

WHAT ARE THE HAZARDS	WHO MIGHT BE HARMED	CONTROLS REQUIRED	ADDITIONAL CONTROLS	ACTION BY WHO?
SPREAD OF COVID 19	- INSTRUCTOR - PARTICIPANTS - MEMBERS OF THE PUBLIC			
	If any participant develops symptoms they are to inform the instructor (Andrew Whittle) immediately so he can advise all participants who have had contact with the symptomatic person	<p>strict social distancing to be in force before, during and after sessions, as per government guidelines</p> <p>Provision of cleaning materials to be used on all equipment used during session. Ensure equipment is sanitised before and after every use.</p> <p>Provide a register of attendees which will be held for 21 days</p> <p>When participants arrive ensure they maintain social distancing from the outset and do not 'congregate' together</p> <p>-brief participants before each session to maintain social distancing and reminding them at regular intervals during the session</p>	<p>participants to be reminded to wash hands thoroughly before attending each session</p> <p>hand sanitiser to be available for participant use during sessions</p> <p>participants will be advised to bring their own mats. There will be no sharing of workout mats.</p> <p>Participants will be reminded of their responsibilities to follow government guidelines. This includes staying away if they develop any symptoms associated with COVID 19</p> <p>If any participant develops symptoms they are to inform the instructor (Andrew Whittle) immediately so he can advise all participants who have had contact with the symptomatic person</p> <p>Ensure participants exercise in an area that causes the least possible impact to members of the public. If there are members of the public around all participants will be reminded to maintain social distancing</p>	Instructor and participants
PARTICIPANTS WANTING TO EXERCISE WHEN RECOVERING FROM COVID 19	Participants	Participants recovering from COVID 19 will not be permitted to return to the session until: 1) It has been confirmed that they no longer carry the virus 2) Have been cleared by a health professional to return to exercise		Instructor and participants