

# The Lakeland Climbing Centre - Risk Assessment (SPREAD OF COVID-19)

Risk Assessment For	KENDALWALL	Notes: Review weekly – republish with highlights to all staff and website if changes made Contact Transmission – touching of a contaminated surface then eyes/nose/mouth. Hygiene, minimal contact, PPE Aerosol Transmission – droplets or droplet nuclei in air. Social Spacing and good ventilation reduces risk Risk of contracting COVID depends on loading and duration, 2m+ safer than <2m First line of defence= limit possibility of infected person visiting site.
Assessor	Kate Phillips	
Assessment Date	01/09/20	
Review Date	17/05/21	

Ref	Hazard	Who	Existing Precautions	Additional Controls (If needed)	Additional Controls Actioned (Date)
	Spread of COVID-19 Coronavirus	All Persons on site: Staff Customers Spectators Contractors	<p>Wellness self-checks – preventing symptomatic persons visiting site.</p> <p>Staff – asked not to come to work if any doubt regarding possible personal or household COVID-19 symptoms (refer to current COVID check list of symptoms), track and trace or household/bubble contact with infected person. Phone line manager or Centre Manager immediately to discuss risk if in any doubt.</p> <p>Introduction of Lateral Flow Tests for all staff April 12, 2021 re-opening. Report all results via NHS site and contact line manager or Centre Manager immediately if positive test.</p> <p>Customers – all marketing and public information to highlight the importance of not visiting if unwell (refer to current COVID check list of symptoms), to observe Government guidelines on self-isolation, local lockdown rules etc</p> <p>Contractors – ensure contractors have appropriate COVID-secure risk assessments and work practices to ensure same standard as our staff for not working if symptomatic, self-isolating etc.</p> <p>Display the NHS Test and Trace QR Code posters, along with information explaining we have a Check In and Out system, so the QR code is in addition to this.</p>	<p>Staff asked to check temperature of themselves or colleagues if anyone looks or feels unwell whilst at work – isolate/leave site immediately if temperature is above 37.8C, Immediate deep clean of areas potentially contaminated. Consider closing site until test result if staff have been on site for more than a few minutes or have been beyond reception area.</p> <p>Full time staff to be given training and asked to complete 2 tests a week. Low hours staff asked to complete 1 test a week. Positive test means self-isolation at home for 10 days. Staff cannot return without a negative test.</p> <p>Customers and Contractors should be temperature checked at Reception if staff have any doubt regarding someone’s wellness to be on site.</p> <p>Climbers visiting to climb and train are low risk of visiting whilst feeling unwell, but may still be asymptomatic.</p> <p>Visitors for instruction, spectators, parents of children being supervised on CrazyClimb etc present much higher risk of arriving on site with symptomatic COVID-19 and should be discouraged from being on site if not required from a safeguarding point of view.</p>	<p>12/4/21</p> <p>07/08/20</p>

