

<b>Risk Area</b>	Gymnastics and Trampoline Lessons
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<b>Assessment made by:</b>	Adam Reynolds (Director)
<b>Workplace(s):</b>	St Bedes School Sports Hall
<b>Employer:</b>	Springfit Ltd.
<b>Last Reviewed:</b>	10/01/2024

In the table below potential hazards are assessed for overall risk by comparing the potential danger to the likeliness 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>Care must be taken in setting up/down to handle equipment appropriately.</p> <p>Any equipment to be found to be unsafe or broken should not be used.</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> <p>All assistant Coaches and Volunteers are made aware of lesson plans.</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 have formal first aid training and qualification every three years.</p> <p>At least one First Aider is present per hall, in most cases, there will be two or more on site.</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>
Slipping on 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>As the toilets are located outside of the Coach’s line of sight and the site is “open” - accessible by parties other than Springfit, all toilet trips during class should be accompanied to the corridor where the toilets are located by the child’s own parent/guardian or a member of the Springfit team.</p> <p>Springfit has a further full Child Protection and Safeguarding policy</p>

				Accurate registers are taken to ensure staff know who is in class at any time.	available for all staff.
Manual Handling of Larger Trampolines	Medium	Medium	Medium	Staff given additional training and work in pairs when setting up the larger Trampolines	Cover coaches are shown procedure by a regular member of the team and are assisted at all times.