

Barre Define Risk Assessment (incl. COVID-19)

Risk	Person(s) affected	Danger rating (1-5) 1=minimal harm 5=death	Action taken
Muscle injury/sprains	All	1	Instructor fully qualified. Warm up and cool down/stretches. Instructor first aid trained. Make sure at least 2 adults are available to set up barres. During an online class, if necessary, instructor would notify next of kin or emergency services.
Fainting/heat exhaustion	All	2	Studio ventilated where necessary. Regular drink breaks encouraged. Different levels of difficulty given so students can work to own fitness levels. Instructor first aid trained & emergency contacts held. During an online class, if necessary, instructor would notify next of kin or emergency services.
Contracting COVID-19 from within the studio	All	3	Follow government guidelines on self-isolation. Keep contact details of all students and use Test Track & Trace if necessary. To reduce risk: Limit class sizes and mark out barres for social distancing (2m), separate

			entrance & exit to buildings, hand washing facilities and hand sanitiser available.
Contracting COVID-19 from elsewhere or coming into close contact with someone who has tested positive.	All	3	Do not come to class. Use Test Track & Trace where necessary and follow government guidelines on self-isolation.
Overcrowding in studio	All	1	Limit class sizes and mark out 2m distance on barres. Encourage all students to observe social distancing at all times in the building and when waiting outside
Cleanliness of high touch areas (door handles, barres)	All	1	Doors kept open where possible to limit touching door handles. Barres/mats and surfaces disinfected before and after class. 10 min cleaning time added between classes.
Lack of ventilation	All	1	Doors and windows open where possible to allow good ventilation.