

Bliss MINDFULNESS

Covid- 19 Risk Assessment: Completing a Mindfulness/Meditation/Relaxation Class or Workshop

Assessment carried out by: Victoria Hornsby

Date Assessment Took Place: April 2021

Next Review Date: October 2021

Venue: The Nesting Place

Potential risk and to who?	Actions currently in place	Further Actions to be in place to minimise risk	Who is completing the actions and time line for these to be actioned.	Action completed.
<p>Spreading the Covid-19 virus between clients, families and wider communities, through a class or workshop.</p>	<p>Clients book through my website to pay and secure their place for a class or workshop. Email to confirm their payment.</p>	<p>To administer a Covid-19 health form and new procedure guidelines to each client prior to the class or workshop to ensure no symptoms from themselves or anyone in their household or isolating are present up to the time and date of the class or workshop.</p>	<p>New Health Form to be distributed by email.</p> <p>Email communication to each client with procedure guidelines at least 48 hours before class or workshop.</p>	<p>Health Screening documents and Policy and Procedure details can be found here.</p> <p>A link of the The Nesting Place Covid-19 infection prevention policy to familiarise all clients with this policy before arriving to the class or workshop.</p> <p>A copy of the Nesting Place procedures are also in the venue if any client wants to look through when they enter the building.</p>

	<p>Organise with The Nesting Place the structure of class/ workshop and arrange times and dates of workshop.</p>	<p>A site visit to arrange before the first class/ workshop starts and ensure the venue procedures are in place and my class/workshop can operate safely within the current guidance.</p>	<p>The Nesting Place will send over all risk assessments, Covid-19 prevention policy, bathroom policy and fire policy.</p>	<p>All details have been sent to Bliss Mindfulness and will be shared with any client attending a class or workshop at least 48 hours before attending or visiting.</p>
	<p>Prior to the start time of class or workshop; mats, cushions and blankets are set up. 6 places available to be booked.</p> <p>Music and essential oil diffuser in place to create a relaxing environment.</p>	<p>Clients must now bring in their own mats, cushions and blankets.</p> <p>There will only be 4 spaces available due to social distancing.</p> <p>Music will be on at a low level to avoid raised voices.</p> <p>The use of an essential oil diffuser will not be used through the workshop or classes.</p> <p>Room to be sterile before clients can enter. Ensuring all door handles, and surfaces including the toilets are wiped clean with antibacterial wipes.</p> <p>The room is to be well ventilated and windows open with the front door to allow air to circulate.</p>	<p>Explained in procedure guidelines given to clients before starting the class or workshop.</p> <p>Tickets on Bliss Mindfulness website reduced to 4. No equipment to be brought into the venue.</p> <p>Wipes will be purchased and used for each class. A secure bin to store used wipes.</p> <p>All windows in the room to be open once arrived. Through the winter, the front door will be closed however the hallway window will be open. The radiators will not be on until temperatures reduce.</p>	<p>Sent out to every client before attending a class/ workshop.</p>

	<p>Clients arrive at the venue and take a seat in an allocated mat and drinks offered.</p>	<p>Clients must wait in the car until the room is sterile and have staggered times when entering the building.</p> <p>When entering the building the clients must have their temperature checked and use hand sanitising gel or hands to be washed.</p> <p>Clients will be asked to wear face masks throughout the session and PPE equipment will be available to them at the entrance of the venue.</p> <p>Clients set up their own equipment like a mat, blanket and cushion.</p> <p>Hot drinks or water can be administered by myself only and no one else to be involved in drink making.</p> <p>Any client needing to use the toilet facilities will be asked to wipe all surfaces down from the sink, toilet seat and door handles to avoid any risk.</p>	<p>All new procedures will be in the Covid-19 procedure guideline email for each client before coming to a class or workshop.</p> <p>Hand sanitising gel and infrared thermometer ready at the entrance of the venue.</p> <p>I will wear a face shield and all clients will be asked to wear a face mask. I will purchase all PPE before the class starts.</p> <p>Explained in the new procedure guideline email.</p> <p>Clients will be advised to bring their own refreshments with them on the new procedure guideline email.</p> <p>This will be discussed on entering the building and in the procedure guideline email.</p> <p>Each client will be given their own rubbish bag, to take away any personal rubbish.</p>	<p>Sent to every client before attending a class/ workshop.</p> <p>I have all PPE equipment as well as stock held at the Nesting Place.</p>
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	<p>All clients stay on their mat until the end of the session. Clients leave the building together once the class or workshop has ended.</p>	<p>Clients must leave the building one by one ensuring distancing is still in place.</p> <p>All surfaces to be wiped cleaned which includes door handles,</p>	<p>Clients will have this information on the procedure guideline email.</p> <p>All wipes and other disinfectant equipment to be disposed of in a secure bag and placed directly in the bin.</p>	
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