

LOCATION: ST WULSTAN'S RC PRIMARY SCHOOL, GREAT HARWOOD

DATE: 25TH SEPTEMBER 2021

Equipment

HAZARD	WHO COULD BE HARMED?	EXISTING CONTROL METHODS	CURRENT RISK RATING	ARE EXTRA CONTROLS NEEDED?	PERSON RESPONSIBLE	NEW RISK RATING
Broken oor unsuitable exercise equipment	Everyone	Weekly checks of all exercise equipment to be performed Any equipment identified as broken to be removed from use immediately Participants to provide thier own where possible	Low	-	Victoria	-
Electrical equipment shorting out may cause a fire	Everyone	All electrical equipment to be PAT tested Turn all equipment off before turning power off Any electrical equipment not PAT tested must not be used Any electrical equipment past it's PAT test renewal date will not be used Any electrical equipment identified as broken will be removed from use immediately	Low	-	Victoria	-

Environmental 1

HAZARD	WHO COULD BE HARMED?	EXISTING CONTROL METHODS	CURRENT RISK RATING	ARE EXTRA CONTROLS NEEDED?	PERSON RESPONSIBLE	NEW RISK RATING
Slipping on the hall floor	Everyone	<p>Ask participants to have bare feet or use 'yoga socks' with grips on the bottom</p> <p>The instructor will check before the commencement of the class that participants are wearing correct socks or bare feet</p>	Low	-	Victoria	-
Food and drink brought into the hall causing a trip hazard	Everyone	<p>Ask that participants don't bring any food or drink into the hall</p> <p>Ask them to bring only one bottle with a sports cap and to leave round the edges of the room</p>	Low	-	Victoria	-
Other slip/trip hazards	Everyone	<p>Ask participants to leave all belongings round the edges of the room</p> <p>Remove all clutter from the hall floor before the start of the class</p> <p>Checks to be done before each class</p>	A	-	Victoria	-

Environmental 2

HAZARD	WHO COULD BE HARMED?	EXISTING CONTROL METHODS	CURRENT RISK RATING	ARE EXTRA CONTROLS NEEDED?	PERSON RESPONSIBLE	NEW RISK RATING
Temperature of the hall getting too hot or too cold	Everyone	Inform participants before arrival to wear plenty of warm layers on cold days Keep the main hall door ajar on hot days to circulate the air and remind participants to bring water with them	Low	-	Victoria	-

People 1

HAZARD	WHO COULD BE HARMED?	EXISTING CONTROL METHODS	CURRENT RISK RATING	ARE EXTRA CONTROLS NEEDED?	PERSON RESPONSIBLE	NEW RISK RATING
Muscular injury - strain or sprain	Everyone	<p>The instructor will provide appropriate warm and cool down</p> <p>Participants will not be admitted after the warm up has been completed</p> <p>The instructor will observe and correct poor form and technique throughout the class</p> <p>The instructor will provide an appropriate range of progressions, modifications and adaptations for each level allowing participants to work at an appropriate level for them</p> <p>Slip and trip hazards will be controlled as above</p> <p>The instructor will carry a fully charged mobile phone at all times</p> <p>The instructor will be first aid qualified and provide emergency first aid</p> <p>Activity will be stopped and the rest of the group will be asked to congregate and keep warm until the situation is resolved</p> <p>Arrangements will be made to ensure the injured party is warm and safely transported home</p> <p>The injured party will be advised to seek medical advice</p>	low	-	Victoria	-

People 2

HAZARD	WHO COULD BE HARMED?	EXISTING CONTROL METHODS	CURRENT RISK RATING	ARE EXTRA CONTROLS NEEDED?	PERSON RESPONSIBLE	NEW RISK RATING
Serious medical incident	Everyone	<p>All participants will be required to complete an online Health Questionnaire prior to their first class</p> <p>Participants will also be required to update the instructor about any changes to their health</p> <p>The instructor will ask at the start of each class if there is anything they need to know</p> <p>Participants will be encouraged to work at their own pace and rest/take water as and when required</p> <p>After identifying a serious medical incident has taken place contacting the emergency services will be prioritised as the immediate action to be taken</p> <p>The instructor will carry an fully charged mobile phone at all times</p> <p>The instructor will be first aid qualified and provide emergency first aid until the arrival of the emergency services</p> <p>The same procedure for muscular strain/sprain will be utilised to manage the wellbeing of the rest of the group</p>	Low	-	Victoria	-

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Other

HAZARD	WHO COULD BE HARMED?	EXISTING CONTROL METHODS	CURRENT RISK RATING	ARE EXTRA CONTROLS NEEDED?	PERSON RESPONSIBLE	NEW RISK RATING

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Sincerely,

VICTORIA JACKSON

Owner

