



# Leeds Aerial Arts Studio: COVID-19 Risk Assessment

For CLIENTS visiting and training at the studio

	Risk	Details & Actions	To be completed by	Frequency
<b>Visiting Leeds Aerial Arts</b>	Clients contracting or transmitting Covid-19	<ul style="list-style-type: none"> <li>• Clients must <b>not</b> visit the studio if they have symptoms or have had potential contact with COVID-19. A declaration will be required when booking class.</li> </ul>	To be implemented and monitored by LMC.	Ongoing
		<ul style="list-style-type: none"> <li>• Classes and training will be scheduled to minimise contact between clients. There will be a scheduled gap between sessions and clients are encouraged to arrive no earlier than 15 minutes before their start time.</li> </ul>	Classes scheduled by LMC procedure to be adhered to by the client.	Ongoing
		<ul style="list-style-type: none"> <li>• Clients will be required to book before attending the studio and to confirm they are free from symptoms and agree to our terms of attending class.</li> </ul>	Booking system to be maintained by LMC	Ongoing
		<ul style="list-style-type: none"> <li>• Lorna Mackinder-Clark, on behalf of Leeds Aerial Arts LTD, will ensure that all documents are regularly reviewed and updated in line with the most up to date Government advice.</li> <li>• Lorna Mackinder-Clark has completed 'An Introduction to Infection Prevention and Control' &amp; 'Prevent COVID-19' Online courses.</li> </ul>	LMC	Ongoing
<b>Cleaning, Hygiene &amp; Handwashing</b>	Clients contracting or transmitting	<ul style="list-style-type: none"> <li>• Hands must be washed upon arrival at the studio:               <ul style="list-style-type: none"> <li>○ Handsanitising stations are located in the Cross York Studios foyer, toilet area and Studio 2 Reception.</li> </ul> </li> </ul>	Action encouraged by the instructor.	Ongoing



	Covid-19 at Leeds Aerial Arts Studio.	<ul style="list-style-type: none"> <li>○ Handwashing facilities are available in the toilet area and main studio.</li> <li>○ Disposable paper towels and bins provided.</li> </ul>	Facilities to be maintained by LMC	
		<ul style="list-style-type: none"> <li>● Signage is in place to remind workers and clients to wash or sanitise their hands.</li> </ul>	To be maintained by LMC	Ongoing
		<ul style="list-style-type: none"> <li>● A '<i>Cleaning, handwashing and hygiene</i>' Procedure is in place to ensure the Studio is frequently sanitised and hygienic.</li> </ul>	<p>Procedure to be adhered to by the instructor. Instructor to direct clients.</p> <p>Document to be reviewed and updated by LMC</p>	Ongoing
<b>Physical Distancing</b>	Clients contracting or transmitting Covid-19 as a result of close contact at Leeds Aerial Arts Studio.	<ul style="list-style-type: none"> <li>● Classes have been set up to ensure physical distancing can be adhered to. The truss has been marked with tape to show where equipment should be rigged to ensure this distancing.</li> <li>● Signs are in place to remind instructors and clients of physical distancing guidance.</li> <li>● Visitors will attend the studio ONLY when booked onto a class in order to minimise contact and manage numbers in the space.</li> </ul>	<p>Procedure to be adhered to by the instructor. Instructor to direct clients.</p> <p>Facilities to be maintained by LMC</p>	Ongoing
<b>Use of Equipment</b>	Clients contracting or transmitting Covid-19 as a result of equipment use at Leeds Aerial Arts Studio.	<ul style="list-style-type: none"> <li>● Instructors will have their own designated equipment to be used only by them.</li> <li>● Clients will be provided with their own designated equipment to be used only by them in a class. Additionally, clients are welcome to provide their own equipment and store it securely at Leeds Aerial Arts Studio.</li> <li>● A '<i>Cleaning, handwashing and hygiene</i>' Procedure is in place to ensure equipment is sanitised and hygienic. This is publicly</li> </ul>	<p>Procedure to be adhered to by the instructor. Instructor to direct clients</p> <p>Equipment to be maintained by LMC</p>	Ongoing

		<p>available at <a href="https://leedsaerialarts.co.uk">leedsaerialarts.co.uk</a></p> <ul style="list-style-type: none"> <li>Additional shared equipment (i.e Yoga bricks, eyebags, hand loops) are not to be used until further notice.</li> </ul>		
<b>Teaching &amp; Spotting</b>	<p>Clients contracting or transmitting Covid-19 as a result of close contact at Leeds Aerial Arts Studio.</p>	<p>Due to the high-risk nature of our activity it may not always be possible to maintain a distance of 1m+ between the instructor and client:</p> <ul style="list-style-type: none"> <li>Instructors are permitted to offer physical spotting in situations to prevent injury.</li> </ul> <p>In this instance the following practical applications to manage the transmission risk will be taken:</p> <ul style="list-style-type: none"> <li>A document of <i>'Revised Teaching Techniques'</i> will be available to all instructors to minimise the need for excessive spotting.</li> <li>Classes will be shorter in duration and lessons will be planned to reduce the need for close contact and physical spotting.</li> <li>Doubles work (i.e. Two participants to one piece of equipment is not permitted at this time.)</li> </ul>	<p>Action to be adhered to by the instructors.</p> <p>Supported by LMC</p>	Ongoing
<b>'High Touch' Areas</b>	<p>Clients contracting or transmitting Covid-19 as a result of being at Leeds Aerial Arts Studio.</p>	<ul style="list-style-type: none"> <li>'High touch' items have been removed from the space (i.e. Soft furnishings, stock, leaflets and flyers)</li> <li>'High touch' area have been identified, marked and added to the <i>'Cleaning, handwashing and hygiene'</i> procedure (i.e. Intercom, door handles, hard surfaces)</li> </ul>	<p>Action to be adhered to by the instructor.</p> <p>Facilities to be maintained by LMC</p>	Ongoing
<b>Returning to Exercise and Physical Activity</b>	<p>Risk of injury as a result of returning to exercise and</p>	<ul style="list-style-type: none"> <li>All instructors are aware of this risk and will factor it into their lesson planning as part of the <i>'Revised Teaching Techniques'</i>.</li> <li>Aerial Hoop lessons and open training will be shorter in duration to factor in the additional time gained by not sharing equipment.</li> </ul>	<p>Action to be adhered to by the instructor.</p> <p>Procedures to be</p>	Ongoing

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L Mackinder-Clark  
Leeds Aerial Arts LTD



	physical activity following an extended period of time away.	<ul style="list-style-type: none"><li>• Classes will allow for an effective warm up, cool down and rest time.</li><li>• LMC, on behalf of Leeds Aerial Arts, will regularly consult with the clients and instructors to adapt schedules to support the return to training.</li></ul>	monitored by LMC	
End				

**Track & Trace:**

Leeds Aerial Arts Ltd will cooperate with the necessary health personnel and NHS Test and Trace scheme in the event that any individual who has participated in studio activities tests positive for COVID-19.

**Feedback and comments:**

This plan will be updated as we received further Government guidance, and will remain published at [leedsaerialarts.co.uk](https://leedsaerialarts.co.uk)

If you have any comments or queries please contact [lorna@leedsaerialarts.co.uk](mailto:lorna@leedsaerialarts.co.uk)