on site and ensure everyone has sanitized their hands before and after each yoga class.**  | **1** | **2** | **2** |  |
| Poor Room ventilation  | COVID-19 transmission if any infected student has had/ is having a class due to poor room ventilation.  | Society members, committee | **4** | **3** | **12** | **Eliminate: Ensure there is good room ventilation before/during/after each yoga class.**  | **2** | **2** | **4** | Open windows/keep door open where possible.  |
| Poor room cleanliness | COVID-19 transmission if an infected student has been in the room and has touched any surfaces  | Society members; committee | **3** | **3** | **9** | **Clean the floors and surfaces of the room before and after each yoga class.**  | **2** | **2** | **4** | Clean additional surfaces that might have been touched by students with the appropriate cleaning equipment.  |

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| ***PART B – Action Plan*** |
| **Risk Assessment Action Plan** |
| **Part no.** | **Action to be taken, incl. Cost** | **By whom** | **Target date** | **Review date** | **Outcome at review date** |
| 1 | 2 Metres between mats wherever possible. | Committee member present | During each class  | During each class |  |
| 2 | Well-ventilated room before, during and after each class. | Committee member present | During each class | During each class |  |
| 3 | Students to bring own mats and equipment. | Ivan Aleksandrov Ivanov | 30/09/2020 | 10/10/2020 |  |
| 4 | Leave enough time between classes to clean and sanitise. | Committee member present | Before/after classes | Regularly |  |
| 5 | Ensure teacher is as far away as possible from students.  | Committee member present | During each class  | Regularly |  |
| 6. | Suggest students book for classes and arrive on time, so as not to congregate outside studio.  | Ivan Aleksandrov Ivanov | 30/09/2020 | 10/10/2020 |  |
| 7. | Hand sanitizer available in the room | Ivan Aleksandrov Ivanov | 30/09/2020 | 10/10/2020 |  |
| 8.  | Floor and surfaces cleaned and disinfected between classes and on a regular basis.  | Committee member present | Before/after each class | Regularly |  |
| 9.  | Ensure the teachers perform a risk assessment and keep a documented evidence of the risk assessment.  | Committee member present | 30/09/2020 | 10/10/2020 |  |
| Responsible manager’s signature: Ivan Aleksandrov Ivanov | Responsible manager’s signature: Ivan Aleksandrov Ivanov |
| Print name: Ivan Aleksandrov Ivanov | Date: 26/08/2020 | Print name: Ivan Aleksandrov Ivanov | Date: 26/08/2020 |

**Assessment Guidance**

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| 1. Eliminate
 | Remove the hazard wherever possible which negates the need for further controls | If this is not possible then explain why |  |
| 1. Substitute
 | Replace the hazard with one less hazardous | If not possible then explain why |
| 1. Physical controls
 | Examples: enclosure, fume cupboard, glove box | Likely to still require admin controls as well |
| 1. Admin controls
 | Examples: training, supervision, signage |  |
| 1. Personal protection
 | Examples: respirators, safety specs, gloves | Last resort as it only protects the individual |

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| **LIKELIHOOD** | 5 | 5 | 10 | 15 | 20 | 25 |
| 4 | 4 | 8 | 12 | 16 | 20 |
| 3 | 3 | 6 | 9 | 12 | 15 |
| 2 | 2 | 4 | 6 | 8 | 10 |
| 1 | 1 | 2 | 3 | 4 | 5 |
|  | 1 | 2 | 3 | 4 | 5 |
| **IMPACT** |

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| Impact | Health & Safety |
| 1 | Trivial - insignificant | Very minor injuries e.g. slight bruising |
| 2 | Minor | Injuries or illness e.g. small cut or abrasion which require basic first aid treatment even in self-administered.  |
| 3 | Moderate | Injuries or illness e.g. strain or sprain requiring first aid or medical support.  |
| 4 | Major  | Injuries or illness e.g. broken bone requiring medical support >24 hours and time off work >4 weeks. |
| 5 | Severe – extremely significant | Fatality or multiple serious injuries or illness requiring hospital admission or significant time off work.  |

Risk process

1. Identify the impact and likelihood using the tables above.
2. Identify the risk rating by multiplying the Impact by the likelihood using the coloured matrix.
3. If the risk is amber or red – identify control measures to reduce the risk to as low as is reasonably practicable.
4. If the residual risk is green, additional controls are not necessary.
5. If the residual risk is amber the activity can continue but you must identify and implement further controls to reduce the risk to as low as reasonably practicable.
6. If the residual risk is red do not continue with the activity until additional controls have been implemented and the risk is reduced.
7. Control measures should follow the risk hierarchy, where appropriate as per the pyramid above.
8. The cost of implementing control measures can be taken into account but should be proportional to the risk i.e. a control to reduce low risk may not need to be carried out if the cost is high but a control to manage high risk means that even at high cost the control would be necessary.

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| Likelihood |
| 1 | Rare e.g. 1 in 100,000 chance or higher |
| 2 | Unlikely e.g. 1 in 10,000 chance or higher |
| 3 | Possible e.g. 1 in 1,000 chance or higher |
| 4 | Likely e.g. 1 in 100 chance or higher |
| 5 | Very Likely e.g. 1 in 10 chance or higher |