

Risk Assessment for In Person Yoga Classes in Village Halls

Hazard	Those at potential risk	Controls	Additional Controls	Performed by
Spread of Covid 19	<ul style="list-style-type: none"> • Participants • Contract teacher • Other hall users • People I come into contact with if I contract Covid 19 • People other participants come into contact with if they contract Covid 19 	<p><u>Handwashing</u></p> <ul style="list-style-type: none"> - Facilities for handwashing available in men and women's toilets, and additionally in the kitchen. - Hands will be dried with towels and not air blowers (participants will be reminded of this by email and when given a copy of this risk assessment). - The hall is providing soaps and other cleaning products, in addition I will provide hand sanitizer for use at the start and end of each class <p><u>Cleaning</u></p> <ul style="list-style-type: none"> - Regular cleaning of the halls is being undertaken. - In East Horsley Village Hall the room will be cleaned prior to us 	<p>Participants will be reminded by email and upon booking of the importance of regular hand washing for 20 seconds minimum and the use of sanitizer if this is not possible</p> <p>Tissues will be provided in case of sneezes and participants reminded to catch it, bin it, kill it</p>	<p>The halls will be responsible for regular cleaning of the venues.</p> <p>East Horsley Village Hall will be cleaning the venue before and after we use it.</p> <p>I will be cleaning switches and surfaces in Little Bookham Hall before my classes, Contract teacher will do before their classes</p>

		<p>entering the main hall</p> <ul style="list-style-type: none"> - In Little Bookham Village Hall I will clean all switches, flushes, taps and surfaces in line with government guidance before each of my classes - Contract teacher will clean the switches, flushes taps and surfaces before her session in Little Bookham Village Hall - After use of the washroom or kitchen in Little Bookham Village Halls participants will clean surfaces and flushes with cleaning products provided by the hall - After use of the washroom in East Horsley Village Hall participants will clean surfaces with products provided by the hall or myself <p><u>Social Distancing</u></p> <ul style="list-style-type: none"> - Participants will be asked to not arrive more than a couple 	<p>Each class will be reminded of the importance of social distancing</p> <p>I will be giving participants more than 2 metres distance during the Yoga classes</p> <p>Contract teacher and I will discuss these measures and this risk assessment and regularly keep in touch with any updates or raise any additional concerns promptly in order to keep</p>	<p>Participants will clean toilets or other facilities used after each use.</p> <p>Contract teachers & I will be reminding people to regularly hand wash and sanitize, and to use tissues for sneezes and coughs</p> <p>The halls will provide signage on handwashing and other hygiene practices to limit the spread of Covid 19</p>
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Holly's Breathing Space Yoga

		<p>of minutes early to each class and to maintain social distancing while waiting to enter the venue</p> <ul style="list-style-type: none">- Participants will be asked to maintain social distancing throughout entering and leaving the halls- Participants will bring their own mats and equipment- The mats will be spaced more than 2 metres apart in the hall and this will be visually indicated by the use of spot markers which will only be touched by myself or Contract Teacher when we have just washed or sanitized our hands- Contract teacher will have her own set of spot markers which I will provide- No equipment will be shared <p>PPE (Personal Protective Equipment)</p>	<p>participants completely safe.</p>	
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Holly's Breathing Space Yoga

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