

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

General Risk assessment team: **Julian Such & Christine Jolliffe**

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing? ** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
1. BEING HIT BY VEHICLES OUTSIDE GYMNASIUM	Staff, gymnasts, parents and visitors Pedestrian collisions, serious injury including broken bones and or death	1a. It is preferable that all children are picked up from inside the gymnasium rather than waiting outside. There is a waiting area just inside the entrance of the facility. 1b. Children can come out of the facility to meet parents within the gated car park area. The parents take responsibility for their children once they leave the facility. 1b. Area is well lit. 1d. Parents/Visitors are advised to not use the car park as a drop off or pick up zone. 1e. 5 MPH speed limit 1f. Member of staff placed at entrance at start and end of session 1g. Adequate flood lighting in the car park at night.	All procedures in place are adequate to control the risk	Owners, coach, parents/visitors	On-going	On-going
2. ENTRANCE TO GYMNASIUM BLOCKED BY VEHICLES OR OBJECTS	Staff, gymnasts, parents and visitors Pedestrian collisions, serious injury including broken bones and or death	2a. Ramp to the front door inhibits vehicles from blocking the entrance. 2b. Any objects to be removed to a safe place before class starts. 2c. Parents/Visitors to gymnasium asked to park away from the entrance. 2d. Parents/visitors to car park should only use marked out car parking spaces. 2e. Parents/visitors are told not to use neighboring car parks.	All procedures in place are adequate to control the risk	Owners, coach, parents/visitors	On-going	On-going

3. WEATHER CONDITIONS	Staff, gymnasts, parents and visitors Slips, trips & falls causing injury	3a. Umbrella storage is available during wet weather to avoid wet surfaces 3b. Ensure that parents are sending children in heat/cold appropriate clothing. 3c. All floors and walkways to be kept cleaned and drained where necessary to reduce the risk of slips and trips	All procedures in place are adequate to control the risk	Owners, coach, parents/visitors	On-going	On-going
4. SLIPS AND TRIPS	Staff, gymnasts, parents and visitors Slips, trips & falls causing injury	4a. General good housekeeping is carried out. 4b. All areas are well lit, including stairs. 4c. No trailing leads or cables. 4d. Staff keep work areas clear, eg no boxes left in walkways, deliveries stored immediately. 4e. Coach ensures that all gymnasts must wear bare feet or gym slippers or gripped socks. 4f. Coach to ensure that there is no running when moving between pieces of equipment 4g. Coach to ensure that no food or drink is allowed in gymnasium except water. 4h. Coach to ensure that participant bags/personal items to be kept in the changing area. 4i. Coach to ensure that any spillages are promptly dealt with. 4j. Regular inspection of floor surfaces for defects or unsafe conditions and prompt reporting of defects found.	All procedures in place are adequate to control the risk	Owners & coach	On-going	On-going
5. LIFTING & HANDLING	Staff & coaches Muscular injury	5a. There is minimal equipment movement in the facility apart from matting. 5b. When equipment is required to be moved, the load must be made as light as possible and more than one person used to achieve task or mechanical aids utilized. 5c. Maximal manual handling loads are not to be exceeded.	All procedures in place are adequate to control the risk	Coach	On-going	On-going

<p>6. MEDICAL EMERGENCY & FIRST AID</p>	<p>Staff, gymnasts, parents/visitors Physical health issues & injury</p>	<p>6a. First aid trained personnel and first aid equipment (including defibrillator) on site at all times and reporting procedures in place to record incidents. 6b. Qualified first aiders listed in reception area and by kallax units. 6c. Lead coach telephone available for emergencies. 6d. Address printed in reception and by kallax units. 6e. Register of gymnasts taken for each class. 6e. Medical details of gymnasts known - this is on loveadmin and all employees have access to this information?</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Owner, Staff, & Coach</p>	<p>On-going</p>	<p>On-going</p>
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Risk assessment

Company name: **Portsmouth School of Gymnastics**

Date of risk assessment: January 2024

Fire Safety

Risk assessment team: Julian Such & Christine Jolliffe

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing? ** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
1. FIRE	Children, Parents, gymnasts, users, staff & visitors Serious injury and/or death	1a. All staff are briefed on fire evacuation procedures 1b. Written fire evacuation instructions are clearly available on wall. 1c. Fire alarm is regularly inspected and maintained. 1d. Fire exits are visible and signage is clear and appropriate 1e. Fire exits are checked regularly 1f. Fire exits are kept clear 1g. Coaches are shown how to use fire extinguishers safely. 1h. Fire drills will be regularly carried out at different times of the day. 1i. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk A record of when fire drills are completed is required	Owner	On going	On going

2. EQUIPMENT FAILURE	<p>Children, Parents, gymnasts, users, staff & visitors</p> <p>Equipment failure causing fire leading to serious injury and/or death</p>	<p>2a. All electrical equipment is electrically tested annually by a suitably qualified person.</p> <p>2b. All equipment having passed electrical testing will have an on display in-date PAT sticker on the plug.</p> <p>2c. Regular general maintenance of all electrical equipment.</p> <p>2d. Electrical equipment is regularly checked for faults</p> <p>2e. Electrical fittings are regularly checked</p> <p>2f. Faulty equipment will be taken out of use until repaired and PAT</p>	All procedures in place are adequate to control the risk	Owner	On going	On going
3. INCORRECT USE OF EQUIPMENT	<p>Children, Parents, gymnasts, users, staff & visitors</p> <p>Incorrect use of electrical can lead to equipment failure causing fire leading to serious injury and/or death</p>	<p>3a. Instruction on correct use of individual pieces of electrical equipment.</p> <p>3b. Location and environment to be regularly checked for suitability prior to use</p>	All procedures in place are adequate to control the risk	Owner	On going	On going
4. ELECTRIC SHOCK	<p>Children, Parents, gymnasts, users, staff & visitors</p> <p>Injury such as burns and/or death</p>	<p>4a. Equipment should be inspected before being turned on for any obvious faults.</p> <p>4b. If any faults are found the equipment will be taken out of use until repaired.</p> <p>4c. All electrical equipment is regularly PAT</p> <p>4d. No equipment should be used unless it has an in-date electrical testing label.</p> <p>4e. In the event of an electrical shock, do not touch person affected, turn off electrical equipment at supply and call for a first aid trained member of staff.</p> <p>4f. First aid trained personnel and equipment (including defibrillator) on site at all times and reporting procedures in place to record incidents.</p>	All procedures in place are adequate to control the risk	Owner	On going	On going
5. PLUGS AND FUSES	<p>Children, Parents, gymnasts, users, staff & visitors</p> <p>Damaged plugs can lead to equipment failure causing fire leading to serious injury and/or death</p>	<p>5a. Plugs that are cracked or have broken casing or bent pins must not be used. Take items out of use and report to staff.</p> <p>5b. The plugs must be wired properly, and the conductors securely fixed.</p> <p>5c. The rating of the fuse must be appropriate to the appliance</p> <p>5d. Check the outer sheath of the cable is effectively secured where it enters the plug</p>	All procedures in place are adequate to control the risk	Owner	On going	On going

