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| **Hazard Description** | **People at Risk** | **Initial Assessment** | | | **Control Measures** | **Residual Risk** | | | **Action / Comments** |
| **S** | **L** | **R** | **1** | **2** | **3** |
| Dropping off and Picking up at training | ALL | 2 | 1 | 2 | Athletes arrive onsite by various types of transport. Either being dropped off by their own parents, or with other parents. Some athletes arrive by bus or bike. Athletes are told to arrive in the car park to the school south site. Athletes arriving by bike are reminded to wear helmets and have lights when applicable. | 2 | 1 | 2 | Coach vigilance. Especially of athletes arriving and leaving by bike. Ensure they are wearing helmets and lights where applicable. |
| Management of the group | Athletes | 2 | 2 | 4 | Ensure that there is an acceptable coach to athlete ratio at all times | 2 | 1 | 2 | Coach vigilance |
| Trips / Falls | ALL | 2 | 2 | 4 | There are various trip hazards in the gym and also a risk of injury from falling onto other gym equipment. Attention should be drawn to disk weights, bars, dumbbells and weight stands. Athletes are to be made aware of the hazards of equipment and instructed to replace all unused equipment on the provided racks. Coaches shall warn athlete of the dangers of setting up equipment in close proximity to other machines in the room. | 2 | 1 | 2 | Extreme coach vigilance at all times. Ensure that athletes set up weights correctly and not in close proximity to other gym equipment. |
| Lifting weights | Athletes | 2 | 2 | 4 | Athletes are not allowed to lift weights without proper supervision. No athletes allowed to lift weight until their coach is happy that they have to correct lifting technique. | 2 | 1 | 2 | Coach vigilance |
| Damaged equipment – personal injury | ALL | 2 | 2 | 4 | All machines should be checked before starting the session. No athlete should be allowed to use a rowing machine if found to be unusable. Unusable machines should be clearly marked to avoid being used by others | 2 | 1 | 2 | Coach vigilance |
| Dehydration | All | 2 | 1 | 2 | Athletes are to be told to bring water bottles to sessions. All athletes will be given water breaks between exercise to rehydrate | 2 | 1 | 2 | Coach vigilance |
| Fire | ALL | 4 | 1 | 4 | All fire exits are to be kept clear at all times | 4 | 1 | 4 | Coach and athlete vigilance |
| Minor accidents |  | 2 | 1 | 2 | All staff to be first aid trained | 2 | 1 | 2 | Coaches to ensure first aid kit is restocked after being used |
| Major accidents | ALL | 2 | 1 | 2 | All staff to be first aid trained and to carry emergency contact details of athlete’s patents. Coaches to ring parents to inform |  |  |  |  |

Completed by: Megan Glenn, Head Coach and Club Safety Advisor.

Date: 1st November 2017

Review Date: 1st November 2018