

Risk Assessment

Risk Assessment for the activity of Belly Dance		Date 01/06/2021	
	Name	Role	Experience/Qualification
Club or Society Representative	McKayla (Michaela) Jarrat	Social Secretary of the Belly Dance Society	N/A
Qualified/Experienced Individual*	<i>Therese Berendt</i>	<i>Belly Dance Teacher and President</i>	<i>Belly dance teacher training</i>

* This can be a representative of an NGB, Partner Organisation or individual with relevant experience/qualification. Where an external individual is not available/appropriate a second sign-off within the Club or Society is acceptable where experience can be referenced.

COVID-19: Advice, guidance and Risk Assessment for Clubs and Societies

Covid-19 is a new illness that can affect your lungs and airways. It is caused by a virus called Coronavirus. Symptoms can be mild, moderate, severe or fatal. Please see below for a checklist guidance to help Clubs, Societies and students to understand how to participate to activities safely during the coronavirus pandemic.

Covid-19 Activities Check List for Clubs and Societies:

- Read the latest Government updates and guidelines*
- Appoint a lead on health and safety within your committee (This person needs to complete Health & Safety online training, the Risk Assessment completion training and be updated on the latest COVID-19 overview/guidance)*
- Review and update existing Risk Assessments to include COVID-19 risk management or review and submit and additional COVID-19 Risk Assessment covering additional risks*

- Share the results of the risk assessment with your members and on your website and Groups Hub, this has to be available for download.*
- Check in advance if the facilities you want to use have reopened and their guidance for returning to activity*
- Register any activities that your club is planning to organise on SUSU website at least 5 working days before the activity will take place*
- Check the RA of any venue/location or facility where the Club or Society intend to hold the event and share guidance with members*
- The activity can go ahead once you have received the confirmation from SUSU staff.*

As a SUSU affiliated Club or Society, you must protect people from harm. This includes taking reasonable steps to protect your members and others from coronavirus. This risk assessment will help you manage risk and protect people. In this Risk Assessment we expect you to:

- Identify what activity or situations might cause transmission of the virus;
- Think about who could be at risk
- Decide how likely it is that someone could be exposed
- Act to remove the activity or situation, or if this isn't possible, control the risk.
- This is a draft copy of a generic Risk Assessment for dealing with the current Covid-19 situation. It is not likely to cover all scenarios and each Club or Society should consider their own unique circumstances.

Hazard	Action	Who might be harmed (user; those nearby; those in the vicinity; members of the public)	Inherent			Control measures (use the risk hierarchy)	Residual			Further controls (use the risk hierarchy)
			Likelihood	Impact	Score		Likelihood	Impact	Score	
Covid-19	1. Hand washing	<ul style="list-style-type: none"> Belly Dance Soc Members Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions Anyone else who physically comes in contact with the Belly Dance Soc in relation to the class 	1	5	5	<ul style="list-style-type: none"> Providing hand sanitizer around the environment, in addition to washrooms Frequently cleaning and disinfecting objects and surfaces that are touched regularly, especially equipment in-between use by different people Enhancing cleaning for busy areas Setting clear use and cleaning guidance for toilets Providing hand drying facilities – either paper towels or electrical dryers 	1	3	3	<ul style="list-style-type: none"> Making sure students are aware of the hand sanitizer points located outside the Activities room and the importance of hand hygiene Ensure all students wash hands upon entry to the Activities room Ensure the Belly dance committee clean and disinfect the equipment and surfaces that are regularly touched.

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Covid-19	2. Social Distancing	<ul style="list-style-type: none"> Belly Dance Soc Members Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions Anyone else who physically comes in contact with the Belly Dance Society in relation to the class 	2	5	10	<p>Social Distancing - Reducing the number of persons in any activity area to comply with the 2-metre gap recommended by the Public Health Agency</p> <p>Review the number of people allowed in the activity room in accordance with the guidelines set out by the government</p>	2	3	6	<ul style="list-style-type: none"> Putting up signs to remind members and visitors of social distancing guidance in the Activities room Avoiding sharing belly dance equipment, such as hip scarfs and veils between dancers Using floor tape or paint to mark areas to help people keep to a 2m distance Arranging one-way traffic through the Activities room Ensure members sign up before class to not exceed the maximum number of 20 people + 3 instructors in the Activities room (subject to change)

