

Risk Assessment: This form may be adapted by the school/ establishment to assess any special risks which are specific to their particular activity, visit, venue or pupils)

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| Establishment: Jack Hunt School | Assessment Date: 22/08/2016 |
| Activity / Environment: Fitness Gym | Completed By: Steven Braby [SBY] |
| Educational Objectives: As defined by the accompanying letter/ visits proforma | Reviewed Every: Term / 6 Months / Yearly |

| 1a Risk Assessment | | | | | | | | | 1b Review |
|--------------------|---|---|-------------------------|--------------------------------|--|---|---|--|--------------------------------------|
| ID | Hazard | Description Of Hazard | Who's at risk [S, P, V] | Level of risk [High, Med, Low] | Advice on hazard required | How can the risk be controlled | Resolution/ action | Implemented by | Date reviewed/ implemented |
| EXAMPLE | Broken bottle on the field | A glass bottle has been smashed on the field, leaving glass shards on the grass | S, P, V | High | Yes / No If yes, who can advise? | Checks of the field before opening the field/ before the lesson | Report to the PE technician/ facilities to contact the caretakers to remove the glass | Steven Braby [SBY] | [SBY] 22/08/2016 |
| 1 | Incorrect or unsuitable warm-up | This can cause DOMS [Delayed On set of Muscle Soreness] Warm-ups should last for at least 10 Minutes | P | Low | Yes / No If yes, who can advise? | Staff to lead warm-ups for a set number of weeks/ lessons and then selected students could lead the warm-ups once they know what to do | Students should be made aware of the affects of DOMS due to a incorrect warm-up | Hayley Jeal [HJL] Reviewed by: Steven Braby [SBY] | [HJL] --/07/2015 [SBY] 22/08/2016 |
| 2 | Overcrowding in a relatively small classroom space | Small areas of space can result in minor injuries as a result of special awareness. | P | Med | Yes / No If yes, who can advise? | Limiting the amount of people in the fitness gym will reduce the risk of any injuries. To be agreed with PCC following the Health and Fire Report. A member of staff will be present with each class. | Setting a circuit for the class would help reduce any student wondering around the gym. As this presents a potential hazard due to moving machines. | Hayley Jeal [HJL] Reviewed by: Steven Braby [SBY] | [HJL] --/07/2015 [SBY] 04/09/2016 |
| 3 | Distraction caused by lots of people in a small space | Distractions will cause a loss of concentration and will make an individual less aware of people around them. | P | Med | Yes / No If yes, who can advise? | Splitting any misbehaving students into different groups, minimising the potential risk of any risk. | Students should have an introduction to the fitness gym before a block of lessons. This will make them aware of any hazards and the dangers of distracting someone. | Hayley Jeal [HJL] Reviewed by: Steven Braby [SBY] | [HJL] --/07/2015 [SBY] 04/09/2016 |

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| 4 | Students using the equipment incorrectly | Potential Injury to themselves and others. | P | Low | Yes / No If yes, who can advise? | All students will receive an introduction to the fitness gym and are made aware of what injuries may occur whilst using a piece of equipment incorrectly. | During a lesson in the fitness gym, students should be routinely observed to ensure that they are using the equipment correctly. Anyone who is not using a piece of equipment correctly will be removed from the gym. | Hayley Jeal [HJL] Reviewed by: Steven Braby [SBY] | [HJL] --/07/2015 |
| | | | | | | | | | [SBY] 04/09/2016 |
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| 5 | Students lifting too much weight, working beyond their ability/ physical level | Students lifting too much can result in injury to the students muscles. | p | Med | Yes / No If yes, who can advise? | Depending on the students experience and age will depend on how much they are recommended to lift. Each class should have a set limit of how much they can lift. | If students are lifting too much then they will be told to reduce the weight. If they continue to lift to much then they will be told to move machines. | Hayley Jeal [HJL] Reviewed by: Steven Braby [SBY] | [HJL] --/07/2015 |
| | | | | | | | | | [SBY] 04/09/2016 |
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| 6 | Dehydration | Dehydration will cause loss of concentration and will make the individual more tired. | P | Low | Yes / No If yes, who can advise? | Students are advised to bring their water bottles to the fitness gym to keep hydrated. | If students do drink off of their water, there is a water fountain in the fitness gym, allowing them to keep hydrated. | Hayley Jeal [HJL] Reviewed by: Steven Braby [SBY] | [HJL] --/07/2015 |
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| Final Assessment | | | | | | | Overall Risk: Low | | |
| Assessor: Hayley Jeal [HJL] – Reviewed By: Steven Braby [SBY] | | | | | | | Review: On-Going | | |