

Risk Area	Gymnastics and Trampoline Lessons
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Assessment made by:	Adam Reynolds (Director)
Workplace(s):	St Bedes School - Gymnasium ("old gym")
Company:	Springfit Ltd.
Last Reviewed:	10/01/2024

In the table below potential hazards are assessed for overall risk by comparing the potential danger to the likelihood of an occurrence.

For example if there is a high danger but a low chance of it happening there is low overall risk. If there is a low danger but a high chance of it happening there may be a medium to high risk level.

Potential Hazard	Potential Danger	Likelihood	Overall Risk Level	Controls	Actions Needed?
Participants or coaches injured falling off equipment	Medium	Low	Low	<p>All coaches follow a safe set up procedure.</p> <p>Head Coaches qualified to level 2 or equivalent in chosen discipline (gymnastics or trampolining)</p> <p>Assistant coaches qualified where possible with level 1 and 2 or equivalent in chosen discipline.</p> <p>Appropriate matting around equipment and landing areas</p> <p>Equipment should be matted appropriately on all sides.</p>	<p>End Decks or "Spotters" on each side of the trampolines not against a wall or at floor level.</p> <p>Where parents are asked to "Spot" suitable instruction/briefing is given by the Head Coach at the start of class.</p> <p>All stations and gymnastics groups should be suitably manned by coaches when teaching new skills.</p>
Failure of Equipment	High	Very Low	Low	<p>Additional coach training provided regularly.</p> <p>All equipment inspected annually by an external provider.</p> <p>Checks for safe setups carried out at the start of each class.</p>	<p>Any unsafe or damaged equipment should be reported.</p> <p>Any unsafe equipment should not be used until repaired.</p> <p>Care must be taken in setting up/down to handle equipment appropriately.</p>
Participants or coaches falling against objects and trip hazards	Low	Low	Low	<p>Floor areas and areas surrounding Trampolines are kept clear and suitably matted at all times</p> <p>Any wires from speakers or airtrack pumps are kept concealed and out the way</p>	None

Sprains and other injuries relating to sporting activities (gymnastics and trampolining)	Medium	Medium	Medium	<p>All Head Coaches carry additional First Aid and are First Aid trained</p> <p>There is additional, basic First Aid provision in the gym cupboard and by the centre staff.</p> <p>Head Coaches plan appropriate activities.</p> <p>Head Coach tablets have electronic forms for the immediate reporting of incidents</p>	<p>Vigilance by all staff in safe supporting gymnasts and safe set ups of equipment</p> <p>In Trampolining, allow only moves already assessed on the badgework syllabus to be performed on practice Trampolines.</p>
Issues arising from existing medical conditions	Medium	Low	Low	<p>Registers contain all medical details so coaches are aware of those with conditions</p> <p>Those that carry an inhaler are known to the coaches and take appropriate breaks</p> <p>Head Coaches and Coaches have formal first aid training and qualification every three years</p> <p>First Aid provisions are provided by both Springfit and Oakwood Sports Centre</p>	<p>Participants are asked about medical conditions periodically at the start of sessions. Any new conditions arising to be reported by coaches to the office and added to registers.</p> <p>Those with “exemption” conditions may not take part.</p> <p>All assistant Coaches and Volunteers are made aware of lesson plans.</p>
Slipping on the Gym floor due to wearing socks on feet.	Low	Medium	Low	<p>Gymnasts asked to train without socks, participants in Trampolining asked to wait at the side of the trampoline for their turn. No running is permitted</p> <p>During Trampolining “grippy” socks are worn specifically designed for the support and are by nature non-slip.</p>	
Collisions	Medium	Low	Low	<p>Trampolines are sited away from any overhanging or protruding objects and gym equipment is set up so landing areas and run ups are suitably spaced apart.</p>	<p>Head Coaches and Coaching teams should take care when planning activities for the number and direction of travel of participants.</p> <p>In addition all appropriate steps to maintain behaviour within class are followed, including calling out and preventing “horse-play”</p>
General Child Protection	High	Medium	Medium	<p>All coaches over 16 are DBS checked every 3 years.</p> <p>All Head Coaches are Safeguarding trained and Safeguarding Officers for the Club</p> <p>Children are not permitted to leave class alone, unless given expressed parental permission in writing to the club</p> <p>Accurate registers are taken to</p>	<p>Springfit has a further full Child Protection and Safeguarding policy available for all staff.</p>

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