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RISK ASSESSMENT: BEAM! THROUGH GYMNASTICS

An assessment of the risks that might be met by gymnasts and coaches should have the aim of preventing the risks or reducing them.

FIVE STEPS TO RISK ASSESSMENT

- An assessment of risk is nothing more than a careful examination of gymnastics activities and the aim ultimately is to make sure no one is harmed or hurt.
- Don't be put off by some of the words used:

Hazard: Means anything that has the potential to cause harm.

Risk: The chance great or small, that someone will be harmed by the hazard.

STEP 1 – LOOK FOR THE HAZARDS

Walk around the gym looking for what could reasonably be expected to cause harm to people in your facility. Ignore the trivial and concentrate on significant hazards, which could result in harm to people in your facility.

STEP 2 – DECIDE WHO MIGHT BE HURT AND HOW

Think about gymnasts, coaches, parents, cleaners (anyone who might be in the facility).

STEP 3 – EVALUATE THE RISKS ARISING FROM THE HAZARDS AND DECIDE WHETHER EXISTING PRECAUTIONS ARE ADEQUATE OR SHOULD MORE BE DONE

Even after all precautions have been taken, usually some risk remains. What you have to decide for each significant hazard is what the likelihood is of the risk occurring and what is the likely consequence if it does occur.

STEP 4 – RECORD YOUR FINDINGS

A simple risk assessment form has been designed for your use; this will focus your attention on significant risks that require some action. This process is not something that coaches should worry about unduly, it is simply a tool to help coaches make their clubs safer places and to protect the gymnasts and coaches using their facilities.

If you use the Risk Assessment form you will be able to show that:

- A proper check was made
- You considered all the possible hazards
- You dealt with all the obvious significant hazards
- The precautions are **REASONABLE** and the remaining risks are low.

Keep the Risk Assessment form where you can find it for future reference.

STEP 5 – REVIEW YOUR ASSESSMENT PROCEDURES ON A REGULAR BASIS

We do risk assessments all the time, when we go in to a gymnasium or training area; we are all continuously on the lookout for things that are potentially dangerous and we take precautions almost without thinking about it. So don't over react, this form is a means of formalising the process and is here to help you.

Policy reviewed 11th May 2020

An accessible gymnastics club supporting children with additional emotional, physical, behavioural and sensory challenges.

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Hazard / Risk	Who is at Risk?	Normal Control Measures (Brief description and/or reference to source of information).	Additional Control Measures (to take account of local/individual circumstances).	Risk Rating H/M/L
Defective flooring / Slips Trips Falls	All users	<ul style="list-style-type: none"> • Condition of premises regularly checked • Prompt maintenance of defects. • Floors regularly cleaned to reduce slip accidents. 		
Broken glazing / Cuts	All users	<ul style="list-style-type: none"> • All glazing in vulnerable areas (>250mm wide and up to waist height in internal walls / partitions and windows, up to shoulder height in doors) either filmed or safety glazing. • Impact resistant toughened glass or glazing protection provided where risk assessment indicates that it is required 		
Sports equipment storage area / Injury, dust, fire	All users	<ul style="list-style-type: none"> • Equipment safely stacked • Regular inspection of area • Good housekeeping, area kept clean and tidy 		
Misuse of sports equipment / injury	All users	<ul style="list-style-type: none"> • Adequate supervision by trained authorised staff • Induction for users in correct method of use • Secured against unauthorised access • First aid trained staff to deal with injuries 		
Defective sports equipment / injury	All users	<ul style="list-style-type: none"> • Planned inspection and maintenance routine with testing where appropriate for type of equipment • Defective items removed from area or locked away where possible or marked clearly to indicate they should not be used 		
Competence of instructors	All users	<ul style="list-style-type: none"> • Staff have a relevant national governing body coaching qualification for the activities identified. 		
Gymnastics	All users	<ul style="list-style-type: none"> • All equipment been inspected by a competent person in the last 12 months. 		
DATE	All users	PERFORMED BY		