6. CABLING	<p>Children, Parents, gymnasts, users, staff & visitors</p> <p>Injury from tripping</p>	<p>6a. The cabling must be in good condition, free from breaks in the insulation and no damage to the cable sheath (apart from light scuffing)</p> <p>6b. The cabling must be sufficiently robust to withstand the wear and tear of laboratory use</p> <p>6c. All electrical leads/cables to be positioned where they cannot be tripped over.</p> <p>6d. If cables have to be in passing traffic areas, use cable protectors to cover cables and protect from damage from passing traffic and prevent trip hazards</p>	All procedures in place are adequate to control the risk	Owner	On going	On going
7. EXTENSION LEADS	<p>Children, Parents, gymnasts, users, staff & visitors</p> <p>Overheating causing fire leading to Injury such as burns and/or death</p>	<p>7a. Extension leads must not be daisy chained (one or more extension leads being used as one in a long link)</p> <p>7b. Kettles, microwaves and heaters that have higher power demands must be used from mains electrical sockets and not used from an extension lead.</p>	All procedures in place are adequate to control the risk	Owner	On going	On going

You should review your risk assessment if you think it might no longer be valid (eg following an accident in the workplace or if there are any significant changes to hazards, such as new work equipment or work activities)

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

Corridors, Walkways and Stairs

Risk assessment team: **Julian Such & Christine Jolliffe**

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing? ** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
1. ENVIRONMENT	Staff, gymnasts, children & visitors	1a. All routes are adequately illuminated at the start of day to enable people to move about safely - lights are working and switched on where required. 1b. Doors fitted with self-closure devices 1c. Appropriate selection of glazing in doors and door panels with consideration given to location, height of glazing, traffic volume, fire resistant etc. 1d. Corridors and passageways are wide enough to allow all people to move freely (including people with buggies, wheelchair users and people carrying items)	All procedures in place are adequate to control the risk	Oners, staff & coaches	On-going	On-going

2. SLIPS AND TRIPS	Staff Children Visitors	2a. Stairs have high visibility, non-slip square nosing on step edges, steps are equal height & width and have suitable handrails. 2b. Inspections are undertaken on floor and stair treads and are clean and in good condition. There should be no excessive wear, missing treads or loose treads. 2c. Defects are reported immediately with prompt remedial action. 2d. Immediate cleaning up of spillages – erect appropriate signs 2e. Carrying items up and downstairs should not be encouraged unless you can keep one hand firmly on the handrail and have clear view of the steps 2f. Ensure bags and coats are not blocking corridors / stairs. 2g. Lockers available for bags and coats.	All procedures in place are adequate to control the risk	Oners, staff & coaches	On-going	
3. FALLS	Staff Children	3a. Visitors are aware they should always walk on stairs. 3b. No running, jumping downstairs when descending. 3c. Visitors are advised to use the handrail whether climbing up or down stairs.	All procedures in place are adequate to control the risk	Oners, staff & coaches	On-going	
4. PEDESTRIAN INTERFACE	Staff Pupils Visitors	4a. Ensure a staggered release of gymnasts onto heavily used traffic routes 4b. Encourage / enforce safe movement around the facility 4c. Instruct visitors on safe use of premises 5) Record / report / investigate all accidents and near misses as appropriate	All procedures in place are adequate to control the risk	Oners, staff & coaches	On-going	
5. FIRE	Staff Children	5a. Exit routes / escape routes should be kept under control at all times. 5b. Everyone must be acquainted with the Fire evacuation procedures. 5c. Ensure fire exit doors and escape routes in corridors are unobstructed and doors easy to open	All procedures in place are adequate to control the risk	Oners, staff & coaches	On-going	

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

Toilets / Changing

Risk assessment team:

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing? ** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
1. SAFEGUARDING	Children, Parents, Users, Staff & Visitors Centre protocols, policies and procedures being breached. Visitors or unauthorised adults' Vulnerable adults – falls, medical needs	1a. Staff only toilet. 1b. Staff vigilance, 1c. Signage 1d. No lone working 1e. Alarm call cord available in disability toilet 1f. Door is able to be unlocked from the outside in disability toilet 1g. All safeguarding protocols are adhered to.	All procedures in place are adequate to control the risk	Owners, staff, & coaches	On-going	On-going
2. SLIPS, TRIPS AND FALLS	Children, Parents, Users, Staff & Visitors Injury	2a. Toilets are regularly inspected. 2b. Floors are regularly cleaned. 2c. Any spillages or over spill from showers are reported are promptly cleaned 2d. Coat hooks, cubie holes and benches are provided to reduce the risk of personal belongings being left on the floor and a trip hazard.	All procedures in place are adequate to control the risk	Owners, staff, & coaches	On-going	On-going
3. HOT WATER	Children, Parents, Users, Staff & Visitors Injury due to burns and abrasions	3a. Water temperature is closely monitored 3b. Water system is regularly serviced.	All procedures in place are adequate to control the risk	Owners, staff, & coaches	On-going	On-going