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Covid-19	3. Social Distancing – Where people are unable to keep required distance	<ul style="list-style-type: none"> Belly Dance Soc Members Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions Anyone else who physically comes in contact with the Belly Dance Society in relation to the class 	3	5	15	If the choreography set out by the teachers involves closer contact to the other members, the members should keep a distance of "one metre plus" this means staying a minimum of one metre apart, while observing precautions to reduce the risk of transmission.	2	5	10	<ul style="list-style-type: none"> Where it is not possible for the members to be 2m apart, we will manage the transmission risk by: Considering whether the choreography could be changed in any way to fit the existing guidelines Considering whether the belly dance activity needs to continue to operate Alternatively, do the belly dance activity online Keeping the activity time involved as short as possible Staggering arrival and departure times Reducing the number of people each person has contact with by using 'fixed teams or partnering'

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Covid-19	4. Movement around Buildings	<ul style="list-style-type: none"> Belly Dance Soc Members Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions Anyone else who physically comes in contact with the Belly Dance Society in relation to the class 	3	5	15	<ul style="list-style-type: none"> Reducing movement by discouraging non-essential trips within buildings and sites. Reducing task rotation and equipment rotation, for example, single tasks for the activity. Reducing the number of people in attendance at site inductions and consider holding them outdoors wherever possible with social distancing. 	2	3	6	<ul style="list-style-type: none"> Only one member of the committee/one teacher should access the storage room where the equipment is stored. Arranging one-way traffic in the Activities room staggering entrance and exit times to prevent mass movement. Use of floor tape around/outside the Activities room to encourage safe distancing and queuing whilst waiting to enter the Activities room

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Covid-19	5. Explain the changes you are planning to make your activity Safely	<ul style="list-style-type: none"> Belly Dance Soc Members Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions Anyone else who physically comes in contact with the Belly Dance Society in relation to the class 	5	1	5	<ul style="list-style-type: none"> Ensure the RA is uploaded on Groups Hub and request your members download and read it. Use your social media and Club/Society communication channel to make all the members aware about the changes in your activities and encourage the to take all the precautions. Ensure every activity starts with a reminder of key COVID-19 precautions and how to maintain them Ensure participants are aware of the consequences of not complying with guidance (i.e. exclusion from activity) 	5	1	5	<ul style="list-style-type: none"> Ensuring members sign up prior to the class so class sizes can be calculated and restricted to not exceed distancing measures Add a COVID and precautions reminder on our Facebook page before class to reassure the members of our measures

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Covid-19	6. Protecting people who are at higher risk You should think about	<ul style="list-style-type: none"> Belly Dance Soc Members Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions Anyone else who physically comes in contact with the Belly Dance Society in relation to the class 	4	5	20	<ul style="list-style-type: none"> Ask members to clarify if they have any specific health conditions which may put them in the 'at risk' category Planning for people who are unable to engage in person Provide meaningful alternative activity for those who are shielding Helping members at increased risk to engage from home, either in their current role or an alternative role Planning for members who need to self-isolate. 	2	5	10	<ul style="list-style-type: none"> Stay in touch through email to keep the society updated of any changes in the persons health Encourage members to use the NHS track and trace system

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Covid-19	7. Symptoms of Covid-19	<ul style="list-style-type: none"> Belly Dance Soc Members Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions Anyone else who physically comes in contact with the Belly Dance Society in relation to the class 	4	5	20	<ul style="list-style-type: none"> If member becomes unwell with a new continuous cough or s high temperature they will be sent home and advised to follow the stay at home guidance. Committee Members will maintain regular contact with members during this time. If advised that a member has developed Covid-19 and that they were recently in contact with member, the Club/Socs committee will contact SUSU Activities Team and will encourage the person to contact Public Health England to discuss the case, identify people who have been in contact with them and will take advice on any actions or precautions that should be taken. https://www.publichealth.hscni.net/ 	3	5	15	<p>Plan virtual belly dance classes to ensure a meaningful alternative is met for people that fall into this category:</p> <ul style="list-style-type: none"> People who are unable to engage in the belly dance activity in person Those who have someone shielding in their household and have to stay at home Those at increased risk Those that need to self-isolate <p>Helping members of the belly dance society at increased risk to engage from home, either in their current role or an alternative role</p>

