

Risk Assessment	The Academy of Gymnastics Ltd
Activity	Using the Fitness Suite

Assessor	Jeff Kincaid	Location of Assessment	Fitness Suite
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Risk Rating Matrix (RR)	Likelihood (L)		
Severity (S)	Certain or near certain to occur (High)	Reasonably likely to occur (Medium)	Unlikely to occur (Low)
Fatality; major injury or illness causing long term disability (High)	HIGH (H)	HIGH (H)	MEDIUM (M)
Injury or illness causing short term disability (Medium)	HIGH (H)	MEDIUM (M)	LOW (L)
Other injury or illness (Low)	MEDIUM (M)	LOW (L)	LOW (L)

Hazards	Who is at risk?	Controls in place	L	S	RR
Being struck by falling object	<ul style="list-style-type: none"> • Employees/Staff • Volunteer Workers • Visitors • Young Persons 	<ul style="list-style-type: none"> • Ensure that all gym users are inducted by a qualified instructor before using the fitness suite equipment • Ensure that heavy items are stored securely on the floor. • Ensure that shelving/fixings are checked for wear and tear on a regular basis, dynamically when appropriate and no less frequently than monthly, and any faults reported and the item taken out of use • Children and any non squad gymnasts are not to attempt to lift anything from a position above head height to the floor, and squad gymnasts only if supported by someone else. 	L	M	Low
Collapse of equipment	<ul style="list-style-type: none"> • Employees/Staff • Young Persons • Volunteer Workers • Visitors 	<ul style="list-style-type: none"> • Ensure that all fitness suite users are inducted by a qualified instructor before using the equipment • Ensure that the equipment is checked regularly, and no less frequently than monthly, for wear and tear and that any faults are reported and the item is taken out of use. • Ensure that all fixings are checked on a regular basis, and no less frequently than monthly, and that only approved parts are used. 	L	M	Low

Hazards	Who is at risk?	Controls in place	L	S	RR
Contact with electricity	<ul style="list-style-type: none"> • Employees/Staff • Young Persons • Volunteer Workers • Visitors 	<ul style="list-style-type: none"> • Ensure that all electrical equipment is PAT tested at regular intervals by qualified engineers. • Only electrical equipment previously approved by the Centre Manager can be used in the facility. • Any electrical faults, or damage to any part of electrical equipment is reported to the Centre Manager and/or the admin team and the equipment is taken out of use • All electrical cabling is stored securely and, where necessary, marked in high visibility tape to avoid any trip hazard. • Gymnasts who use the fitness suite are only do so on the instruction or permission, either implied or otherwise, by the Coach in charge. Supervision of the activity by the coach in charge will not be necessary for any designated squad gymnasts but will for any other. 	L	H	Medium
Crushing	<ul style="list-style-type: none"> • Employees/Staff • Young Persons • Volunteer Workers • Visitors 	<ul style="list-style-type: none"> • All gym equipment is stored securely when not in use. • Heavy items are stored on the floor when not in use. • All fitness suite users are inducted by a qualified instructor before using the equipment • Fitness suite users only use equipment suitable to their ability. 	L	M	Low
Cuts/abrasions/lacerations	<ul style="list-style-type: none"> • Employees/Staff • Young Persons • Volunteer Workers • Visitors 	<ul style="list-style-type: none"> • Equipment is regularly checked for signs of wear and tear, dynamically whenever appropriate and no less frequently than monthly and any faults reported to the admin team and equipment withdrawn from use • Equipment is checked for sharp edges on a dynamic basis and no less frequently than monthly regular basis, and in any event no less frequently than monthly and finger guards are used if necessary. • Suitable clothing and footwear is to be worn by all fitness suite users at all times. 	L	L	Low

Hazards	Who is at risk?	Controls in place	L	S	RR
Entanglement/Entrapment	<ul style="list-style-type: none"> • Employees/Staff • Young Persons • Volunteer Workers • Visitors 	<ul style="list-style-type: none"> • Long hair is tied back when using the fitness suite, and any necklaces/scarves are removed. • All fitness suites users are inducted by a qualified instructor before using the equipment • Equipment is regularly checked for wear and tear and any faults reported and the item withdrawn from use • The emergency cut off button is operational on equipment (where fitted) • Squad gymnasts following a programme in the fitness suite are not required to be supervised by a coach however, all other gymnasts are. • Equipment is stored away securely at the end of all training session and when not in use. 	L	M	Low
Inadequate or excessive lighting	<ul style="list-style-type: none"> • Employees/Staff • Young Persons • Volunteer Workers • Visitors 	<ul style="list-style-type: none"> • In the event of inadequate/ excessive lighting, as determined by the Centre Manager or Head coach or their deputy, the fitness suite will be closed until the issues have been resolved. 	L	L	Low
Vibration - Whole-Body	<ul style="list-style-type: none"> • Employees/Staff • Young Persons • Volunteer Workers • Visitors 	<ul style="list-style-type: none"> • Only inducted users may operate the vibrating plate in the fitness equipment. • Guidelines for using the vibrating plate must be adhered to by all users. • Vibrating equipment must be checked by a qualified engineer periodically. • Anyone with any medical conditions which might be aggravated by the vibrations must inform the gym instructor and seek medical advice before use. • Using a vibration plate can in some occasions lead to a number of health problems including hearing loss, blurred vision, low back pain and cartilage damage. Any person who has previously been affected by these conditions should not use the vibration plate. 	L	M	Low
Unsafe Equipment	<ul style="list-style-type: none"> • Employees/Staff • Young Persons • Volunteer Workers • Visitors 	<ul style="list-style-type: none"> • Equipment is checked for wear and tear, dynamically where appropriate and no less frequently than monthly, and any faults are reported to the admin team or a senior coach and the item is withdrawn from use. • Only previously installed and approved fitness suite gym equipment should be used • Electrical equipment is tested periodically by a qualified engineer. 	L	M	Low

Hazards	Who is at risk?	Controls in place	L	S	RR
Over Confidence leading to risk taking	<ul style="list-style-type: none"> • Customers • Young Persons • Volunteer Workers • Visitors • Employees/Staff 	<ul style="list-style-type: none"> • All fitness suite users are to be inducted by a qualified instructor prior to using the equipment. • All fitness suite users only use equipment suitable to their ability. • Squad gymnasts following a programme in the fitness suite are not required to be supervised by a coach however, all other gymnasts are. 	L	M	Low
Obstructions/Protrusions	<ul style="list-style-type: none"> • Employees/Staff • Public • Young Persons • Volunteer Workers • Visitors 	<ul style="list-style-type: none"> • All equipment is stored away securely when not in use. • All walkways and pedestrian thoroughfares are kept clear, and any obstructions are moved. 	L	L	Low
Mental/Physical Fatigue	<ul style="list-style-type: none"> • Employees/Staff • Public • Young Persons • Volunteer Workers • Visitors 	<ul style="list-style-type: none"> • Anyone who feels unwell whilst using the equipment must stop immediately and seek medical advice. • Anyone who feels unwell before using the equipment must refrain from use until they feel better. • Anyone who is unsure about the suitability of using the fitness suite is advised to consult a medical professional prior to undertaking an induction. • Anyone feeling fatigued before a training session should consider doing a low impact and/or low intensity programme. Training while fatigued can lead to overtraining which is likely to result in injury. Anyone unsure about whether to train while fatigued should refrain from training. 	M	M	Medium

Hazard	Additional Control	Assigned to	Due Date	L	S	RR
(none)						

Date of Assessment	15/02/2023	Status	Complete
Re-assessment Date	15/02/2024	Signature	<i>Okud</i>