<p>Spread of COVID 19 Coronavirus</p> <p>Contact transmission</p>	<p>All Persons on site:</p> <p>Staff</p> <p>Customers</p> <p>Spectators</p> <p>Contractors</p>	<p><b>Hand Hygiene</b></p> <p>Washing facilities with hot water and soap in place.</p> <p>Paper towels for hand drying.</p> <p>Sanitisers in all areas where hand washing not available ie at ENTRANCE/EXIT, in every climbing room, meeting room and office, at or near entrance to room.</p> <p>Staff encouraged to protect skin by applying emollient cream.</p> <p>Disposable gloves available at Reception, in first aid kits, in Café, with cleaning equipment, but good hand hygiene is preferable unless gloves needed to protect hands from chemicals or other contaminants.</p> <p>No climbing shoes in the toilets/changing rooms</p>	<p>Employees encouraged and reminded to wash hands for 20 seconds with water and soap and the importance of proper drying with disposable towels.</p> <p>Regular refill checks on all soap and sanitiser dispensers</p> <p>Also reminded to catch coughs and sneezes in tissues – Follow Catch it, Bin it, Kill it and to avoid touching face, eyes, nose or mouth with unclean hands. Tissues will be made available throughout the workplace.</p> <p>Encourage staff to report problems with skin allergies etc</p> <p>Posters in every climbing room reminding customers to use the sanitiser between climbs and to wash hands regularly. Free standing poster displays in every climbing area – SS and HH plus signs on walls AT LEAST 10 sets of signs around Centre (1 per 100m2)]</p>	<p>25/07/20</p>
<p>Contact Transmission</p>	<p>All Persons on site:</p> <p>Staff</p> <p>Customers</p> <p>Spectators</p> <p>Contractors</p>	<p><b>Cleaning</b></p> <p>Frequently cleaning and disinfecting objects and surfaces that are touched regularly, particularly high use areas – door handles and push panels, hand rails, counters, pdq machine.</p> <p>Use of appropriate cleaning product and methods.</p> <p>Staff equipment used in cohorts to minimise risk of handling uncleaned equipment (stationary etc)</p> <p>Cohort cleans work area including desk surface, keyboards, computer mouse, telephones, pdq machine thoroughly at shift change.</p> <p>REDUCE CLEANING NEED by minimising cross over and contact points</p> <p>Staff assigned workstation for shift.</p> <p>Doors on Dorgard hold-backs or wedged if not fire doors.</p>	<p>Schedule of cleaning should be recorded on prominently displayed clip board at reception – floorwalking frequency should be tied to ‘wipe and clean’ duty for the public areas.</p> <p>Trigger sprays and blue roll must be provided in any areas where regular wiping of equipment is required – reception area, shop area, café counter, training room, office, locker room together with bins for disposing of tissues and blue roll</p> <p>Training room and Locker rooms – customers asked to use sprays to clean lockers, equipment after use</p>	<p>25/07/20</p>

		<p><b>Staff Customers</b></p>	<p><b>Cleaning Hire Equipment</b></p> <p>Harnesses – quarantined 24 hours Boots – sprayed inside and outside thoroughly Hardware – sprayed and wiped</p>		<p>Top ropes used at customers risk – climbing area hand hygiene critical. Add signage to Main Hall Wall surfaces</p>	<p>05/08/20</p>
		<p><b>All Persons on site:</b></p> <p><b>Staff Customers Spectators Contractors</b></p>	<p><b>Cleaning following confirmed COVID contamination</b></p> <p>RGP check in system allows precise check of time of visit for track and trace if required. Customers warned that their registration data may be used for NHS Track and Trace (addition to Terms and Conditions) Centre Manager informed immediately of and Track and Trace requests – prepare and deliver required records.</p> <p>Full usual Centre clean – mopping corridors, hard floors, wiping down all contact points using usual cleaning products. Staff to wear gloves, mask, disposable overalls. Overalls and disposable PPE to be double bagged and quarantined 48 hours before disposal in bins</p> <p>QUARANTINE climbing areas for 72 hours from time of visit of infected person.</p>		<p>CHECK AND FOLLOW LATEST gov.uk advice</p> <p>Time for quarantine to be reviewed following research of COVID longevity on holds</p>	