4. DOORS, LOCKS, & MIRRORS	<p>Children, Parents, Users, Staff & Visitors</p> <p>Injury due to trapped fingers and feet</p> <p>Distress due to locks failing and adults being locked in and/or out</p> <p>Cuts and injuries from broken mirrors</p> <p>Accessibility for wheelchair/crutch users and those using other physical aides</p>	<p>4a. Doors are regularly inspected.</p> <p>4b. Building risk assessment in place.</p> <p>4c. Dynamic assessments.</p> <p>4d. Accessible door is able to be unlocked from the outside</p> <p>4e. Mirrors intact</p> <p>4f. First Aid Kit and a first aid trained member of staff to be available at all times.</p> <p>4g. Access is gained by flat thoroughfare and a large accessible toilet is available for those that cannot access the smaller toilet area.</p>	All procedures in place are adequate to control the risk	Owners, staff, & coaches	On-going	On-going
5. HAND-DRYER	<p>Children, Parents, Users, Staff & Visitors</p> <p>Injury due to electric shock or fire.</p> <p>Injury due to burns and abrasions</p>	<p>5a. Auto shut-off and fuse socket out of reach of children</p> <p>5b. Safe temperature dryer provided</p>	All procedures in place are adequate to control the risk	Owners, staff, & coaches	On-going	On-going
6. LEGIONNAIRES	<p>Children, Parents, Users, Staff & Visitors</p> <p>Serious illness</p>	<p>6a. Regular flushing of showers and taps during long periods of un-use.</p> <p>6b. Showerheads are removed and cleaned thoroughly on a regular basis.</p>	All procedures in place are adequate to control the risk	Owners, staff, & coaches	On-going	On-going
7. INADEQUATE LIGHTING	<p>Children, Parents, Users, Staff & Visitors</p> <p>Injury due to poor vision</p>	<p>7a. Lighting is in good order.</p> <p>7b. Lighting is regularly checked.</p>	All procedures in place are adequate to control the risk	Owners, staff, & coaches	On-going	On-going
8. FIRE	<p>Children, Parents, Users, Staff & Visitors</p> <p>Injury & death due to burns & smoke inhalation</p>	<p>8a. Heaters are regularly checked</p> <p>8b. Fire risk assessment is in place.</p>	All procedures in place are adequate to control the risk	Owners, staff, & coaches	On-going	On-going
9. ELECTRICITY	<p>Children, Parents, Users, Staff & Visitors</p> <p>Injury due to electric shock or fire.</p>	<p>9a. Heaters are installed out of reach of young children and have a safety cut-out</p> <p>9b. No electrical appliances allowed in shower room</p>	All procedures in place are adequate to control the risk	Owners, staff, & coaches	On-going	On-going

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

Gallery Risk assessment team: **Julian Such & Christine Jolliffe**

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing?	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
		** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts				

<p>1. FALLING FROM GALLERY</p>	<p>1) Children, Parents, gymnasts, users, staff & Visitors</p> <p>Serious injury and/or death</p>	<p>1a. Regular checks on the integrity/condition of the balcony</p> <p>1b. Code of conduct stipulates that CHILDREN MUST BE SUPERVISED BY AN ADULT GUARDIAN AT ALL TIMES whilst on the Gallery</p> <p>1c. Staff in The Loft and coaches in the gym to supervise Gallery usage to the best of their ability</p> <p>1d. Code of conduct stipulates that there is no running on the Gallery at any time.</p> <p>1e. Code of conduct stipulates that there is NO CLIMBING OR HANGING on the Gallery glass railing</p> <p>1f. Consider Chair/Stool usage. NO CHILDREN UNDER 12 SITTING ON CHAIRS OR STOOLS at the Gallery glass railing</p> <p>1g. Ensure parents made aware of the need to return ALL CHAIRS/STOOLS away from Gallery glass railing</p> <p>1h. Ensure all adults to remain vigilant on Gallery usage.</p> <p>1i. Ensure children sit on viewing bench or floor, or on chairs / stools away from Gallery glass railing</p> <p>1j. Ensure no climbing on tables / stools or chairs</p> <p>1k. Code of conduct for gallery detailing all of these safety rules.</p> <p>1l. Safety video on website reinforcing safety rules.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Owners, staff & coaches</p>	<p>On-going</p>	<p>On-going</p>
<p>2. ITEMS FALLING FROM GALLERY</p>	<p>1) Children, Parents, gymnasts, users, staff & Visitors</p> <p>Serious injury</p>	<p>2a. Hot / cold drinks are not to be placed on the Gallery balustrade</p> <p>2b. Anything handheld is not to be placed over the balustrade edge</p> <p>2c. Code of conduct for gallery detailing all of these safety rules.</p> <p>2d. Safety video on website reinforcing safety rules.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Owners, staff & coaches</p>	<p>On-going</p>	<p>On-going</p>

3. SLIPS, TRIPS AND FALLS	1) Children / Parents / Users / Staff / Visitors	<p>3a. Floors are regularly cleaned.</p> <p>3b. Any spillages are reported are promptly cleaned.</p> <p>3c. Lockers are provided to reduce the risk of personal belongings being left on the floor and a trip hazard</p> <p>3d. No running on the Gallery</p> <p>3e. Code of conduct for gallery detailing all of these safety rules.</p> <p>2d. Safety video on website reinforcing safety rules.</p>	All procedures in place are adequate to control the risk	Owners, staff & coaches	On-going	On-going
4. JUMPING FROM GALLERY	<p>Gymnasts</p> <p>Serious injury/death</p>	<p>4a. Gymnasts are made aware verbally that absolutely no jumping from gallery</p> <p>4b. All parents are informed by email.</p>	All procedures in place are adequate to control the risk	Owners, staff & coaches	On-going	On-going

