Poise for Life

Marie Perez Alexander Technique

Risk Assessment for Covid-19 at 104 Girdwood Road

Completed by Marie Perez on: 20th July 2020

Reviewed by Marie Perez on: 10th August 2020

Covid-19 is a respiratory illness that can affect the lungs and airways. Symptoms include a fever, shortness of breath, breathing difficulties or laboured breathing, muscle pain, tiredness, dry cough, sore throat, diarrhoea, loss of smell and taste, and sore/bloodshot/dry eyes. The best way to reduce any risk of infection is good hygiene and avoiding direct or close contact (closer than 2 metres) with any potentially infected person.

This is a site-specific Risk Assessment for dealing with the current Covid-19 situation while giving Alexander Technique lessons at 104 Girdwood Road. These are exceptional circumstances and everyone attending lessons must comply with the latest Government advice on Coronavirus (Covid-19) at all times AND with the specific client guidance set out below.

For further information, please also refer to guidelines issued by the government on Coronavirus [here](https://www.gov.uk/coronavirus). You can find guidance on returning to hands-on work from the Complementary and Natural Healthcare Council [here](https://www.cnhc.org.uk/returning-work-latest-updates).

This risk assessment and client guidance will be subject to ongoing review and monitoring.

Risk Matrix

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| --- | --- | --- | --- |
|  | Severity  |  | Risk Level |
| Likelihood  | Minor (1) | Major (2) | Critical (3) | Fatal (4) | Multiple fatalities (5) | Low – 1-4 score: current measures suffice | Medium – 5 to 9: Reduce risks as soon as possible | High – 10+: Stop activity and review control measures |
| Highly unlikely (1) | 1 | 2 | 3 | 4 | 5 |
| Remote (2) | 2 | 4 | 6 | 8 | 10 |
| Possible (3) | 3 | 6 | 9 | 12 | 15 |
| Probable (4) | 4 | 8 | 12 | 16 | 20 |
| Highly probable (5) | 5 | 10 | 15 | 20 | 25 |

**Risk Assessment**

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| --- | --- | --- | --- | --- | --- |
| **What are the hazards** | **Who might be harmed and how** | **Risk level** | **Measures to control the risk** | **On-going actions** | **Risk level** |
| A client with symptoms attending a lesson | Passing on virus | High | Inform clients they MUST NOT attend lessons if any of the symptoms have been present in the last 2 weeks. Inform clients they MUST notify the teacher if symptoms develop within 2 weeks after the lesson | On-going review using government guidelines;If a client develops symptoms after a lesson must inform the teacher who can pass on details to relevant authorities | Low |
| Travelling to the lesson by private car or walking | Very low possibility of contracting virus during travel and passing on | Low | Clients must follow government guidelines on social distancing and good hygieneClients must wear a face mask from the moment they ring the doorbellClients must wash hands and dry using disposable tissue / towels upon arrival | On-going review using government guidelines | Low |

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| **What are the hazards** | **Who might be harmed and how** | **Risk level** | **Measures to control the risk** | **On-going actions** | **Risk level** |
| Travelling to the lesson by public transport | Possibility of contracting virus on public transport and passing on  | High | Advise clients to avoid public transport wherever possibleIf clients cannot avoid public transport they must:* Wear a facemask at all times on public transport
* use hand sanitiser before arrival at 104 Girdwood Road
* change into clean clothes in the bathroom
* wash and dry hands using disposable tissues / towels in the bathroom
 | On-going review using government guidelines | Low |
| Moving from front door to lesson including using bathroom | Contaminating surfaces | Medium | Advise clients to use pre-sanitised chair for coats and bags and to not touch other surfacesAdvise clients to wash hands and dry before lessons beginClean all possible contact surfaces before next clientincluding doorbell, door handles, chair, toilet, taps, etc. | On-going review using government guidelines | Low |
| During the lesson – lying-down work | Close contact work / contamination | High | Teacher and client must wash hands before the lessonTeacher and client must wear face masks/coveringsTeaching room must be ventilatedIf client has travelled by public transport they must have changed clothes before the lesson | On-going review using government guidelines | Low |
| During the lesson – chair work / other work | Close contact work / contamination | Medium | Teacher and client must wash hands before the lessonTeacher and client must wear face masks/coveringsTeaching room must be ventilatedIf client ahs travelled by public transport they must have changed clothes before the lesson | On-going review using government guidelines | Low |
| Paying for the lesson | Contamination via cash or other contact | Medium | Clients asked to pay by bank transfer where possibleProvide contactless payment method (iZettle card machine)If client must pay cash provide a clean envelope for this purpose | On-going review using government guidelines | Low |
| Contact with other clients in waiting area | Contamination via close contact | Medium | Leave a longer gap between clients so no contact occursSanitise all surfaces between clients including teaching table and chair, and other areas as above  | On-going review using government guidelines | Low |

**Client Guidance**

On the basis of the above, the following advice will be given to clients and potential clients. This will be reviewed regularly using STAT, CNHC and government guidelines.

As I’m sure you’re aware, for everyone’s safety, Alexander Technique lessons will be a little different in this new world.  I have been sent guidelines by STAT and by the CNHC and been asked to complete a risk assessment specific to my work set up. On the basis of this risk assessment this is the way that lessons at my Southfields studio will now take place:

* **If you have any symptoms of the Coronavirus then please do not come to the lesson.** These are: awareness of raised temperature, any persistent new cough, any loss of sense of taste and smell.
* If you develop symptoms of Coronavirus within 2 weeks after a lesson then you must inform me

* If at all possible please travel to the lesson on foot or in your own private car / vehicle
* If you are walking or driving to the lesson then please arrive ready dressed in clean but comfortable clothes suitable for an AT lesson (loose trousers or leggings, t-shirt or loose top, socks).
* If you are taking public transport to the lesson then please bring with you a clean change of comfortable clothes including socks. You’ll be asked to change into the clothes on arrival.

* Although not mandatory, facemasks or coverings are recommended, especially for table work. Please bring a facemask with you and put it on before you ring the doorbell. I will also keep a supply of disposable masks in case you forget or prefer one of these. I will wear a facemask before answering the door and throughout the lesson.

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* On arrival please leave your coat / bags / other items on the chair provided in the hallway, and leave your shoes under the chair. Please wear socks. Then please use the downstairs bathroom to change clothes if you have travelled on public transport, and to wash and dry your hands using the soap and paper towels provided. Please dispose of paper towels in the pedal bin under the sink. I will also wash my hands after showing you into the studio.

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* The window and the door of the Alexander studio will be left open to allow proper ventilation. I will also leave other windows open in the building to allow airflow.

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* I would prefer payment by bank transfer either before or immediately after the lesson. Alternatively, I have invested in a card payment machine to allow you to pay in this way. If you are have to pay cash then I will give you a clean envelope to put the cash in; please bring the correct amount.

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* I will be allowing extra time in between lessons in order to ventilate the studio, to wipe down the teaching table, the teaching chair, any other teaching equipment used, the chair for coats / bags in the hallway, all door and window handles, the doorbell, the taps, sink and toilet in the bathroom.

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