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Covid-19	8. Face coverings	<ul style="list-style-type: none"> Belly Dance Soc Members Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions Anyone else who physically comes in contact with the Belly Dance Society in relation to the class 	2	3	6	<p>Public Health guidance on the use of PPE (personal protective equipment) to protect against COVID-19 relates to health care settings. In all other settings individuals are asked to observe social distancing measures and practice good hand hygiene behaviours</p> <p>Where PPE is a requirement for risks associated with the work undertaken the following measures will be followed-</p> <p>Tight-fitting respirators (such as disposable FFP3 masks and reusable half masks) rely on having a good seal with the wearer’s face. A face fit test will be carried out to ensure the respiratory protective equipment (RPE) can protect the wearer. Wearers must be clean shaven.</p>	2	3	6	<ul style="list-style-type: none"> Planning for people working and support the club/Soc at home who have someone shielding in their household; helping members at increased risk to work from home, either in their current role or an alternative role; Face coverings that cannot be adequately disinfected (e.g. disposable half masks) should not be used by more than one individual. While walking through the SUSU building to the Activities room, facemasks need to be worn Face coverings can only be removed once the person is standing in the 2 meter safe distancing marked area <p>Reference https://www.hse.gov.uk/news/fac-e-mask-ppe-rpe-coronavirus.htm</p>

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Covid-19	9. Mental Health	<ul style="list-style-type: none"> Belly Dance Soc Members Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions Anyone else who physically comes in contact with the Belly Dance Society in relation to the class 	3	5	15	<ul style="list-style-type: none"> Committee members will promote mental health & wellbeing awareness to members during the Coronavirus outbreak and will offer whatever support through training such as WIDE Committee to share relevant support services to members i.e. Student Services, Security, Enabling Team, Advice Centre, Emergency Services 	2	4	8	<ul style="list-style-type: none"> Regular communication of mental health information and SUSU policies for those who need additional support.

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Covid-19	10. Physical Activities	<ul style="list-style-type: none"> Belly Dance Soc Members Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions Anyone else who physically comes in contact with the Belly Dance Society in relation to the class 	3	5	15	<ul style="list-style-type: none"> Ensure regular review of Government guidelines before engaging in belly dance activities No more than 6 people should attend the belly dance activity at campus. Currently the guidelines say that people can go outside more than once a day for exercise alone or with their household, or with up to five people from outside their household providing they observe social distancing. 	2	5	10	<ul style="list-style-type: none"> People can now go outside more than once a day for exercise in groups of up to six people, as long as people from different households observe social distancing by keeping two metres apart. All of this must be done safely and responsibly, and if someone is planning to exercise or take part in some activity in a small group, they should familiarise themselves with all the government guidance around social distancing and hygiene, in particular.

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Covid-19	11. Travelling for physical activity	<ul style="list-style-type: none"> Belly Dance Soc Members Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions Anyone else who physically comes in contact with the Belly Dance Society in relation to the class 	5	4	20	<ul style="list-style-type: none"> You can travel for physical activity. Ideally use your nearest, local appropriate venue to reduce pressure on transport infrastructure. You can travel to outdoor open space irrespective of distance. You shouldn't travel with someone from outside your household unless you can practise social distancing - for example by cycling. It is not possible to practice effective social distancing in small vehicles. You should consider all other forms of transport before using public transport. Leaving your home - the place you live - to stay at another home is not allowed. Continue to review guidelines prior to traveling 	5	3	15	

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Covid-19	12. Sharing equipment	<ul style="list-style-type: none"> Belly Dance Soc Members Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions Anyone else who physically comes in contact with the Belly Dance Society in relation to the class 	2	5	10	<ul style="list-style-type: none"> Limiting sharing of hip scarfs and other belly dance equipment. Ideally, each member should bring their own hip scarf. 	1	4	4	<ul style="list-style-type: none"> If costumes need to be tried on, only one person should handle and distribute the costumes Costumes/veils may/should be washed after use.



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	13. Performances	<ul style="list-style-type: none"> Belly Dance Soc Members Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions Anyone else who physically comes in contact with the Belly Dance Society in relation to the class 	2	5	5	<ul style="list-style-type: none"> No activity should be performed live in front of a large-scale group Only possible with online performances 	1	3	3	<ul style="list-style-type: none"> Review any changes to the governments' guidelines

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	Introduce safety measures before first class:	Committee members and/or teachers	4 June		
2	Ensure that all members wash their hands upon arrival into the Activities room	Committee members and/or teachers	4 June		
3	Make sure that windows are open throughout class to allow ventilation	Committee members and/or teachers	4 June		
4	Make sure that windows are open throughout class to allow ventilation	Committee members and/or teachers	4 June		
5	Ensure members have downloaded and read the RA prior to coming to class	Committee members and/or teachers	4 June		
6	Make sure that the Activities room is cleaned between classes	Committee members and/or teachers	4 June		
7					
8					

9					
10					
11					
12					

Responsible Committee members signature: Print name: McKayla Jarrat  Date: 01 June 2021		Responsible Assessor signature: Print name: Therese Berendt  Date: 01 June 2021	
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Assessment Guidance

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

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				

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.

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

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.