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

SensorySpace

Risk assessment team: Julian Such & Christine Jolliffe

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing?	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
1. FIBRE OPTICS	Staff, gymnasts and visitors Injury caused by choking, poking, strangulation, whipping, splinters from glass fibre if fibre optics are broken.	1a. All those using the sensory room have watched an operational video. 1b. Adult guardian to ensure equipment is not misused. 1c. Sensory room to have key code entry for members only.	All procedures are in place to adequately control the risk	Adult guardian	On-going	On-going
2. UV PANEL	Staff, gymnasts and visitors Injury caused by Chocking, splinters, burns from thin UV cord if pulled too hard, bruising from handle.	2a. All those using the sensory room have watched an operational video. 2b. Adult guardian to ensure equipment is not misused. 2c. Sensory room to have key code entry for members only 2d. Panel must be used for the purpose that it is meant only.	All procedures are in place to adequately control the risk	Adult guardian	On-going	On-going
3. PROJECTOR, MIRRORS AND LIGHTING	Guests with epilepsy Guests with challenging behavior (could pull equipment off wall etc) Injury and or ill health caused by nausea or dizziness, epilepsy.	3a. Understand the requirements of the guests using the sensory room and the nature of their disability. 3b. Only turn appropriate equipment on, e.g. do not have the specific lighting / effects on if it is likely to cause a guest to have a fit.	All procedures are in place to adequately control the risk	Adult guardian	On-going	On-going

4. FALLING FROM OR BUMPING IN TO CORNER UNIT	All Staff and Guests particularly small guests who climb Injury	4a. All those using the sensory room have watched an operational video. 4b. Adult guardian to ensure equipment is not misused. 4c. Corner unit can be removed if necessary. 4d. Sensory room to have key code entry for members only	All procedures are in place to adequately control the risk	Adult guardian	On-going	On-going
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Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

Cafe Risk assessment team: **Julian Such & Christine Jolliffe**

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing?	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
1. SPILLAGES	Café/service staff and customers may slip on spillages Injury from slipping on spillages	1a. Work areas kept tidy and goods stored away in a tidy manner. 1b. Floor surface is suitable for a cafe. 1c. All staff are full trained on good housekeeping 1d. All staff are wearing suitable footwear 1e. Kitchen equipment is maintained to prevent leaks onto the floor. 1f. Faulty equipment is taken out of service and repaired promptly and repaired. 1g. Any leaks cleared up immediately by staff leaving floor dry 1h. Drainage channels and drip trays provided where spills are more likely. 1i. Suitable cleaning materials are available. 1j. Suitable absorbent roll is available to mop up spillages. 1k. Good lighting in all areas.	All procedures in place are adequate to control the risk	Café manager & staff	On-going	On-going
2. TRIPS	Café/service staff and customers Injury caused by falling	2a. No trailing cables or obstruction in walkways. 2b. Steps and changes in level highlighted	All procedures in place are adequate to control the risk	Café manager & staff	On-going	On-going
3. MANUAL HANDLING	Café staff Injury caused by moving heavy/bulky items	3a. Commonly used items and heavy stock stored on shelves at waist height. 3b. Handling aids used for safe moving of items. 3c. Sink at appropriate height to avoid stooping.	All procedures in place are adequate to control the risk	Café manager & staff	On-going	On-going
4. CONTACT WITH STEAM, HOT WATER AND HOT MILK	Café staff and customers Burns and scalds from coffee machine	4a. Staff trained in use of machine 4b. Customers are shown how to use the coffee machine and the risks highlighted to them. 4c. First aid box located within café area 4d. All café staff to wear long sleeves	All procedures in place are adequate to control the risk	Café manager & staff	On-going	On-going

5. FOOD HANDLING	Cafe staff Frequent hand washing can cause skin irritation & damage	5a. Staff to use cutlery or tongs to handle the food rather than hands. 5b. Where handling food cannot be avoided, hands are washed immediately.	All procedures in place are adequate to control the risk	Café manager & staff	On-going	On-going
6. FOOD ALLERGIES	Cafe staff & customers Allergic reaction	6a. What have you put in place to prevent allergic reactions? Is the food labeled appropriately?			On-going	On-going
7. CONTACT WITH CLEANING CHEMICALS	Cafe staff Prolonged contact with water in combination with detergents, can cause damage to the skin. Staff cleaning premises risk irritation or eye damage from direct contact with cleaning chemicals	7a. All cleaning products are clearly labeled. 7b. COSHH assessment completed for all cleaning chemicals 7c. Purchase of milder alternatives where possible.	All procedures in place are adequate to control the risk	Café manager & staff	On-going	On-going
8. ELECTRICAL ITEMS	Staff could suffer serious/fatal injuries as a result of electric shock	8a. Cafe staff to visually inspect electrical appliances before use to report defective plugs, discolored sockets, damaged cable and equipment. 8b. Electrical appliances electrically tested by competent and qualified person. 8c. Staff know where the fuse box is and how to safely switch off electricity in an emergency. 8d. Access to fuse box kept clear.	All procedures in place are adequate to control the risk	Café manager & staff	On-going	On-going

