

Summary of Risk Assessment for Pilates and Exercise in Wingerworth Parish Rooms provided by Jill Langley, Community Pilates and Exercise Tutor July 2021

The Risk Assessment (RA) has been written to help keep us and our households as safe as possible and to comply with current Government Guidance. Below is a summary of the Risk Assessment, to view the full document go to www.communitypilatesandexercise.org or ask for a copy.

NB. If you or anyone in your household/bubble has symptoms or is in quarantine, you MUST remain at home

BEFORE CLASS

- * Sanitise hands on arrival, when leaving, after using toilets. Parish rooms will clean door handles & surfaces regularly.
- * I will be wearing a mask before and after the class, please could you do the same when moving around the building. (NB. You are not required to wear a mask during the exercise class.)
- * Maintain social distance - 2 metres at all times if possible & follow signage in the building/toilets.
- * Personal belongings to be brought & kept in a bag when not in use & placed 2m from others.
- * Payment via bank transfer before the class. On the day payment (cheque/cash) can be brought to the class in envelope indicating name & amount and to be placed in box on the table in the hall.
- * Information re. classes, (including risk assessment) to be shown on my website www.communitypilatesandexercise.org. Single use copies will be provided to be taken away by those without electronic access.
- * Provide up to date name, home tel. no. & mobile phone no. to assist with the NHS Test & Trace if required.
- * Provide email/text saying you: a) have read & agree to these conditions; b) have thought about your particular risk level- if you are over 70 or have underlying conditions or are living with someone who is at higher risk or still shielding; c) appreciate that we have taken steps to mitigate risk but that it cannot be eliminated completely.

DURING CLASS

- * Place your mats as requested to comply with social distancing. Avoid touching other people/things.
- * Do not wear a mask while exercising.
- * Use only your own equipment - initially mat, block, small towel/cushion.
- * You will not be asked to work with a partner.
- * Use your own water bottle at anytime if required.

AFTER CLASS

- * Leave in a socially distanced fashion via the exits indicated, taking all your belongings with you & using hand sanitiser on the way out.