



MINIMISING THE RISK OF COVID 19 AT THE SSA FACILITY



COVID-19
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INSPIRING POSITIVE CHANGE

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A WORD FROM SSA

This period has been taxing on everyone involved with SSA and we would like to extend our hand in thanks to each and every one of our members. We are indebted to the kindness and commitment you have shown to SSA and we cannot wait to start serving you all again in person once the restrictions have been lifted.

It won't be the same as it was when we left, but we continue to double down on our commitment to inspire positive change and are continuing to work tirelessly to deliver an improved product once we are all back together. A product we can all be proud of and ensures not only SSA comes out of this experience stronger, but our members do to.

This document outlines our intent to ensure we provide you with the safest working space possible and ensure we limit any potential chance of your exposure to COVID 19 whilst training within our facility.

We invite you to read through this booklet so you can hold us accountable to the promises we are making and please voice any concerns you have over any of our plans or your hesitation to getting back to the facility with us.

We want our approach to ensuring the safety and health of our members to be a two-way conversation and your input will be greatly appreciated as we move forward with SSA.fit

Forever indebted,

Ben Gray

Founder



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ACTION STEPS TAKEN WITHIN SSA SINCE CLOSURE ON MARCH 20TH

- A full repainting of the entire facility
- Warm up area removed and turned into a member's reception area
- Old flooring removed in entrance hall, waiting area, and upstairs members area
- New carpet in entrance area, laminate flooring laid in downstairs waiting zone, laminate laid in members area
- Towels from towel service removed
- Hand sanitisation stations placed upon entry to various areas and prior to all touch points
- Equipment pick up area created
- Individualised coaching stations created with own TV and program design template ensuring 2-3m distancing between members
- New conditioning area ensuring 2-3m distancing between members
- Fully contactless purchasing in place, with cash systems all removed
- New equipment ordered to create individualised coaching stations and remove necessity to share equipment
- Conditioning turf removed and replaced with rubber flooring
- Facility fully sanitised using disinfectant and UV lighting systems
- Signed with UKactive who have been liaising with the government throughout COVID 19 and joined their "Fit Together Campaign"
- Committed to follow the UKactive guidelines ensuring the safety of our members, staff, and ourselves and have an approved safety plan in place.



MANAGING RISK UPON REOPENING

- All sessions will have capacity limits (4 in SGPT and 8 in TEAM) which allows for 2m distancing between clients
- All sessions will be reduced to 50min to allow for cleaning procedures and reduce in person contact between clients arriving and leaving sessions.
- Upon entry the entrance hall will act as an airlock with only 1 person allowed in at any time with floor markings to indicate where to wait while previous person exits the room
- Whilst in the entrance hall we will ask for the removal of outdoor footwear and to wash or hand sanitise hands prior to gaining entry to the gym
- Every member will be provided with a bag to keep their gym footwear, which will also contain an Inspiring Positive Change towel to use to wipe benches and dry hands when washing etc, along with a cloth to use when spraying and cleaning kit post session
- Once in the gym you can either choose to wait on the benched area downstairs or upstairs in the members area
- When using the stairs, hand sanitiser will be placed top and bottom to use prior to use
- Members will be expected to bring this along with them to every session in order to minimise any potential risks
- Please use the hand sanitisation station placed immediately before the supplement station if you wish to purchase any coffee, supplements, or snacks pre or post workout
- Your coach will sign you in to the gym prior to the session starting
- Upon commencement of sessions there will be a kit collection area, where members will collect required kit such as dumbbells, kettlebells, prior to each phase of session, and will fully clean and replace after use (your coach will advise you of what to collect)
- During the sessions you will be designated a workout space that will consist of your own set of barbells, plates, accessories, and conditioning kit, where you will place the db, kb, and mb that you have also been asked to collect
- The coach will coach from outside your designated space and use verbal coaching to help you achieve your goals
- Upon completion of the session, you will be provided with disinfectant to clean your kit and asked to put back where it belongs ready for the next group
- The coach will steam used areas following the session to ensure it is ready for the next group to begin
- Full closing procedure will be implemented by the coaches involving disinfectant and UV lighting systems.

P.T.O. Please input any recommended changes or concerns in the box provided.



Date	Suggested Change	Implemented	Staff Member	Date



KEEPING SSA STAFF SAFE

- Staff will be given guidance on best practice for maintaining their own safety and reducing their risk whilst on the premises and meetings will be held weekly to review practices
- A no touch policy will be in place throughout the facility to ensure reduced risk
- Coaches will meet regularly to discuss best coaching practices and on delivering verbal coaching cues to optimise results of the clients
- Coaches will be requested to keep from touching kit at all points in the day until decontamination procedures takes place at the end of the day
- Coaches will be asked to place all uniform in wash immediately after shift.

Please input any recommended alterations to processes in the box below.

Date	Suggested Change	Implemented	Staff Member	Date



ENSURING STAFF WELLNESS AT WORK

- All staff will be provided with an OURA ring to track overall health including sleeping body temperature, HRV, heart rate, and breathing rate
- The data will be checked by the coach daily to monitor fluctuations in each reading
- If any indication of ill health, a temperature gun will be provided to ascertain body temperature prior to beginning shift and in between each session
- An elevated reading of the coach will mean another coach will lead the session, or the session will be cancelled
- If a coach has symptoms, they will be asked to self-isolate in line with government guidelines before returning to work
- OURA ring data, and temperature data.

Please input any recommended alterations to processes in the box below.

Date	Suggested Change	Implemented	Staff Member	Date



MANAGING AN EXPOSURE TO COVID 19

- If a member feels they may be displaying symptoms, we will ask them to stay away from the facility and follow government guidelines on self-isolation
- All members will be asked to self-police their own symptoms and temperature gun will be provided at the start of each session to check temperatures
- We will comply with contact tracing information should exposure to COVID 19 occur within the facility
- Strict cleaning and disinfectant procedures will be implemented as outlined by Public Health England prior to resuming delivery of our service once a suspected COVID case has been traced to the facility
- All members using the facility around the time of the exposure will be contacted directly and made aware.

Please input any recommended alterations to processes in the box below.

Date	Suggested Change	Implemented	Staff Member	Date



MONITORING WORK PROCESSES AND RISK ASSESSMENT

- Weekly meetings will be held between facility staff to assess validity, adherence and success of the procedures put in place
- Improvements and changes will be affected as soon as better procedures are identified
- Two-way communication with members will be initiated where they can freely, and anonymously (if required) relay any concerns to us. Which will be acted upon immediately and changes to our procedures initiated if required
- All processes will receive a full review monthly and changes implemented immediately where necessary.

Please input any recommended alterations to processes in the box below.

Date	Suggested Change	Implemented	Staff Member	Date



IMPACT OF CHANGES

All changes initiated by SSA have been done so to ensure the safety of the entire SSA team, members, and extended family. It is essential that we stay true to our purpose of Inspiring Positive Change and as such it is a pre-requisite that we provide a facility in which everyone who enters feels safe both physically and mentally ensuring they can remain fully focussed on the true SSA experience.

None of the changes implemented have been done in a way that will increase any greater risk to the users of our facilities including members, staff, or visitors than were already assessed prior to closing down on March 20th 2020.

The changes initiated will in fact sure up our processes and ensure our members can train with us knowing we have done everything in our power to provide a facility that is as protected as it can be from COVID 19 so they can give their full intent and purpose to realising their own goals.





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