

<i>Identify Hazards</i>	<i>Estimate the risk</i>				<i>Evaluate the risk</i>				<i>Evaluate residual risk</i>
Hazard	How may harm result?	Li k e l i h o o d	S e v e r i t y	R a t i n g	Risk control measures	Li k e l i h o o d	S e v e r i t y	R a t i n g	Further action required? Only fill out if additional control measures are needed to be implemented or reviewed Include timescales and who is responsible for implementation
Activity: Warm-up & Cool down	Students - Injury or strain of a muscle due to inadequate warm up	3	3	9	- Structured warm-ups led by qualified coaches, who are experienced in gymnastics warm ups. - Warm-ups are to be completed by all members. - Members are informed to not go beyond their limits. - Allow participants to adapt or skip exercises based on personal injuries or mobility issues. - Warm-ups are demonstrated clearly to ensure correct technique. - Members are asked to confirm they have no injuries before starting. - Time is specifically allocated to ensure warm-up isn't rushed. - Coaches also lead a cool down after each session, involving stretches, to reduce muscle stiffness, soreness and injury prevention.	2	2	4	

Use of Equipment	Students - Falling from heights, e.g., off bars or beams. - Improper landings.	3	4	12	- Safety mats are placed under all pieces of equipment. - Qualified coaches supervise all pieces of equipment. - Coaches provide beginner-friendly stations e.g., a lower beam. - Coaches offer physical support where needed. - Participants are informed what they are and aren't allowed to use. - Equipment is checked before use, e.g., fully tightened. - Coaches provide corrections to ensure proper technique and to avoid injury. - Coaches are trained to respond to falls and possible injuries.	2	3	6	
Handling equipment	Students - Handling equipment injuries, improper setup.	2	3	6	- Coaches offer help when moving equipment around. - Participants are aware not to move equipment beyond their capabilities. - Heavier equipment carried between multiple participants. - Clear instructions are given out on how to move equipment.	1	3	3	
Emergencies	Students - No emergency procedure and exits blocked	4	2	8	- Ensure emergency procedures are developed, marked and communicated. - Exits are inspected before the sessions, to ensure they are clear and unlocked. - All equipment is kept away from exits. - Anything blocking exits are reported immediately.	1	2	2	

Transport	Students - Transport issues e.g., a breakdown, getting lost or travelling unsafely.	2	4	8	- Ensure transport is booked well in advance and ensure everyone driving is registered. - Clear directions, all members are aware of the venue and its location. - Participants will travel in a group. - The majority of participants will travel with a committee member, or have contact details of committee members.	1	3	3	
Attendance record	Participant - No attendance or registration recorded.	3	3	9	- A sign-in sheet is given when entering the gymnastics facility. - A registration is done once members have been placed into allocated cars for the GIAGs.	2	2	4	
Awareness of others	Participants - Spatial awareness of other students.	3	4	12	- Students are told to be aware of others. - Students are told to wait their turn e.g., one person on the trampoline. - Activities have their own space, to avoid overlapping or crowding.	2	2	4	
Clothing	Participants - Lack of suitable clothing, jewellery, hair left down.	2	2	4	- Students are told to wear suitable gym clothing, long hair tied up, no socks and to remove all jewellery and watches. - If jewellery can't be removed it should be covered up with tape (the gyms provide this). - This is all checked before gymnastics starts.	1	1	1	