

Beaumanor Park Risk Assessment Fitness

<i>Risk Assessment – Fitness</i>			
Hazard	People Harmed	Risk Control	Further Action
Sports Hall			
Damaged equipment	All Participants	Equipment to be checked prior to the activity and vigilance maintained throughout the session. Damaged or suspect equipment to be withdrawn from use And reported as soon as possible.	Regular inspection and maintenance of equipment carried out.
Damaged building	All participants	The working area to be checked prior to the session and any damage reported and rectified as soon as possible. If the site is deemed to be unsafe the activity is not to proceed	
Gymnasium Games			
Injury from improper activity	All participants	All rules to be explained to participants before an activity begins. Safety rules to be fully explained and enforced throughout the session. Warm up prior to and warm down after the activity. Staff to be fully aware of potential dangers and pitfalls associated with particular games.	Staff vigilance throughout the session. Staff training to address potential problems.
Contact with objects	All participants	Games to be arranged so as not to encourage participants to running or jumping directly at walls or in areas without an adequate run off facility.	

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		Working areas to be kept clear of any obstructions while the activity is taking place.	
Contact with other participants	All participants	Keep team sizes at a reasonable level for the type of activity to be undertaken and the age/size of participants.	
Medical emergency	All participants	First aid kit to be readily available, participants to bring their own medications into the gym with them.	
Fitness tests			
Injury from improper activity	All participants	All activities to be demonstrated prior to participants beginning their session. Safety rules and correct ways to be shown and emphasised. Staff vigilance throughout the session and reinforcement of safety points as necessary.	Staff training to reinforce good practice and to address potential problems.
Contact with objects	All participants	Games to be arranged so as not to encourage participants to running or jumping directly at walls or in areas without an adequate run off facility Working areas to be kept clear of any obstructions while the activity is taking place.	
Contact with other participants	All participants	As far as possible working areas to be kept apart to prevent overlap. When undertaking the “Multi-Stage Fitness test” all participants to be running in the same direction at the same time.	
Medical emergency	All participants	First aid kit to be readily available, participants to bring their own medications into the gym with them.	

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Circuit Training			
Injury from improper activity	All participants	<p>All activities to be demonstrated prior to participants beginning their session. Safety rules and correct ways to be shown and emphasised.</p> <p>Staff vigilance throughout the session and reinforcement of safety points as necessary.</p>	Staff training to reinforce good practice and to address potential problems.
Contact with objects	All participants	<p>Activities to be arranged so as not to encourage participants to be running or jumping directly at walls or in areas without an adequate run off facility</p> <p>Working areas to be kept clear of any obstructions while the activity is taking place.</p>	
Contact with other participants	All participants	As far as possible working areas to be kept apart to prevent overlap. When undertaking movement around the apparatus all participants to be running in the same direction at the same time.	
Medical emergency	All participants	First aid kit to be readily available, participants to bring their own medications into the gym with them.	
Trim Trail			
Damaged equipment	All Participants	<p>Equipment to be checked prior to the activity and vigilance maintained throughout the session.</p> <p>Damaged or suspect equipment to be withdrawn from use And reported as soon as possible.</p>	Regular inspection and maintenance of equipment carried out.

Hazard	People Harmed	Risk Control	Further Action
Injury from improper activity	All participants	All activities to be demonstrated prior to participants beginning their session. Safety rules and correct ways to be shown and emphasised. Staff vigilance throughout the session and reinforcement of safety points as necessary.	Staff training to reinforce good practice and to address potential problems.
Contact with objects	All participants	Activities to be arranged so as not to encourage participants to be running or jumping directly at walls or in areas without an adequate run off facility Working areas to be kept clear of any obstructions while the activity is taking place.	
Contact with other participants	All participants	As far as possible working areas to be kept apart to prevent overlap. When undertaking movement around the apparatus all participants to be running in the same direction at the same time.	
Medical emergency	All participants	First aid kit to be readily available, participants to take their own medications around the exercises with them.	