

LIFE-FORCE CENTRE

Covid-19 Risk Assessment for Courses & Groups

Introduction

The LIFE-FORCE CENTRE has carried out a Covid-19 risk assessment for groups and courses taking place on the premises during this period of returning to work. We follow the Gov.UK Guidances & Advice and are committed to providing a safe, clean, and sanitised environment for all to use. All tutors and participants/students are required to adhere to these requirements in addition to the LIFE-FORCE Centre **Covid-19 Policy** which can be viewed on our web site.

Requirements

1. If you, or anyone you are in contact with, are showing any Covid 19 symptoms such as fever or chill, dry cough, shortness of breath or difficulty in breathing, fatigue, muscle or body aches then please don't enter the LIFE FORCE building and follow the government guide lines.
2. All participants will be required to bring a face mask and/or face shield and wear in the public communal areas of the building.
3. **Educational Sessions:** maximum number of participants/students and tutors = 10 people in total in Rainbow Room spread out at a distance of 1 meter plus.
4. Wearing a face mask or/and a face shield maybe required in the training room (Rainbow Room) for your own personal health considerations or when social distancing of 2 meters cannot be maintained, unless you are exempt. The decision to wear a face covering is each person's personal choice and responsibility and can be discussed with the course leader at the time as necessary.
5. If you are exempted from wearing a face mask please inform the tutors and consider wearing a face shield instead.
6. Upon entering the Centre, participant/students should either wash their hands thoroughly for a minimum of 20 seconds or use the hand gels in the entrance.
7. Please always bring with you a face mask/face shield, unless you are exempt, your own small bottle of hand gel sanitiser and tissues to use for personal use.
8. All Tutors must ask their participant/students to arrive not more than 10 minutes before the start time of the group session and to go straight to the allocated room. Therefore Tutors should advise them in advance of the location of the relevant room in the building.
9. The Tutor has access to a thermometer gun and may therefore need to take your temperature on arrival. If you record a temperature above 37.8 degrees Celsius you will be asked to leave the building.
10. Please bring your own hot drinks in a flask or/and bottled drinks as there will not be any tea and coffee making facilities available for use.
11. Lunch and break time please continue to be mindful of social distancing rules and bring your own snacks/food or alternatively you can go out to eat.
12. When you are required to use the therapy rooms as break out rooms for practice sessions please be mindful to maintain social distancing.
13. On the way to the therapy rooms remember you will pass through the public communal areas of the building so masks or face shields must be worn unless you are exempt.
14. In small groups when you are considering to whether or not to wear a face mask or shield please take into account your own health circumstances and those of whom you live with.
15. At the end of the group/course all participants/students should leave the building promptly.