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

Crossfit monkey bar rig

Risk assessment team: **Julian Such & Christine Jolliffe**

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing? ** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
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<p>1. EQUIPMENT FAILURE AND/OR INCORRECT USE OF CROSSFIT MONKEY BAR RIG</p>	<p>Gymnasts & other hub users Injury</p>	<p>1a. Hub code of conduct stipulates that hub users are to utilise the equipment in the manner it was designed to be used. If in doubt regarding correct utilisation of equipment or before attempting any exercise or equipment you are unfamiliar with, hub users are advised to contact a PSG member of staff or PT. 1b. Hub code of conduct stipulates that any equipment issues must be reported to a PSG staff member. 1c. Instruction on correct set up and use of equipment is displayed on equipment. 1d. Hub code of conduct requires any person aged 14-17 years to be supervised at all times by a responsible adult. 1e. Regular inspection checks and general maintenance of equipment. 1f. Regular cleaning in accordance with manufacturers recommendations. See COSHH for ?? 1g. Hub code of conduct stipulates that hub users are to use a towel to wipe down equipment after use. There are also sanitising wipes available - See COSHH for ?? 1h. Hub code of conduct stipulates that members should consult a member of staff before attempting any exercise or equipment they are unfamiliar with. 1i. Hub code of conduct stipulates that users should always make sure the machine settings are correct. 1j. Hub code of conduct stipulates that users should not drop weights.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & hub users</p>	<p>On-going</p>	<p>On-going</p>
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<p>2. INADEQUATE PREPARATION FOR EXERCISE OR USE OF CROSSFIT MONKEY BAR RIG</p>	<p>Gymnasts & other hub users Injury</p>	<p>2a. Correct techniques to be used at all times as detailed on the equipment? 2b. There are videos available on the correct use of this piece of equipment via a link on the club website. 2b. Users should allow adequate time for warm up and cool down specific to the activity participating in. 2c. First aid trained personnel and first aid equipment on site at all times (including defibrillator) and reporting procedures in place to record incidents.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & hub users</p>	<p>On-going</p>	<p>On-going</p>
<p>3. USE OF CROSSFIT MONKEY BAR RIG</p>	<p>Gymnasts & other hub users Injury</p>	<p>3a. Hub code of conduct stipulates that all hub users are required to watch PSG safety/operation video before attending the hub. 3b. Users should allow adequate time for warm up and cool down specific to the activity participating in. 3c. Instruction on correct techniques to be used are detailed on each piece of equipment. 3d. Hub code of conduct stipulates that all hub users should maintain correct posture while using the equipment. 3e. Hub code of conduct stipulates that all hub users should make sure the machine settings are suitable within their ability range before starting exercise. 3f. Hub code of conduct stipulates that users should not drop weights and they should replace and return weights and plates to rack after us</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & hub users</p>	<p>On-going</p>	<p>On-going</p>
<p>4. STABILITY OF CROSSFIT MONKEY BAR RIG DURING MAXIMAL EXERCISE</p>	<p>Gymnasts & other hub users Injury</p>	<p>4a. Crossfit monkey bar rig is positioned on a flat even surface. 4b. Frame lock is in the locked position prior to use or moving. 4c. Floor to be checked regularly for defects as stipulated on regular equipment checks.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & hub users</p>	<p>On-going</p>	<p>On-going</p>

5. TRAPPING OF CLOTHING IN CROSSFIT MONKEY BAR RIG	Gymnasts & other equipment users Injury	5a. Hub code of conduct stipulates that proper athletic attire must be worn at all times including no jeans or street shoes Appropriate clothing requires clothing to be kept clear of the pulleys & cables	All procedures in place are adequate to control the risk	Coach & hub users	On-going	On-going
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<p>6. EXERCISE CAUSING ILL HEALTH OR INJURY</p>	<p>Gymnasts & other equipment users</p> <p>Injury</p>	<p>6a. All hub users consent that they understand the risks of participation in exercise and fitness classes, including aerobic activities such as rowing and such risks of engaging in physical exercise activity may pose a serious risk to health or cause death.</p> <p>6b. All hub users consent that they understand that during training injuries may arise such as muscle, ligament, joint, bone and tendon damage.</p> <p>6c. All hub users consent that they understand that they should not take part in any physical activity that they may not be fit for.</p> <p>6d. All hub users consent that they understand that they are responsible for monitoring their own condition during physical activity.</p> <p>6e. All hub users consent that they understand that they will let PSG know when joining anything that is relevant to their physical condition.</p> <p>6f. All hub users consent that they understand that they are responsible for monitoring their own physical condition and if they suffer any unusual symptoms, they will immediately stop the activity and tell a member of staff.</p> <p>6g. First aid trained personnel and first aid equipment (including defibrillator) on site at all times and reporting procedures in place to record incidents.</p> <p>6h. All hub users consent that they understand that it is recommended that they undergo a medical examination to ascertain that they are not at any type of risk by the exercise/activities they wish to participate in.</p> <p>6i. All hub users consent that they agree that if they answer yes to certain medical issues described in the code of</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & hub users</p>	<p>On-going</p>	<p>On-going</p>
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		conduct that they will seek medical advice before participating in any form of exercise. 6j. Code of conduct stipulates that it is not recommended to eat a heavy meal before training.				
7. EXISTING INJURY	Gymnasts & other hub users Further Injury	7a. All hub users consent that they understand that they should not exercise while either injured or under medication prescribed by their doctor without first obtaining prior approval.	All procedures in place are adequate to control the risk	Coach & hub users	On-going	On-going
8. FALLING FROM CROSSFIT MONKEY BAR RIG	Gymnasts & other hub users Further Injury	8a. Instruction where appropriate on correct techniques to be used when mounting and dismounting rig. 8b. First aid trained personnel and equipment on site at all times and reporting procedures in place to record incidents	All procedures in place are adequate to control the risk	Coach & hub users	On-going	On-going

