

ManAlive Fitness Ltd COVID-19 Response

Our goal is to continue to support the health and wellbeing of our members and coaches whilst operating in the safest possible way for all involved.

The following assessments, actions and procedures are in place to ensure the health and safety of all members and coaches.

Please be aware this is a living document and may be updated at any time in response to new guidance and recommendations based on the latest science.

Our response has been put together using guidance and information from:

Coronavirus (COVID-19): guidance on the phased return of sport and recreation

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation#history>

COVID-19: cleaning of non-healthcare settings

<https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings>

Managing risks and risk assessment at work - Coronavirus (COVID-19): update

<https://www.hse.gov.uk/simple-health-safety/risk/index.htm>

COVID-19 - A framework for the re-opening of gym, leisure centre and wider fitness industry during social distancing

<https://www.ukactive.com/wp-content/uploads/2020/05/Covid-19-A-framework-for-the-re-opening-of-the-gym-and-fitness-industry-V1.1-FINAL.pdf>

Chartered Institute for Management of Sports and Physical Activity

<https://www.cimspa.co.uk/>

ManAlive Fitness Ltd COVID-19 - Risk Assessment

Where	Hazard	Who's affected	Assessment of Risk			Controls	Residual Risk			Action Lead	
			No	Low	Med		High	Low	Med		High
Pitch (Training area)	Equipment not properly spaced	Members & Coaches	32		X		Ensure 5m spacing between equipment. Pre-session briefing of rules and clear signage.	X			Head Coach
Clubhouse (shower & change)	Indoor confined space	Members & Coaches	32		X		Limit clubhouse access to coaches only. No use of changing rooms or showers. Toilets access only with social distancing. Pre-session briefing of rules and clear signage.	X			Head Coach
Equipment	Equipment contaminated with COVID-19	Members & Coaches	32			X	Equipment sanitised before and after every session with commercial disinfectant (Steri-7). No sharing of equipment during sessions. Members and coaches to wash hands or use provided sanitiser before and after every session. Members/coaches to refrain from face touching during sessions. Members/coaches to wear gloves and clean them after every session. Pre-session briefing of rules and clear signage.	X			Head Coach
Members/Coaches	COVID-19 Infection	Members & Coaches	32			X	Members/coaches to self-isolate for 14 days if symptoms present in their bubble. Pre-session briefing of rules and clear signage.	X			Craig O'Toole
	Members/coaches too close together	Members & Coaches			X		Members/coaches to remain 2m apart at all times. Increase size of training area to allow for social distancing. Programming adjusted to include individual workouts only. Pre-session briefing of rules and clear signage.				Head Coach
	Members/coaches touching others or their property	Members & Coaches	32		X		Zero physical contact policy between members/coaches and their property. Pre-session briefing of rules and clear signage.	X			Head Coach
	Existing members restarting	Members & Coaches	32		X		Email all restarting members rules prior to start. Pre-session briefing of rules and clear signage.	X			Craig O'Toole
	New members starting	Members & Coaches	32		X		Email all new members rules and explain them over the phone prior to start. Pre-session briefing of rules and clear signage.	X			Craig O'Toole
	Travel to and from training	Members & Coaches	32		X		Advise members/coaches not to car share.	X			Craig O'Toole
	Use of cleaning products	Coaches	2	X			Provide training on safe use. Use cleaning products outside. All products are non-toxic and don't require PPE.	X			Craig O'Toole
Bookings, payments and admin	Physical contact between members/coaches	Members & Coaches	32	X			All bookings, payments and admin are currently remote/online and will continue in that way.	X			Craig O'Toole

ManAlive Fitness Ltd COVID-19 - Safety Plan (UKactive Template)

