

RISK ASSESSMENT

VENUE: GADSAD Sports Hall, Elson Road, Gosport

CLASS: Bodyblitz Circuits Thursdays 6:30pm

HAZARD	CAUSE	WHO MAY BE HARMED?	CONTROL METHODS	RISK RATING	FURTHER ACTIONS REQUIRED
Slips, trips, falls	Incorrect footwear Chairs. Mats Water spillages.	attendees, Instructor	Check that appropriate footwear and kit is worn for all activities. Chairs to be stacked neatly and proper racking used where appropriate. Remind attendees to be aware of mats when moving. Immediate cleaning of spilled water.	1x1 = 1	Instructor to sort before activity starts.
Music System and Wires	Collision with equipment, tripping over wires.	attendees, Instructor.	Wires to be tucked away. All hazards pointed out prior to any activity.	1x1 = 1	Instructor to sort before activity starts.
Chairs / Tables / General Furniture	Collision. Blocking fire exit. Chair racking	attendees, Instructor.	Chairs & Tables moved to side of room during activity. Chairs kept away from fire exits at all times.	2x1 = 2	Instructor to move chairs before any activity starts. Point out chair racking prongs to participants.
Manual handling	Incorrect lifting technique when picking up mats.	attendees, Instructor.	All users advised of correct lifting technique prior to using the facility.	2x1 = 2	Check throughout the activity that attendees are using the correct lifting technique.

Physical Injuries	Sprains, Strains and pulls.	attendees, Instructor.	Attendees to be warmed up before activity starts and cooled down after activity is finished. Attendees with injuries or medical complaints should let these be known.	2x2 = 4	First Aid box at hand. Warm ups and cool downs should be pre-planned.
Dehydration	Large quantities of fluid can be lost during training. Temperature of hall - if too hot. There are no windows in the hall to open.	attendees, Instructor.	Instructor to check advise that water is brought to the class and also where more water is available. Take breaks so that attendees can access water. Instructor to monitor temp in room and act accordingly.	1x2 = 2	Attendees should be encouraged to bring water to each session and drink it regularly during the session. Doors at each end of the hall to be opened if necessary.
Jewellery	Jewellery being ripped from attendees causing cuts.	Instructor/attendees.	All jewellery must be removed before activity starts (Instructor can check this).	2x1 = 2	Each attendee to be responsible for removing their own jewellery.
Clothing and Footwear	Unsuitable sports clothing and footwear.	Instructor/attendees.	Instructor to ensure all attendees are wearing appropriate clothing and footwear for physical activity.	1x2 = 2	Instructor to check all participants clothing and footwear before any activity starts.
Medical conditions and illness	Participants with medical conditions.	Instructor/attendees.	Instructor to collect and check all Consent Forms from participants taking part. Instructor to highlight	2x2=4	Instructor to ensure appropriate medication/action for individual student is carried out eg. use of

			and be aware of any medical needs. Appropriate action needed from Instructor.		inhaler for Asthma. No participant to take part in activity if Consent Form is not received and completed.
New participants to activity	Beginners starting new activity. High risk of injuries due to physical movement of the activity. Injuries due to incorrect techniques.	Instructor/attendees	Instructor to explain the activity to participants including techniques and behaviour guidelines. Instructor to make sure that beginners are introduced to the activity at a suitable level.	2x2=4	Instructor to assess individuals capabilities.
Conduct/behaviour of participants	Inappropriate behaviour from participants	Attendees.	Remind attendees of correct behaviour when taking part in activity.	1x1=1	

Severity of the injury	x	Likelihood of occurrence	=	Risk rating	Priority Action to be taken
Minor	1x	Unlikely	1	Score 1 Risk Acceptable	None unless cost and effort to control the risk further is very low.
Serious	2x	Possible	2	Score 2 - 3 Risk Low	Action is required to reduce the risk. Although low priority. Time, effort and cost should be proportional to the risk.
Major	3x	Probable	3	Score 4 - 6 Medium Risk	Action is required to control risks. Interim measures required in the short term. Significant effort, time etc., may have to be used to control the risk.
				Score 9 Totally Unacceptable	Stop the task immediately. Avoid wherever possible unless the risk rating can be reduced by control measures. Significant effort, time and resources may be needed to control the risk.

Assessed by: Stuart Owen	Signature:	Date: 10/08/2020
Reviewed by:	Signature:	Date:

