

## COVID-19 RISK ASSESSMENT

**Company name:** Embody Wellness

**Employee doing assessment:** Bruce Tegart

**Date:** 15<sup>th</sup> July 2020 (Updated 21st August 2020)

### **Description of business:**

Embody Wellness is a centre for wellbeing located in Vauxhall, SW8. Our service offering is primarily focused on studio classes (yoga, Pilates and barre). We also offer massage and beauty services and are home to third-party osteopaths and physiotherapists who hire treatment rooms from us.

### **Methodology:**

This risk assessment was completed after reviewing available information on the impact and risks of COVID-19. Discussions took place with reception staff, teachers and therapists regarding their concerns and suggestions to ensure their safety and that of our clients. A thorough review of our current health & safety procedures was undertaken and augmented accordingly.

**Hazards:** Transmission of COVID-19 within our premises.

### **People at risk:**

- employees / teachers / therapists
- clients & visitors
- cleaners
- vulnerable people – i.e., pregnant women, those with existing underlying health conditions

**Level of Risk:** Medium

**Action:** Control to reduce risk to appropriate levels

### **Hand Washing:**

- Hand washing facilities with soap and water are in place in our toilets, kitchen, and treatment rooms. Employees and visitors are reminded to wash their hands as per NHS guidelines.
- In addition, dispensers for 70% alcohol hand sanitiser gel are located at the entrance to reception, in the hallway adjacent to the changing room, and at the entrance to the studio. Appropriate signage is in place asking clients and employees to make use of this additional method of protecting themselves from the virus.

### **Other Measures:**

- Disposable tissues are available throughout Embody's premises (reception area and in treatment rooms).

- Staff are reminded to catch coughs and sneezes in tissues – adhering to “Catch it, Bin it, Kill it” public health guidance and to avoid touching face, eyes, nose or mouth with unclean hands.
- Magazines have been removed from our reception area until further notice.
- Signage urging social distancing is positioned throughout the premises.
- Water and complimentary tea is available to our clients. Used plastic cups are placed in a dedicated receptacle and tea cups are washed thoroughly between usage.
- A Perspex cough/sneeze guard is installed at our reception desk to reduce transmission between clients and our front of house team.
- Zoono, a long-lasting microbe shield surface sanitiser is applied fortnightly to door handles and other hard surfaces that staff and visitors are likely to come into contact with. This product is also used on fabric items such as studio props to reduce the chance of COVID-19 transmission.
- We operate an appointment-only booking system for treatments to minimise the number of people on the premises at any one time.
- Contact details are kept on file for all visitors to the centre.
- Airflow and air exchange controls to all areas within the centre are running at a high capacity to maximise air circulation.

#### **Cleaning:**

- To address potential concerns about Legionella, prior to reopening hot and cold water taps servicing sinks to the treatment rooms, kitchen and toilets were run for an extended period. Toilets were repeatedly flushed and the Strauss water dispenser was drained and refilled numerous times before a new filter and UV lamp were installed.
- Disinfectant cleaning sprays and Clinell Universal Wipes are available to therapists, reception staff and cleaners for the purpose of deep cleaning surfaces between appointments and as part of our enhanced cleaning protocols which include frequent cleaning and disinfecting of objects and surfaces that are touched regularly, particularly in areas of high use such as door handles, light switches, reception area.
- Regular checks are carried out by duty managers, teachers, and therapists to ensure that the necessary cleaning procedures are being followed.

#### **Social Distancing:**

- Public areas feature signage reminding clients and visitors to exercise social distancing precautions where possible. Reception staff monitor the seating area to ensure this is enforced to the extent possible with clients waiting for appointments or classes.
- Any clients in a ‘moderate-risk’ group (as defined by the NHS) who wish to attend classes or appointments are advised to first consult with their GP or midwife. Anyone in a ‘high-risk’ group is currently not be allowed to attend classes or other services at Embody.

- We have reduced the number of students allowed to attend classes to a maximum of 12, and within the studio floor markings are in place if required to ensure social distancing between mats.

#### **Treatments & Therapies:**

- A minimum turnaround window of 15 minutes is in place for all treatments to allow therapists to clean and disinfect all surfaces between appointments.
- Disposable couch covers or single-use cotton towels are used for all client treatments.

#### **Studio Classes:**

- To reduce potential congestion in high-traffic areas such as the stairwell, studio lobby and changing area we have modified our timetable to create a minimum 15-minute gap between classes.
- At the beginning and end of studio classes students are instructed to disinfect their mats and props with the provided Clinell universal wipes.

#### **Wearing of Gloves & Face Coverings**

- Beauty therapists wear single-use disposable gloves for all waxing treatments. Staff are reminded that wearing of gloves is not a substitute for proper and regular hand washing.
- Clients attending Embody for massage, beauty services or other treatments are required to wear a face covering. Clients participating in classes are currently not required to wear a face covering, however we notify them that the Government strongly encourages everyone to wear a face covering in any enclosed public spaces where social distancing may be difficult and where you come into contact with people you do not normally meet.
- If wearing a face covering restricts a client's breathing during a treatment, for example when lying face down during a massage, the face covering can be removed temporarily but needs to be replaced as soon as breathing is no longer restricted. Extra care will be taken by the therapist in these instances to avoid exposure to aerosols, and extra cleaning will be actioned as appropriate.
- As per current Government guidelines, clients are permitted to remove their face covering when this is essential for the treatment, for example if they are having a facial or facial waxing.
- All therapists providing close contact services are required to wear a visor and a Type II mask.

#### **Symptoms of Covid-19**

- Staff members, teachers and therapists have been informed that they should not attend Embody or provide any services if they are feeling unwell and/or displaying any COVID-19 related symptoms. They are required to inform a manager at Embody as soon as possible in this event.
- Duty managers will maintain regular contact with staff members during this time.
- If advised that a member of staff or public has developed Covid-19 and were recently on our premises, Embody's management team will contact the Public Health body to discuss the case, identify people who have been in contact with them and will take advice on any actions or precautions that should be taken.

