



RISK ASSESSMENT – FITNESS SESSIONS

Fit Kidz CIC generic Risk Assessment covering fitness sessions in both indoor and outdoor settings.

<u>The hazards</u>	<u>Who might be harmed</u>	<u>Controls required</u>	<u>How is this supervised</u>
<p><u>Surfaces and ground</u></p>	<ul style="list-style-type: none"> • Participants • Other visitors incl friends and family • Staff at indoor settings • General public and passers-by at outdoor settings • Vulnerable groups – elderly, pregnant women, those with existing underlying health conditions • Anyone else who physically comes in contact with us in relation to our business 	<p><u>Surfaces and ground</u> Regularly check that all surfaces are unlikely to cause injury.</p> <p>Prompt maintenance of defects to be instructed to staff of indoor settings.</p> <p><u>Indoor settings</u></p> <ul style="list-style-type: none"> • Check condition of each indoor setting upon arrival. • Look for bumps or inclines on floors. • Remove any hazardous objects and water/liquid spills. • Clean floors to reduce slip accidents. <p><u>Outdoor settings</u></p> <ul style="list-style-type: none"> • Check ground is level, no holes etc. • Check for and remove any obstructions or hazardous objects. • Obstructions and hazardous objects can include water / liquid spills, broken glass, fallen branches, stones or other hard/large objects, dog faeces, etc. 	<p>Personal trainer to supervise in all instances. Scout and assess activity area thoroughly.</p>

<p><u>Participants (specific)</u></p>		<p><u>Participants (specific)</u></p> <ul style="list-style-type: none"> • All participants to have access to our General Data Protection Regulation (GDPR) and Safeguarding Policies • All participants to be asked to review and agree to our Informed Consent Release Waiver (ICRW) form, and our Photography/Filming Consent forms (specifically for children and young adults) • All participants to be asked to review, and complete where deemed necessary, our Par-Q form (Physical Activity Readiness Questionnaire) • All participants to be made aware of and agree to our terms and conditions for running sessions. • Participants to be made aware of (through ICRW and Par-Q reviews) the possibility of certain unusual physical changes that exist during exercise... these include abnormal blood pressure ; fainting ; disorders in heartbeat ; in the extreme and rare occurrences possible heart attack / death ; and the possibility of suffering an injury or physical disorder that could result in them becoming disabled (partially or totally). • Considerations to be made around:- <ul style="list-style-type: none"> ○ age of participants ○ physical abilities and any limitations ○ existing medical conditions including disabilities or medications regularly taken (details obtained through completion of Par-Qs) ○ existing injuries • Attendance register completed for every session with details such as participant name, age/DOB, email address, mobile number, parent/guardian details. 	<p>Personal trainer to have copies of all documentation at their disposal at all times.</p> <p>Personal trainer to obtain relevant written or verbal information as required from participants and/or parents / guardians / supervisors.</p> <p>Personal trainer to complete attendance register for every session.</p>
<p><u>Findings and reporting</u></p>		<p><u>Findings and reporting</u></p> <ul style="list-style-type: none"> • Regular reporting of actions taken will be carried out. • Regular reporting reviews held to aid with future session delivery and learnings 	<p>Personal trainer takes full responsibility.</p>