**Covid 19 Outdoor Personal Training Risk Assessment**

**Risk of transmission during a PT session:**

* Close proximity for a prolonged period of time (60 minutes).
* During exercise respiration is increased which will increase chances of transmission through air and droplets landing on equipment.
* Physical contact when assisting or correcting exercises.
* Physical contact when assisting stretches.
* Constant contact of pieces of equipment.

**Action steps to reduce the risk of transmission:**

* All training sessions will be held outdoors where there is free flowing air and UV light to help dissipate and kill the CV19 virus.
* All equipment will be cleaned before and after each client’s session with antibacterial spray or alcohol sanitizer of above 70% alcohol.
* All equipment will be cleaned with antibacterial spray or alcohol sanitizer of above 70% alcohol before the client uses the piece of equipment.
* I (the trainer) will avoid contact with equipment the client will be using where possible when demonstrating exercises.
* If I (the trainer) touch any equipment I will clean with alcohol sanitizer of above 70% alcohol before the client uses the piece of equipment.
* Maintain 2m distance.
* No assisted stretching.
* No physical cueing or repositioning of the client’s body.
* I will not “spot” the client during any exercise, all sets will be submaximal unless I (the trainer) have trust in the client’s ability to manage higher intensity sets safely.
* I will (where appropriate) provide duplicate pieces of equipment where possible to reduce the rate of use between clients.

**CV19 High Risk Categorisation:**

* Anyone under taking chemotherapy or radiotherapy for cancer
* Anyone under taking other cancer treatments that supress the immune system
* Previous organ transplants
* Any severe lung condition such as COPD, cystic fibrosis or severe asthma
* Serious heart conditions
* Other conditions with suppressed immunity such as sickle cell or on medication that supresses immunity such as steroids

**CV19 Moderate Risk Categorisation:**

* Diabetic
* Obese (BMI of 40 or above)
* Pregnancy
* 70 or older
* Less severe lung conditions such as bronchitis
* Kidney or liver conditions
* Nervous system condition such as Parkinson’s, motor neurone, muscular sclerosis, cerebral palsy

https://www.nhs.uk/conditions/coronavirus-covid-19/advice-for-people-at-high-risk/

**Trainer / Client Declarations:**

* I (the trainer) will not be booking appointments if I or anyone of my household is showing symptoms of CV19 such as a high temperature of new persistent cough.
* Outside of work I am following social distance guidelines to avoid risk of infection of CV19.
* I will make the training environment as physically safe to train in as possible.
* I will follow the steps set out in the risk assessment to maximise the safety of myself (the trainer) and my clients.
* All clients must not book face to face sessions if they or any member of their household is showing symptoms of CV19 such as a high temperature of new persistent cough.
* All clients must accept the steps I have taken in ensuring their safety during the sessions.