

## Addendum, Covid-19 - Health and Safety Policy

- POLICY AIM:** To ensure that the risks of Covid-19 presented to members, staff and visitors are reduced to an acceptable level.
- POLICY OBJECTIVES:**
- To conduct all our activities safely and in accordance with legislative standards and in consideration of government guidance
  - To provide safe working and training conditions
  - To ensure a systematic approach to the identification of risks and the allocation of resources to control them
  - To openly communicate on health safety and welfare
- POLICY STATEMENT:** **Fresh Gym** recognises and accepts its responsibility as an employer and provider of services and will provide a safe and healthy workplace and environment for all staff, members and such other persons as may be affected by its activities.
- We will adopt health and safety arrangements under Covid-19 in line with Health & Safety legislation, and in consideration of government guidelines.
- Good health and safety management will be an integral part of the way that the setting operates and will be considered across all work activities and across the wide range of educational activities delivered.

**SIGNED:**



..... Founder of Fresh

14<sup>th</sup> July 2020..... Date

## FRESH GYM WILL:

- Apply and communicate sensible risk management and safe working practices. This will involve:
  - Regular assessment of hazards and associated risks
  - Implementing preventive and protective control measures against those risks to an acceptable/ tolerable level
  - Monitoring the effectiveness of those measures by senior staff
  - Provision of information, instruction, training and protective equipment to staff (and members where required)
  - Review of risk assessments, policies, procedures and practices at regular interval and where additional information is gained through changes in government guidance, monitoring or following an incident.
- Implement measures to ensure social distancing is observed across the site and in all buildings consistent with and appropriate to the numbers of members, staff and visitors allowed on site at one time.
- Maintain an appropriate hygiene regime to be followed by all members, staff and visitors.
- Operate an enhanced cleaning regime for the duration of Covid-19.
- Ensure that staff are informed and instructed to ensure competence and awareness of health & safety precautions required during Covid-19.
- Educate members about Covid-19 and to encourage and re-assure them about the measures in place to protect themselves from it.
- Require all employees and encourage and support all members to show a proper personal concern for their own safety, for that of the people around them.
- Require staff to exercise increased due care and attention and observe safe working methods.
- Communicate regularly and effectively with staff and members about the setting's response to Covid-19.
- Put in place measures to check on staff wellbeing.
- Draw up contingency plans for:
  - Someone falling ill or demonstrating symptoms on site
- Provide appropriate personal protective equipment (PPE) as required by staff.