

TAIJI and QIGONG for beginners and improvers – classes at the GREGSON CENTRE, beginning 20 May 2021

Risk assessment by Andi Chapple, May 2021

Hazard	Who might be affected and how	Controlling the risk	Further action to consider	Who carries out the action	When is action needed by?
Covid-19 infection or transmission by not cleaning hands	Instructor Students Other centre users	Purchase and provide hand sanitiser and paper towels and encourage their use		AC	20 May 2021
		Provide facilities for hand washing before and after using toilets		Venue, as part of overall Covid safety	20 May 2021
Covid-19 infection or transmission by airborne virus	Instructor Students Other centre users	Purchase and provide masks for those who don't have them and encourage use	Find out whether new government guidelines mean this is still necessary	AC	20 May 2021
		Increase spacing between people by limiting the size of classes	Get suggested room limits from venue	AC	20 May 2021
		Make sure people stand more than 2m apart before, during and after the class		AC Students	During each class
		Increase air flow by opening windows where possible	Remember to close windows at the end of the class	AC	During each class

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		<p>Reduce pinch points by keeping doors open</p> <p>Reduce pinch points using a one-way system where appropriate and possible</p> <p>Instructor to test regularly for Covid-19 infection</p>	<p>This will not be possible for fire doors</p> <p>Students may wish for privacy during the class</p>	<p>AC</p> <p>Venue, as part of overall Covid safety</p> <p>AC (tests 1 x PCR, 2 x LFT weekly at work)</p>	<p>During each class</p> <p>20 May 2021</p> <p>Weekly</p>
Covid-19 infection or transmission by not cleaning surfaces	Instructor Students Other centre users	<p>Clean surfaces, door handles, etc. regularly</p> <p>Keep doors open so people don't have to touch handles</p>	<p>This will not be possible for fire doors</p> <p>Students may wish for privacy during the class</p>	<p>Venue, as part of overall Covid safety</p> <p>AC</p>	<p>Before each class</p> <p>During each class</p>
Trips and falls during class	Students	Give advice about footwear		AC	When student starts classes

Hazard	Who might be affected and how	Controlling the risk	Further action to consider	Who carries out the action	When is action needed by?
		Taiji and qigong are intended to increase awareness of balance and gait Provide chairs for people who get tired standing and encourage use		AC AC	During classes and at-home practice During classes
Strains, over-tiredness etc.	Students	Take a brief medical portrait of students when they begin Check in with students at the beginning of each class Frame instructions to include self-awareness and self-care		AC AC AC	Students' first class During each class All the time
Uncomfortable emotional reactions	Students	Explain the possibilities often Encourage self-awareness and create space for students to take time out		AC AC	In each class All the time