Question	Describe What You Will Do	Who is Responsible
How will you manage the risks of re-opening your facility following phase 3 of the Governments reopening?	<ul style="list-style-type: none"> • <i>Produce and share Covid-19 Operation Policy and Covid-19 Key Points documents with coaches and members</i> • <i>Regular contact with coaches regarding re-opening plans</i> • <i>Regular training of coaches to update on any changes to advice regarding Covid-19</i> • <i>Purchase of cleaning and sanitization equipment and consumables</i> • <i>Purchase of signage outlining our Covid-19 Operation Policy and Key Points</i> • <i>Change to programming to allow for social distancing and hygiene</i> 	Craig O'Toole
How will you ensure that all staff are able to keep themselves safe from exposure to COVID-19?	<ul style="list-style-type: none"> • <i>Provide ongoing training and reviews of procedures as per our Covid-19 Operation Policy</i> • <i>Continue to enforce proper social distancing and hygiene procedures</i> 	Craig O'Toole
How will you ensure your staffs' wellness and to ensure they are safe and well to work?	<ul style="list-style-type: none"> • <i>Coaches to self-report any symptoms within their household – 14 days self-isolation is there are symptoms present</i> • <i>Coaches reminded to adhere to Covid-19 Operations Policy</i> 	Craig O'Toole
How will you operate your business to ensure staff and members/customers are kept safe from exposure to Covid-19?	<p>Social Distancing:</p> <ul style="list-style-type: none"> • <i>Zero physical contact</i> • <i>All members and coaches to be 2m apart at all times</i> • <i>Do not attend if anyone in household has symptoms</i> • <i>No sharing of equipment</i> • <i>Individual workouts using bodyweight, kettlebell or sandbag</i> • <i>No changing room or shower access</i> <p>Hygiene:</p> <ul style="list-style-type: none"> • <i>Wash hands before and after all sessions</i> • <i>Do not touch face or other people's personal belongings</i> • <i>Wear gloves and clean after every session</i> • <i>Sanitise kettlebells and sandbags before and after every session</i> 	Craig O'Toole & Head Coaches

How will your organisation manage exposure or suspected exposure to Covid-19?	<ul style="list-style-type: none"> • <i>Enforced self- isolation of any coach or member who has symptoms in their household</i> • <i>Contact tracing of those who attended the same training session AND where in 'close contact'</i> 	Craig O'Toole
How will you monitor your work processes and risk controls to be effective?	<ul style="list-style-type: none"> • <i>Regular onsite inspections by Craig O'Toole</i> • <i>Regular review and coach training on our Covid-19 Operations policy</i> • <i>Regular contact with coaches to listen to any concerns</i> 	Craig O'Toole
How do any of the changes to the way in which you operate impact on the the work you do?	<ul style="list-style-type: none"> • <i>Covid-19 operation policy and risk assessments are not contradictory with current risk assessments</i> • <i>Coaches numbers to remain the same, member numbers/ratios based on government advice</i> 	Craig O'Toole

ManAlive Fitness Ltd COVID-19 - Operations Policy

Based on the guidance and information we have collated combined with our own risk assessment and safety plans we have produced the following simple steps we will take (and ask members to take) to minimise the risk of COVID-19. These are split into two basic areas of Social Distancing and Hygiene.

Social Distancing

Zero physical contact

All members and coaches must refrain from all physical contact at training sessions. This includes but is not limited to partner warm up drills, stretches, handshaking/high fives, coaching corrections etc.

All members and coaches to be 2m apart at all times

All members and coaches must remain 2m apart at all times. Coaches will ensure the workout areas and equipment are properly spaced. Coaches and members should pay special attention to 'unstructured' parts of the sessions such as warm up/cool down and times where members are collecting/selecting kit. Also please consider travel to and from sessions in this regard.

Do not attend if anyone in household has symptoms

All members and coaches who have symptoms in their household must refrain from attending sessions for 14 days. Primary symptoms are a temperature and/or persistent cough. Ne exceptions.

No sharing of equipment

All members and coaches must where at all possible avoid sharing equipment. Members should, where at all possible select the kit they wish to use and use that exclusively during the session.

Individual workouts using bodyweight, kettlebell or sandbag

To minimise the chance of cross contamination and to ensure proper social distancing workouts will be limited to minimal use of kit and will be individual workouts only.

No changing room or shower access

The changing rooms and clubhouse will be off limits to all but coaches. Toilets will remain available for those who wish to use them whilst abiding by appropriate social distancing.

Hygiene

Wash hands before and after all sessions

All members and coaches must either use the provided alcohol rub or wash their hands thoroughly with soap and water for 20s before and after all sessions.

Do not touch face or other people's personal belongings

All members and coaches must refrain from touching their face or other people's personal belongings whilst at sessions, this includes but is not limited to water bottles, keys, bags, clothes etc.

Wear gloves and clean after every session

All members and coaches must wear gloves at all sessions and clean them before and after every session with either soap and water or alcohol.

Sanitise sandbags and kettlebells before and after every session

Coaches will sanitise sandbags and kettlebells before and after all sessions using appropriate antimicrobial sprays and wipes.

COVID-19 Contact Us

Should you have any questions about our response please contact our COVID-19 lead Craig O'Toole
craig@manalive.co.uk