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| [MC | **Dates of Sessions:  11/6/21 – 16/7/21 and 3/9/21 – 22/10/21  Fridays**  **Event Open:** 10.30am – 11.30am | **Venue:**  Pontcanna Fields, Cardiff |
| **Event Organiser:**  Menter Caerdydd  **Fitness Instructor:**  Rebecca Williams | **Risk assessment undertaken by:  Gwennan Young,**  Family Service Development Officer | **Distribution:**   * Office and Fitness Instructor |
| **Signed: G.Young**  **Date:** 18/5/21 |

**Scope of Risk Assessment**

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| Bygi Heini – Fitness class for parents. **11/6/21 – 16/7/21 & 3/9/21 – 22/10/21, Fridays, 10.30am – 11.30am** |

**Visitor Profile**

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| * Age range: 0yrs old – 40 years old * Alcohol consumption: None * % Children: 50% * Busiest times: 10.30am – 11.30am * Average attendance: Number participants = 15. Number spectators = 0 Number staff = 1 | * Anticipated gender split: 90% Female 10% Male * Likelihood of some drug use: None * % Disabled / new and expectant mothers: 90% very new mothers * Fathers / Mothers with children = 100% |

| **Hazard** | **Consequences** | **Who is at Risk** | **P** | **S** | **R** | **Controls** | **P** | **S** | **R** | **AL** |
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| Look only for hazards which you could reasonably expect to result in significant harm. Use the following examples as a guide:-   * Slipping/tripping hazards * Noise * Electricity * Gas * Fumes * Fire * Vehicles * Chemicals * Moving parts of machinery * Manual Handling * Work at height * Ejection of materials * Poor lighting * Affects of bad weather | List the potential impact of the risk to people and the event | There is no need to list individuals by name - just think about groups of people who might be affected e.g.:-   * Participants * Performers * Stewards * Children * Elderly * Disabled * Pregnant/Nursing women * Members of the public |  |  |  | Have you already taken precautions against the risks from the hazards you listed, for example have you provided:-   * Adequate information, instruction or training? * Adequate safe systems or procedures?   Do the Precautions:-   * Meet the standards set by a legal requirement? * Comply with a recognised standard? * Represent a good practice? * Reduce risk as far as reasonably practicable?   If so, then the risks are adequately controlled, but you need to indicate the precautions you have in place. You may refer to procedures, manuals, etc. giving this information. |  |  |  | What more could you reasonably do for those risks which you found were not adequately controlled?  Priority should be given to those risks which affect large numbers of people and/or could result in serious harm. Apply the principles below when taking  further action, if possible in the following order:-   * Remove the risk completely * Try a less risky option * Prevent access to the hazard (e.g. by guarding) * Put procedures in place to reduce exposure to the hazard   Issue personal protective equipment |
| Tripping | Could trip whilst running with a Buggy | Participant also member of the Public. | 3 | 2 | 1 | Adequate footwear and to run with control | 3 | 2 | 1 | No action Required |
| Vehicles | A vehicle could hit a pedestrian whilst walking or the buggy | Participant also member of the Public. | 2 | 2 | 1 | To be aware of vehicles | 2 | 2 | 1 | Review each session |
| Rubbish /Dog Faeces/Drugs etc | Could cause an infection or a disease. | Participant also member of the Public. | 3 | 2 | 1 | To be vigilant | 3 | 2 | 1 | Review each session |
| Bad Weather | Could slip due to floor too slippery.  Unable to hold grip on buggy due to wet weather | Participant also member of the Public. | 3 | 1 | 1 | To be aware of wet and slippery surface. | 3 | 1 | 1 | Review each session |
| Covid-19 Infection | The spread of coronavirus Covid-19 between asymptomatic carriers amongst staff or attendees could lead to viral infection and illness. | All in attendance – in particular anyone with pre-existing conditions or those over the age of 70. | **3** | **5** | **15** | We will be taking all possible steps to prevent the spread of covid-19 and to discourage and prevent anyone showing symptoms from attending.  The fitness instructor will take a Lateral Flow test before each session.  Equipment will be kept to a minimum to minimise the likelihood of spreading the disease. All equipment will be cleaned before and after each session.  Participants will be told to remain at least 2m apart at all times.  We will be sending a Covid19 questionnaire out to all participants 24 hr before each of the sessions to monitor any risks.  Participant numbers are kept to a minimum, and a detailed record of participants is maintained for the implementation of Testing, Protection and Tracking  Contact with personnel suspected of having caught COVID-19 will be avoided.  Discussions will be held for all personnel on site, alerting them to the risks posed by the virus as well as the control measures outlined in this assessment and from government guidance. This will include informing personnel of known symptoms.  We will adopt and keep under review new government / World Health Organization guidelines when available. | **1** | **5** | **5** | No further action to implement apart from the precautions and procedures already in place. |

**Risks to be monitored during event**

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| **Hazard** | **Monitored by** | **Frequency** | **Responsible** |
| Covid-19 | Staff  (Gwennan Young) | Constant monitoring of government guidelines and any new updates, particularly with regards to outdoor fitness activities. Staff will also monitor covid19 questionnaires that are sent to each participant, every week, and ensure all relevant paperwork and procedures are completed and adhered to. | Session Supervisor  (Rebecca Williams) |
| Trip & Slip Hazards / General sports injuries | Staff  (Gwennan Young) | Constant monitoring by staff of all equipment to ensure it is intact, in a safe location and not posing any risk to participants. | Session Supervisor  (Rebecca Williams) |