**COVID-19 risk assessment for Yoga with Baby / Baby Massage run by Caroline Graham (Ready for Baby)**

Company name: Ready for Baby

Assessment carried out by: Caroline Graham

Date assessment was carried out: 22/3/2021

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| **What are the hazards?**  | **Who might be harmed and how?**  | **Controls**  | **What further action do you need to consider to control the risks?**  |
| Getting or spreading coronavirus in common use high traffic areas such as the cafe, corridors, rest rooms, toilet facilities, entry/exit points to facilities,  | InstructorClientsGym staff/ members | Clients advised to stay home if feeling unwell, contact details taken for contact tracing. Details passed to venue.All to sanitise hands on entry to the venueD10 available for sanitising floor if requiredFollow guidance of maximum number of clients in the space with socially distanced spaces marked out.Ventilation on during session.Doors propped open to avoid touching door handlesAccessible toilet accommodates one person at a timeFace masks to be worn on entry to the gym until seated in the studio. | Provide the following information by email and verbally:Clients advised to stay home if feeling unwell, contact details taken for contact tracing.Clients advised to social distance in the venue and to stay in their allotted space.Clients to bring their own equipment (mat and towel) if gym equipment is used it will be sanitised before and after use. Handouts to be emailed rather than given out.Meet clients on entry and guide them to the room ensuring social distancing. |
| Getting or spreading coronavirus by not washing hands or not washing them adequately  | InstructorClientsGym staff/ members | All to sanitise hands on entry to the venueProvide water, soap and drying facilities at toiletsHand sanitiser available in the studio | Remind clients on booking information and during the session of expectations. |