

## **Coronavirus (COVID-19): implementing protective measures within a non-healthcare setting – Fresh Gym**

### **Information on Personal protective equipment (PPE) including face coverings and face masks**

Wearing a face covering or face mask in the Club is not recommended. Face coverings may be beneficial for short periods indoors where there is a risk of close social contact with people you do not usually meet and where social distancing and other measures cannot be maintained, for example on public transport or in some shops, therefore staff are not generally required to wear face coverings.

### **Changing habits, cleaning and hygiene are effective measures in controlling the spread of the virus.**

The majority of staff will not require PPE, even if they are not always able to maintain a distance of 2 metres from others. PPE is only needed in a very small number of cases such as:

- if a customer or staff member becomes unwell with symptoms of coronavirus and needs direct personal care until they can return home.
- A fluid-resistant surgical face mask should be worn by the supervising person if a distance of 2 metres cannot be maintained. If contact with the customer/staff member is necessary, then disposable gloves, a disposable apron and a fluid-resistant surgical face mask should be worn by the supervising person.
- If a risk assessment determines that there is a risk of splashing to the eyes, for example from coughing or vomiting, then eye protection should also be worn.

### **How to work safely in specific situations, including where PPE may be required**

#### **Reference to PPE in the following situations means:**

- fluid-resistant surgical face masks
- disposable gloves
- disposable plastic aprons
- eye protection (for example a face visor or goggles)

#### **Where PPE is recommended, this means that:**

- a facemask should be worn if a distance of 2 metres cannot be maintained from someone with symptoms of coronavirus
- if contact is necessary, then gloves, an apron and a facemask should be worn
- if a risk assessment determines that there is a risk of fluids entering the eye from, for example, coughing, spitting or vomiting, then eye protection should also be worn

## How to use PPE correctly

When PPE is used, it is essential that it is used properly. This includes scrupulous hand hygiene and following guidance on [how to put PPE on and take it off safely](#) in order to reduce self-contamination.

Face masks must:

- cover both nose and mouth
- not be allowed to dangle around the neck
- not be touched once put on, except when carefully removed before disposal
- be changed when they become moist or damaged
- be worn once and then discarded - hands must be cleaned after disposal

## Disposal of PPE and face coverings

Used PPE and any disposable face coverings that staff or customers wear, should be placed in a refuse bag and can be disposed of as normal domestic waste unless the wearer has symptoms of coronavirus, in line with the [guidance on cleaning for non-healthcare settings](#).

To dispose of waste from people with symptoms of coronavirus, such as disposable cleaning cloths, tissues and PPE:

- put it in a plastic rubbish bag and tie it
- place the plastic bag in a second bin bag and tie it
- put it in a suitable and secure place marked for storage for 72 hours

Waste should be stored safely and securely kept away from children. You should not put your waste in communal waste areas until the waste has been stored for at least 72 hours.

### ***National Guidance referred to in compiling this guidance:***

<https://www.gov.uk/government/collections/coronavirus-covid-19-personal-protective-equipment-ppe>

This document was developed 4 June 2020 and all information was correct at the time of development.