

Risk assessment- Kirksanton Village Hall Spin Bike Usage

Venue: Kirksanton Village Hall

Assessment carried out by: Steven Simm on behalf of Kirksanton Village Hall Committee

Date of next review: 12 months

Date assessment was carried out: 11/05/2021

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
<p>Access to spin bikes is via patio doors of lower meeting room. There are no steps/pathway from hall entrance to the patio doors, no outdoor lighting for darker nights, and no internal light switch at patio door entrance.</p>	<p>All spin bike users-</p> <p>Slips and falls negotiating grassy slope.</p> <p>Collision with furniture/bikes while crossing room for light switch</p>	<p>Ensure all spin bike users have familiarised themselves with the access route to the patio doors. A key safe has been fitted to the outer wall. All spin bike users to be given code to access key.</p>	<ol style="list-style-type: none"> 1. Fit 2-way light switch on internal wall by patio doors. 2. Fit external sensory operated light by patio doors. 3. Install steps and pathway leading from main level to patio area 	<p>Kirksanton Village Hall</p>	<p>October 2021 (i.e. Darker nights)</p>	

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<p>Slips, trips and falls</p>	<p>All spin bike users-</p> <p>Moisture on floor area around spin bike after exercise due to perspiration/ spillages of rehydration drinks during exercise.</p>	<p>Ensure prior to dismounting spin bike a visual assessment of the floor area is undertaken, care is then to be taken during dismount and any areas of perspiration/ drink spillages on the floor are cleaned up thoroughly with the cleaning products provided.</p>	<ol style="list-style-type: none"> Spin bike users to bring own towels. Kirksanton Village Hall Committee to provide anti-bacterial wipes. 	<ol style="list-style-type: none"> Spin bike users Kirksanton Village Hall Committee 	<p>Every session</p> <p>May 2021</p>	<p>N/A</p> <p>Completed</p>

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<p>Improper usage</p>	<p>All spin bike users-</p> <p>Sprains/ strain injuries</p>	<p>All spin bike users must receive a familiarisation brief on the spin bikes encompassing the manufactures guidelines.</p>	<p>Ensure appropriate warm up and cool down exercises are completed.</p>	<p>Peter Clark and/or Steven Simm to provide induction session.</p> <p>All spin bike users</p>	<p>Before first session</p> <p>Before and after exercise</p>	<p>N/A</p>

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<p>COVID 19 (C19)</p>	<p>All spin bike users & Village hall occupants-</p>	<p>All users of the village hall should be fully aware of the Government guidance in mitigating the spread of COVID 19, and cognisant of the symptoms associated with COVID 19</p>	<p>No users should attend the Village Hall if they or any members of their household are suffering from any of the symptoms of C19.</p>	<p>Spin bike users</p>	<p>Prior to session booking.</p>	<p>N/A</p>
	<p>Spin bikes should always be kept at a minimum of 2m apart. Social distancing measures are recommended. Open windows and /or patio doors to ensure good ventilation</p>		<p>Prior to exercising.</p>			
	<p>Transfer of C19 virus to other village hall users</p>		<p>Alcohol hand gel must be used when entering the village hall.</p>	<p>Spin bike users</p>	<p>On entering village hall.</p>	<p>N/A</p>
	<p>All touch points on the spin bikes must be wiped down before and after use with the cleaning products provided.</p>		<p>Spin bike users</p>	<p>Before and after exercise.</p>	<p>N/A</p>	

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			<p>For track and trace reasons please ensure:</p> <ol style="list-style-type: none"> 1. Only booking made by the named individuals are adhered too. For example, do not book session on behalf of a 3rd party. 2. Users to scan the QR Code 3. Users to complete signing in sheet 		<p>Prior to session booking.</p> <p>Before session</p>	
<p>Exhaustion/ Fatigue, medical limitations</p>	<p>All spin bike users-</p> <p>Decreased awareness leading to personal injury.</p>	<p>All spin bike users must be fully aware of their own limitations and cease exercise prior to severe exhaustion or fatigue.</p>	<p>Sufficient time should be taken to fully recover breathing after spin bike session prior to dismounting.</p>	<p>Spin bike users</p>	<p>After exercise</p>	<p>N/A</p>

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		All spin bike users must declare themselves fully fit and able to use the spin bikes.	N/A	N/A	N/A	N/A
Entrapment in moving parts	All spin bike users- Loose clothing entering fly wheel or gearing of the spin bike	Spin bike guarding present to reduce risk to as low as reasonably practicable.	All spin bike users must not wear loose or baggy clothing that could become entrapped in the moving parts of the spin bike during exercise	Spin bike users	Prior to exercising	N/A

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<p>Lone exercising-</p>	<p>All spin bike users- Inability to call for assistance in an emergency.</p>	<p>Encourage booking in pairs</p>	<p>All spin bike users must have notified a emergency contact of their intended location and timescales associated with exercise period.</p> <p>All spin bike users must have a mobile device present during lone exercising providing the ability to call for assistance if required.</p>	<p>Spin bike users</p>	<p>Prior to exercising</p>	<p>N/A</p>

I declare that I have read and understood the information contained within the risk assessment:

Name	Signature	Date