	Airborne transmission	Staff Customers Spectators	<p><b>Social Distancing – customers</b></p> <p>Reducing the number of persons in any work area and in any public area to comply with social spacing guidelines (2 m apart or 1m+ with additional protection)</p> <p>Customer numbers limited to the maximum capacity as calculated by following PHE guidance (1 person per 9m<sup>2</sup>) ASSESS DAILY</p> <p>New check-out system on ePOS linked to website to allow clear control of numbers on site.</p> <p>Each climbing room has capacity calculated as per guidance to allow social spacing. Number limit is displayed clearly at entrance to room. Customers self manage limits but staff floor walk to encourage spacing and limiting numbers. <a href="#">Signs to remind customers that people should be using the wall individually or in household bubbles (12.04.21)</a></p> <p>Training Room equipment spaced &gt;2m</p>	<p>Warn customers of maximum numbers and time limit on visits. Introduce booking system for reserving sessions and monitor need to increase its use as number grow. When regularly achieving 80 customers on site and hitting capacity numbers more than once per fortnight, move to full bookings system. All customers must have photos on record so they can be located if needed.</p> <p>Queueing system for entry – signage at Entrance, pinch points hatched out with tape to discourage crowding and queuing without spacing. Sanitiser on both sides of entrance for exit/entry system to stay separated. Queuing outside to be barriered from cars, use RS cones?</p> <p>Floor markings to indicate direction of flow in corridors and staircase.</p> <p>(Consider introducing separate exit for peak times if customer confidence returns and we regularly reach near capacity or experience queuing issues.)</p>	<p>28/07/20 – full booking system introduced to manage numbers</p> <p><a href="#">Review only if further winter lockdown 12/04/21</a></p>
	Airborne transmission	Staff	<p><b>Social Distancing – Staff</b></p> <p>Work schedules adapted for cohort working to reduce number of staff on site and to minimise cross over between staff</p> <p>Use of telephone and video meeting by managers/staff to reduce need for face-to-face meetings</p> <p>Home working considered for managers when appropriate – but where managers can work alone in office on site this should be done to provide back up to desk staff.</p>	<p>Cohort change overs practiced and reinforced. Change overs scheduled for quieter times (2pm and 4pm, not 6pm)</p> <p>Zoom set up for regular management meetings</p> <p>Office space ‘bookable’ and limited to 2 persons in Office, single person in Shop computer – must keep Reception to Shop door closed if not same cohort</p>	<p>25/07/20</p> <p>10/08/20</p> <p>10/08/20</p>

	Airborne and contact transmission	Staff	<p><b>RPE and screens</b></p> <p>Use of sneeze guard screens at all service points.</p> <p>Customers asked to use masks/face coverings in all areas apart from when climbing, using exercise equipment, or eating and drinking in the café. In line with the new ABC guidelines we are also asking customers to wear their mask when they are on the bouldering mats (not climbing) and consider if it is possible, safely to wear a mask whilst belaying. This last point is for individual climbers to risk assess for their situation.</p> <p>Staff wear masks whenever they are not behind reception/shop screens. Staff use visors for floor walking and outside the screened reception areas.</p> <p>Appropriate PPE for close interactions – masks, gloves and goggles available at all first aid points and in rescue bag.</p> <p>Staff reminded of importance of good hand hygiene when using masks</p>	<p>Floor marking dot to indicate point of service and limit customer crowding at service point</p> <p>Social media &amp; posters that request customers wear face coverings in circulation areas (stairs/corridors) Face coverings available to purchase at Reception – disposable mask, with a mountain rescue donation.</p> <p>Traffic light system for Staff use of face coverings: Green= single working. Face covering needed when in public areas. (IE not in office or behind reception screens.)</p> <p>Amber = double working, customer level on site &gt;20&lt;40 Staff must wear face covering when leaving reception/ office as per Green. If teammate requests, both staff must wear face covering even in office or reception. Good ventilation must be in place if masks not worn in office/behind reception screens.</p> <p>Red = &gt;3 staff on shift accessing Reception area, Staff must wear face covering both behind the reception screens/ office and in public areas.</p>	<p>25/07/20 24/09/20 12/04/21</p>
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	Airborne transmission	<p>All Persons on site:</p> <p>Staff Customers Spectators Contractors</p>	<p><b>Ventilation</b></p> <p>Manage air flow and increase ventilation in all areas.</p> <p>Open windows, run extract fans if rooms are in use (training room, den).</p> <p>Key Fire doors fitted with Dorgards to allow them to be safely kept open to increase ventilation (and reduce common touch points)</p> <p>Opening external doors where no risk of casual unintended entry to hazardous climbing area or staff only access area</p> <p>Security to be considered during open hours and shut down procedure must ensure fans switched off and windows checked for security.</p>	<p>Assess ventilation in any area without obvious good air flow using CO2 meter to take readings whilst quiet and at capacity. (CO2 monitoring during busy times and ventilation to be increased accordingly.)</p> <p>Check use of Dorgards against alarm system to ensure they close on alarm (weekly alarm test)</p> <p>Assess current extract capacity of fans in toilets, kitchen, Training room, Den. Clean/maintain, consider upgrading if needed. (CO2 monitoring indicated ventilation ok except TR when very busy.)</p> <p>Consider installation of extract fan in Green Room (CO2 monitoring indicated not a problem when GR door to stairs propped open)</p> <p>Consider use of fan in CC floor (Numbers in this area much reduced. Still to be considered? Window slots in party room and party room door propped open give a good through flow.)</p> <p>Open up includes opening all ventilation points, fans on doors etc. (Winter months this can be reduced if low numbers on site. During warmer months, ventilation should be maximised.)</p>	<p>Meter survey due wc 10/08/20</p> <p>Full ventilation review before 01/10/20</p> <p>12/04/21</p>
		<p>All Persons on site:</p> <p>Staff Customers Spectators Contractors</p>	<p><b>Noise reduction</b></p> <p>Music and site noise to be kept at low level to ensure customers can communicate without raising voice.</p> <p>Noisy customers encouraged to be quieter (instructed sessions, children under supervision etc)</p> <p>Staff use radios to reduce need to shout to communicate during routesetting</p>	<p>Staff to monitor music levels during wipe and floor walk. During peak/ busy times sound to be turned off to reduce need to shout/ raise voice?</p>	<p>25/07/20</p> <p>12/04/21</p>

