Risk Assessment for JB Gymnastics

Location: Sports Hall, Ashfold School

Date: 31/01/2025

Assessor’s Name: Jenni Baxendale

1. Identified Hazards and Control Measures

Tripping Over Mats

 • Risk Level: Medium

 • Control Measures: Ensure mats are arranged securely and walkways remain clear. Regularly inspect the layout during sessions.

Hitting Head on Floor (Where Mats Are Not Present)

 • Risk Level: High

 • Control Measures: Ensure all activity areas are adequately padded. Double-check mat placement before each session.

Bumping Heads

 • Risk Level: Medium

 • Control Measures: Encourage spatial awareness among children and supervise closely. Conduct pre-session safety briefings.

Inappropriate Clothing

 • Risk Level: Low

 • Control Measures: Require children to wear appropriate gymnastics clothing and remove socks unless they are grip socks. Check attire before activities begin.

Injury While Trying New Skills

 • Risk Level: Medium

 • Control Measures: Ensure all new skills are performed under the supervision of qualified staff. Coaches will provide spotting assistance and teach proper techniques.

Unsupervised Use of Equipment

 • Risk Level: High

 • Control Measures: Store equipment safely when not in use. Supervise children at all times and enforce clear boundaries.

Unsafe Behaviour

 • Risk Level: Medium

 • Control Measures: Set clear behaviour expectations at the start of every session and enforce them consistently. Address unsafe behaviour immediately.

Staff-to-Child Ratios

 • Risk Level: High

 • Control Measures: Maintain a maximum ratio of one coach to ten children. Ensure adequate staffing for all activities and monitor availability regularly.

Jewellery and Accessories

 • Risk Level: Low

 • Control Measures: Ensure all jewellery and accessories are removed before each session. Include reminders in pre-session briefings.

Equipment Failure

 • Risk Level: High

 • Control Measures: Conduct thorough equipment checks before every session. Ensure all equipment is age- and skill-appropriate and replace any damaged items immediately.

Improper Equipment Handling

 • Risk Level: Medium

 • Control Measures: Teach children how to safely move, place, and retrieve equipment. Coaches supervise all equipment handling.

Insufficient Space for Activities

 • Risk Level: Medium

 • Control Measures: Ensure group sizes match the available space. Avoid overcrowding by planning activities accordingly.

Children Leaving the Hall Unsupervised

 • Risk Level: Medium

 • Control Measures: Maintain a register of attendees and ensure no child leaves the sports hall without supervision. Perform regular headcounts.

Medical Needs and Allergies

 • Risk Level: High

 • Control Measures: Collect all relevant medical and allergy information from parents. Enforce a nut-free policy for lunches and snacks.

Incorrect Spotting Technique

 • Risk Level: Medium

 • Control Measures: Ensure staff are trained in spotting techniques and provide regular refresher training to maintain proficiency.

2. General Safety Practices

 • Staff Qualifications and Communication: All staff are adequately trained and maintain open communication throughout each session.

 • Clothing and Equipment: Children must wear appropriate attire, and all equipment must be safe, suitable, and used only for its intended purpose.

 • Supervision: Children are supervised at all times, with a strict 1:10 coach-to-child ratio.

 • Safety Briefings: Conduct briefings before each session and activity to reinforce safety rules and expectations.

3. Emergency Preparedness

 • First Aid: Ensure first aid kits are easily accessible, and staff members are trained in basic first aid procedures.

 • Medical Records: Keep an updated list of children’s medical needs and allergies.

4. Monitoring and Review

 • Responsibility: The lead coach or designated safety officer will oversee the implementation of this risk assessment.

 • Review Date: This assessment will be reviewed on 13.01.2026 or after any incident.

This assessment ensures the safety of all children and staff while promoting a secure and enjoyable gymnastics environment.