

Risk assessment

Company name: UYOGA STUDIO

Assessment carried out by: CAROLINE SHONE

Date of next review: 20/1/2021

Date assessment was carried out: 20/7/2020

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?
Visiting the studio	Students contracting or transmitting Covid - 19	Students must NOT visit the studio if they have any symptoms or have been in contact with Covid – 19. A declaration will be required when booking a class and acceptance of the terms and conditions	Each student will have their temperature taken on arrival. Classes scheduled to ensure no overlap of students between classes. Caroline will ensure all documents are regularly reviewed and updated in accordance with the most up to date government guidance.	Caroline	Ongoing
Cleaning, hygiene and handwashing	Students contracting or transmitting Covid - 19	Hand sanitising gel to be used on arrival. Hand sanitising stations	Caroline to oversee	Caroline	Ongoing

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		are available on arrival, in the studio and in the toilet. A Cleaning and Hygiene Procedure is in place			
Physical Distancing	Students contracting or transmitting Covid – 19 as a result of close contact at the studio	Classes have been set up to ensure physical distancing can be adhered to. Only students booked on a class may enter the studio	Caroline to oversee and direct students	Caroline	Ongoing
Use of Equipment	Students contracting or transmitting Covid – 19 as a result of equipment use	All students and Caroline will have their own designated equipment. Students may bring their own mat, bricks and blocks. See: Cleaning and hygiene Procedure	Caroline to adhere to the Cleaning and Hygiene Procedure	Caroline	Ongoing

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Teaching, Spotting and First Aid	Students contracting Covid – 19 as a result of close contact with Caroline	Caroline is permitted to offer physical spotting in situations to prevent injury or in a medical emergency. Caroline will take her temperature just before the class. If there is time Caroline will wear PPE before spotting. Classes will be planned to reduce the need for close contact.	Ensure temperature taken. Have PPE available nearby. Plan classes accordingly	Caroline	Ongoing
Air and Ventilation	Students contracting or transmitting Covid – 19 from the air	MVHR system ensuring fresh filtered air and no less than 40% air humidity. Air purifier. Social distancing adhered to.	Ensure MVHR system filters cleaned/ replaced according to guidelines. Ensure air purifier filters cleaned.	Caroline	MVHR system filters cleaned every 3 months and replaced every 6 months. Replaced 6/7/2020

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		Students not face to face				

TRACK & TRACE

Uyogastudio will cooperate with the necessary health personnel and NHS Test and Trace Scheme in the event any individual who has attended the studio tests positive for COVID - 19