	Contact Transmission	Staff	<p><b>Minimise cross handling - staff</b></p> <p>Restrict use of cash –          Replace petty cash system with expenses system.          Reduce frequency of shopping trips.          No cash for customer sales - contactless, card, online only. Customer can use cash if only notes given and no change required (minimise cash up cash handling)</p> <p>Cohorts have own equipment drawer at Reception.          Workstations assigned at start of shift          Routesetting kit assigned at start of shift – no sharing.</p> <p>Reduce paper forms (RGP ILP form, single sheet for supervising) and get all external groups to email completed docs before visit.</p> <p>File paperwork as per pre-covid procedures and observe good hand hygiene.</p> <p>Staff use of kitchen area limited – no personal food in fridge. Microwave can be used but must be cleaned after every use. Staff must wash up and dry any crockery used during their shift. Staff must not eat whilst in Reception area but should move to café or use outside benches.</p>	<p>Website, SM and newsletter to customers informing them of change to cashless payment systems,</p> <p>Email supervision forms to print off and scan and return          PROVIDE downloadable PDF on website</p> <p><a href="#">Transmission from paper less than originally thought. Customers encouraged to complete forms in the café, to avoid crowding the reception area?</a></p>	<p>25/07/20</p> <p>Forms ready for use          25/07/20</p> <p>Need to add to website for download  <a href="#">12/04/21</a></p>
	Contact Transmission	Customers Spectators	<p><b>Minimise cross handling – customers</b></p> <p>Registration cards for self check-in and -out</p> <p>Update scanners to multi directional</p> <p>Pay online or card at centre</p> <p>Limit equipment on site – come to Centre 'climb ready'          No showers available          Minimise use of changing facilities</p>	<p>Remind customer to bring their cards  <a href="#">Additional large signage reminding customers to check out.</a></p>	<p>25/07/20          Ongoing updates to customer records</p> <p>25/7/20  <a href="#">12/04/21</a></p>

			<p><b>HIRE EQUIPMENT</b>  Encourage purchase of own equipment and limit hire equipment to that which can be cleaned or quarantined.  No chalk bags in hire  Other hire equipment either sanitised (boots and hardware) or quarantined 24 hours minimum (harnesses and other PPE)  Return bins for Harnesses, Hardware and Boots outside Reception</p> <p><b>CAFÉ</b>  Spray and blue roll available in café area.</p> <p>Disposable cups only and a cup dispenser to reduce risk of handling cups unnecessarily.</p> <p>Usual hygiene rules in café, limit food handling and have cakes for sale wrapped and separated on display.  Do not touch unless buying signs</p> <p>Staff to wash hands immediately after clearing any customer debris left on tables and spray table/chairs.</p>	<p>Showers locked – if required in emergency customer is warned that they must self clean. Staff can use if cycling to work – must self clean- full wipe down. Not to be used on busy shift.</p>	<p>25/07/20</p>
				<p>Disposable items should be compostable or recyclable where possible – plates cups, stirring sticks etc</p>	<p>25/07/20</p>