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

Floor **Risk assessment team: Julian Such & Christine Jolliffe**

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing? ** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
1. GYMNASTS NOT WARMING UP	Gymnasts Injury due to body unprepared for physical activities	1a. Coach to ensure that all gymnasts warm up and stretch. 1b. Gymnasts are supervised by coaches who will ensure gymnasts is fully warmed up. 1c. First aid trained personnel and first aid equipment (including defibrillator) on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coaches	On-going	On-going
2. APPARATUS LARGE OR SMALL IN WARM UP AREA	Gymnasts Injury due to running into or falling on other apparatus	2a. Coaches to ensure that warm up area is clear and apparatus covered adequately.	All procedures in place are adequate to control the risk	Coaches	On-going	On-going
3. GYMNASTS PERFORMING INVERTED SKILLS	Gymnasts Injury due to gymnasts falling	3a. Coaches to ensure gymnasts use progressions for the skill being taught. 3b. Coaches to ensure that gymnasts can successfully complete progressions for the skill being taught before attempting inverted skill 3b. Use of appropriate matting until skill is mastered. 3c. Coach to support the skill where necessary.	All procedures in place are adequate to control the risk	Coaches	On-going	On-going
4. APPARATUS LARGE OR SMALL ON FLOOR AREA DURING CLASS	Gymnasts Injury due to body unprepared for physical activities	4a. Coaches to ensure that floor area is clear and apparatus covered adequately.	All procedures in place are adequate to control the risk	Coaches	On-going	On-going

5. CRASHING IN TO MIRROR OR HAND BAR	Gymnasts Injury	5a. Only allow gymnast to perform skills in direction away from mirror. 5b. Gymnasts are supervised at all times. 5c. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coaches	On-going	On-going

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

Trampoline

Risk assessment team: Julian Such & Christine Jolliffe

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing? ** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
1. GYMNASTS USING THE TRAMPETTE BEFORE CLASS	Gymnasts Injury	1a. Code of conduct stipulates that gymnasts are not allowed on trampoline until supervised in class. 1b. Coaches are present to welcome gymnasts to class and from class and can remind them of this rule. 1c. Persistent offenders will be sat out of the class.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
2. GYMNASTS USING THE TRAMPETTE UNSUPERVISED	Gymnasts Injury	2a. Code of conduct stipulates that gymnasts are not allowed on trampoline's unsupervised. 2b. Persistent offenders will be sat out of the class.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
3. USING INAPPROPRIATE OR INADEQUATE MATTING FOR LANDING	Gymnasts Injury	3a. Coaches to ensure that appropriate matting is used. 3b. Variety of matting options available in gym.	All procedures in place are adequate to control the risk	Coach	On-going	On-going

4. ROTATIONAL SKILLS INCREASING RISK	Gymnasts Injury	4a. Coach to ensure that appropriate matting is used. 4b. Coach ensures that progressions for the skill are being taught. 4c. Gymnasts can only progress once progression is consistently mastered. 4d. Option for the coach to support the gymnast when not using softer matting. 4e. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
5. LANDING BETWEEN MATS	Gymnasts Injury	5a. Coach should always adjust mats to ensure that there are no gaps between matting. 5b. Coaches regularly check that matting is still in place.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
6. OTHER GYMNASTS CROSSING RUN UP	Gymnasts Injury	6a. All gymnasts are supervised. 6b. Coaches to warn gymnasts of dangers when crossing run ups. 6c. Coach to instruct when it is clear to cross. 6d. Use of alternative route rather than crossing run up when applicable 6e. Persistent offenders will be sat out of the class.	All procedures in place are adequate to control the risk	Coach	On-going	On-going

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

Tumble Track

Risk assessment team: Julian Such & Christine Jolliffe

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing? ** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
1. GYMNASTS USING THE TUMBLE TRACK BEFORE CLASS	Gymnasts Injury	1a. Code of conduct stipulates that gymnasts are not allowed on tumble track until supervised in class. 1b. Coaches are present to welcome gymnasts to class and from class and can remind them of this rule. 1c. Persistent offenders will be sat out of the class.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
2. GYMNASTS USING THE TUMBLE TRACK UNSUPERVISED	Gymnasts Injury	2a. Code of conduct stipulates that gymnasts are not allowed on tumble track unsupervised. 2b. Persistent offenders will be sat out of the class.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
3. ABRASIVE SURFACE OF THE TUMBLE TRACK	Gymnasts Injury to feet and knees from friction burns	3a. Avoid any activities that would cause such injuries i.e games on knees or bottoms. 3b. Gymnasts can wear socks or gym shoes. 3c. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coach	On-going	On-going

4. GAP BETWEEN END OF TRAMPOLINE AND RESIPIT DURING DISMOUNTING SKILLS	Gymnasts Injury due to landing between gap	4a. Gymnasts to practice getting the correct take off mark in to resimat before attempting any dismounting skills. 4b. Coaches should remind gymnasts of danger when taking off too close to the end of the tumble track and should explain to the gymnasts where the correct place to take off. 4c. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
5. GYMNASTS WORKING ON TRACK UP AND DOWN	Gymnasts Injury caused by colliding, running into or bumping into each other gymnasts	5a. Coach instructs gymnasts to only work one way on the track, and then return to group 5b. Persistent offenders will be sat out of the class. 4c. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
6. FALLING FROM AIR TRACK DUE TO ELEVATION	Gymnasts Injury	6a. Coach to instruct gymnasts to perform skills along the central part of the air track. 6b. Gymnasts can only progress once progression is consistently mastered. 6c. Coach can support the gymnast on landing. 6d. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
7. ROTATIONAL SKILLS INCREASING RISK	Gymnasts Injury	7a. Coach ensures that progressions for the skill are being taught. 7b. Gymnasts can only progress once progression is consistently mastered. 7c. Coach can support the gymnast on landing. 7d. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coach	On-going	On-going

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

Trampoline

Risk assessment team: Julian Such & Christine Jolliffe

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing? ** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
1. GYMNASTS USING THE TRAMPOLINE BEFORE CLASS	Gymnasts Injury	1a. Code of conduct stipulates that gymnasts are not allowed on trampoline until supervised in class. 1b. Coaches are present to welcome gymnasts to class and from class and can remind them of this rule. 1c. Persistent offenders will be sat out of the class.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
2. GYMNASTS USING THE TRAMPOLINES UNSUPERVISED	Gymnasts Injury	2a. Code of conduct stipulates that gymnasts are not allowed on trampoline's unsupervised. 2b. Persistent offenders will be sat out of the class.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
3. ABRASIVE SURFACE OF THE TRAMPOLINE	Gymnasts Injury to feet and knees from friction burns	3a. Avoid any activities that would cause such injuries i.e games on knees or bottoms. 3b. Gymnasts can wear socks or gym shoes. 3c. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coach	On-going	On-going

