



Gymnastics Hall Risk Assessment

Hazardous Risks Likely places/ways people could be harmed	Control measures and Precautions that coaches, staff and participants adopt in normal practice
Injury To body	General
Injury due to incorrect techniques	☐ Staff are appropriately trained for their session, any identified lack of confidence or competence is addressed through suitable CPD.
Slips, trips and falls.	☐ Trainers are not worn unless medical condition or injury - If medically advised to do so they must be clean on entering the gymnastics club.
	☐ Coaches and participants must ensure long hair is tied back .
	☐ Coaches may wear a watch when not supporting a participant.
	☐ Jewellery is removed from participants and coaches.
	☐ Participants must not wear socks on vault, beam and any other activities in the gymnastics club that could pose a potential risk to that individual.
	☐ Clothing allows free unrestricted movement without being loose.
	☐ Where possible the pupils are involved in the management of risks, provision for this is made and forms part of the learning process.
	☐ Participants should be clearly explained the tasks so they understand all of the instructions and only complete exercises in their capability.
	☐ Participants and coaches understand the importance of physical preparation for each skill, no matter the level.
	☐ The working areas are free from clutter and obstructions.
	☐ Structured planning to be followed to allow safe progress through skills.
	☐ Sufficient amounts of equipment to be used to support capabilities of all pupils.
	☐ Equipment is stored in areas to keep safe and avoid any damage of the equipment.
	☐ Gymnastic equipment and gymnastics are are subject to regular monthly inspections. If staff notice any damage to the equipment this must be removed from any sessions until repaired.
	☐ At no point is damaged equipment used.
	☐ Any equipment deemed unsafe but repairable should not be used until deemed safe.
	☐ Any irreparable equipment is clearly marked and disposed of as soon as possible.
	☐ All pupils fully understand their own ability.
	☐ Care is taken when using mats particularly in regard to their placement when being used.
	☐ Particular care is taken with participants who display poor discipline (follow disciplinary procedure)
	☐ Gymnastics sessions always start with a warm up specific to each child's ability to prepare muscles and joints for the session ahead.
	☐ Sessions are differentiated taking into account the varying abilities and progress of individual pupils.
	☐ Skills taught and learned are revisited on regular basis.
	☐ Care is taken when pupils have a long period of absence.
	☐ Equipment is moved by coach or participants who are aware of how to lift and move equipment safely.
	☐ A gymnastic session is never left unsupervised.
	☐ Each session coach will complete a visual risk assessment of the area to check for: Damage to equipment, cluttered space, sufficient ventilation, sufficient lighting and anything that could cause harm to any participants or people in the area.

If you visit Wolds Gymnastics Club Gymnastics Hall area you accept and understand the above.