4. GAP BETWEEN END OF TRAMPOLINE AND RESIPIT DURING DISMOUNTING SKILLS	Gymnasts Injury due to landing between gap	4a. Gymnasts to practice jumps off trampoline with straight jump in to resimat before attempting any rotational dismounting skills 4b. Coaches should remind gymnasts of danger when jumping too close to the edge of the trampoline and should explain to the gymnasts where the correct place to take off. 4c. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
5. ROTATIONAL SKILLS ON TRAMPOLINE INCREASING RISK	Gymnasts Injury	5a. Coaches should get the gymnasts to successfully complete progressions for the skill being taught before attempting rotational skill 5b. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
6. MORE THAN ONE CHILD ON THE TRAMPOLINE AT ONE TIME	Gymnasts Injury due to collision or bad landing	6a. Coaches to ensure that only one gymnast at a time on the trampoline. 6b. Coach can support the gymnast on landing.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
7. BOUNCING ON KNEES	Gymnasts Whiplash injury	7a. Coaches to remind gymnasts they are not allowed to knee bounce. 7b. Gymnasts will not be able to participate in class if they are persistently breaking this rule.	All procedures in place are adequate to control the risk	Coach	On-going	On-going

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 24**

Fast Track

Risk assessment team: Julian Such & Christine Jolliffe

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing? ** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
1. GYMNASTS USING THE FAST TRACK BEFORE CLASS	Gymnasts Injury	1a. Code of conduct stipulates that gymnasts are not allowed on fast track until supervised in class. 1b. Coaches are present to welcome gymnasts to class and from class and can remind them of this rule. 1c. Persistent offenders will be sat out of the class.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
2. GYMNASTS USING THE FAST TRACK UNSUPERVISED	Gymnasts Injury	2a. Code of conduct stipulates that gymnasts are not allowed on fast track unsupervised. 2b. Persistent offenders will be sat out of the class.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
3. MORE THAN ONE CHILD ON THE FAST TRACK AT A TIME	Gymnasts Injury	3a. Coaches to ensure that only one gymnast at a time on the trampoline 3b. Persistent offenders will be sat out of the class.	All procedures in place are adequate to control the risk	Coach	On-going	On-going

4. ROTATIONAL SKILLS INCREASING RISK	Gymnasts Injury	4a. Coach to ensure appropriate matting is used. 4b. Coach ensures that progressions for the skill are being taught. 4c. Gymnasts can only progress once progression is consistently mastered. 4d. Coach to support gymnast on landing. 4e. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
5. JUMPING INTO THE PIT	Gymnasts Injury resulting from awkward landings on landing on other gymnasts	5a. Coach supervising gymnasts to ensure that one gymnast is out of the pit before the next gymnast dismounts. 5b. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coach	On-going	On-going

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

Air Track

Risk assessment team: Julian Such & Christine Jolliffe

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing? ** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
1. GYMNASTS USING THE AIR TRACK BEFORE CLASS	Gymnasts Injury	1a. Code of conduct stipulates that gymnasts are not allowed on air track until supervised in class. 1b. Coaches are present to welcome gymnasts to class and from class and can remind them of this rule. 1c. Persistent offenders will be sat out of the class.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
2. GYMNASTS USING THE AIR TRACK UNSUPERVISED	Gymnasts Injury	2a. Code of conduct stipulates that gymnasts are not allowed on air track unsupervised. 2b. Persistent offenders will be sat out of the class.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
3. ABRASIVE SURFACE OF THE AR TRACK	Gymnasts Injury to feet and knees from friction burns	3a. Avoid any activities that would cause such injuries i.e games on knees or bottoms. 3b. Gymnasts can wear socks or gym shoes. 3c. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coach	On-going	On-going

4. GYMNASTS WORKING ON TRACK UP AND DOWN	Gymnasts Injury caused by colliding, running into or bumping into each other gymnasts	5a. Coach instructs gymnasts to only work one way on the track, and then return to group 5b. Persistent offenders will be sat out of the class. 4c. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
5. FALLING FROM AIR TRACK DUE TO ELEVATION	Gymnasts Injury	6a. Coach to instruct gymnasts to perform skills along the central part of the air track. 6b. Gymnasts can only progress once progression is consistently mastered. 6c. Coach can support the gymnast on landing. 6d. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coach	On-going	On-going
7. ROTATIONAL SKILLS INCREASING RISK	Gymnasts Injury	7a. Coach ensures that progressions for the skill are being taught. 7b. Gymnasts can only progress once progression is consistently mastered. 7c. Coach can support the gymnast on landing. 7d. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coach	On-going	On-going

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

Compact dual adjustable pulley machine

Risk assessment team: **Julian Such & Christine Jolliffe**

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing? ** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
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<p>1. EQUIPMENT FAILURE AND/OR INCORRECT USE OF COMPACT DUAL ADJUSTABLE PULLEY MACHINE</p>	<p>Gymnasts & other hub users</p> <p>Injury</p>	<p>1a. Hub code of conduct stipulates that hub users are to utilise the equipment in the manner it was designed to be used. If in doubt regarding correct utilisation of equipment or before attempting any exercise or equipment you are unfamiliar with, hub users are advised to contact a PSG member of staff or PT.</p> <p>1b. Hub code of conduct stipulates that any equipment issues must be reported to a PSG staff member.</p> <p>1c. Instruction on correct set up and use of equipment is displayed on equipment.</p> <p>1d. Hub code of conduct requires any person aged 14-17 years to be supervised at all times by a responsible adult.</p> <p>1e. Regular inspection checks and general maintenance of equipment.</p> <p>1f. Regular cleaning in accordance with manufacturers recommendations. See COSHH for ??</p> <p>1g. Hub code of conduct stipulates that hub users are to use a towel to wipe down equipment after use. There are also sanitising wipes available - See COSHH for ??</p> <p>1h. Hub code of conduct stipulates that members should consult a member of staff before attempting any exercise or equipment they are unfamiliar with.</p> <p>1i. Hub code of conduct stipulates that users should always make sure the machine settings are correct.</p> <p>1j. Hub code of conduct stipulates that users should not drop weights.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & hub users</p>	<p>On-going</p>	<p>On-going</p>
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<p>2. INADEQUATE PREPARATION FOR EXERCISE OR USE OF COMPACT DUAL ADJUSTABLE PULLEY MACHINE</p>	<p>Gymnasts & other hub users Injury</p>	<p>2a. Correct techniques to be used at all times as detailed on the equipment? 2b. There are videos available on the correct use of this piece of equipment via a link on the club website. 2b. Users should allow adequate time for warm up and cool down specific to the activity participating in. 2c. First aid trained personnel and first aid equipment on site at all times (including defibrillator) and reporting procedures in place to record incidents.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & hub users</p>	<p>On-going</p>	<p>On-going</p>
<p>3. USE OF COMPACT DUAL ADJUSTABLE PULLEY MACHINE</p>	<p>Gymnasts & other hub users Injury</p>	<p>3a. Hub code of conduct stipulates that all hub users are required to watch PSG safety/operation video before attending the hub. 3b. Users should allow adequate time for warm up and cool down specific to the activity participating in. 3c. Instruction on correct techniques to be used are detailed on each piece of equipment. 3d. Hub code of conduct stipulates that all hub users should maintain correct posture while using the equipment. 3e. Hub code of conduct stipulates that all hub users should make sure the machine settings are suitable within their ability range before starting exercise. 3f. Hub code of conduct stipulates that users should not drop weights and they should replace and return weights and plates to rack after use to the correct storage area.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & hub users</p>	<p>On-going</p>	<p>On-going</p>
<p>4. STABILITY OF COMPACT DUAL ADJUSTABLE PULLEY MACHINE DURING MAXIMAL EXERCISE</p>	<p>Gymnasts & other hub users Injury</p>	<p>4a. Compact dual adjustable pulley machine is positioned on a flat even surface. 4b. Frame lock is in the locked position prior to use or moving. 4c. Floor to be checked regularly for defects as stipulated on regular equipment checks.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & hub users</p>	<p>On-going</p>	<p>On-going</p>

5. TRAPPING OF CLOTHING IN COMPACT DUAL ADJUSTABLE PULLEY MACHINE	Gymnasts & other equipment users Injury	5a. Hub code of conduct stipulates that proper athletic attire must be worn at all times including no jeans or street shoes Appropriate clothing requires clothing to be kept clear of the pulleys & cables.	All procedures in place are adequate to control the risk	Coach & hub users	On-going	On-going
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<p>6. EXERCISE CAUSING ILL HEALTH OR INJURY</p>	<p>Gymnasts & other equipment users</p> <p>Injury</p>	<p>6a. All hub users consent that they understand the risks of participation in exercise and fitness classes, including aerobic activities such as rowing and such risks of engaging in physical exercise activity may pose a serious risk to health or cause death.</p> <p>6b. All hub users consent that they understand that during training injuries may arise such as muscle, ligament, joint, bone and tendon damage.</p> <p>6c. All hub users consent that they understand that they should not take part in any physical activity that they may not be fit for.</p> <p>6d. All hub users consent that they understand that they are responsible for monitoring their own condition during physical activity.</p> <p>6e. All hub users consent that they understand that they will let PSG know when joining anything that is relevant to their physical condition.</p> <p>6f. All hub users consent that they understand that they are responsible for monitoring their own physical condition and if they suffer any unusual symptoms, they will immediately stop the activity and tell a member of staff.</p> <p>6g. First aid trained personnel and first aid equipment (including defibrillator) on site at all times and reporting procedures in place to record incidents.</p> <p>6h. All hub users consent that they understand that it is recommended that they undergo a medical examination to ascertain that they are not at any type of risk by the exercise/activities they wish to participate in.</p> <p>6i. All hub users consent that they agree that if they answer yes to certain medical issues described in the code of</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & hub users</p>	<p>On-going</p>	<p>On-going</p>
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		conduct that they will seek medical advice before participating in any form of exercise. 6j. Code of conduct stipulates that it is not recommended to eat a heavy meal before training.				
7. EXISTING INJURY	Gymnasts & other hub users Further Injury	7a. All hub users consent that they understand that they should not exercise while either injured or under medication prescribed by their doctor without first obtaining prior approval.	All procedures in place are adequate to control the risk	Coach and other hub users	On-going	On-going

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

Rowing ergometer/Air rower

Risk assessment team: Julian Such & Christine Jolliffe

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing? ** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
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<p>1. EQUIPMENT FAILURE AND/OR INCORRECT USE OF ROWING ERGOMETER/AIR ROWER</p>	<p>Gymnasts & other hub users Injury</p>	<p>1a. Hub code of conduct stipulates that hub users are to utilise the equipment in the manner it was designed to be used. If in doubt regarding correct utilisation of equipment or before attempting any exercise or equipment you are unfamiliar with, hub users are advised to contact a PSG member of staff or PT. 1b. Hub code of conduct stipulates that any equipment issues must be reported to a PSG staff member. 1c. Instruction on correct set up and use of equipment is displayed on equipment. 1d. Hub code of conduct requires any person aged 14-17 years to be supervised at all times by a responsible adult. 1e. Regular inspection checks and general maintenance of equipment. 1f. Regular cleaning in accordance with manufacturers recommendations. See COSHH for ?? 1g. Hub code of conduct stipulates that hub users are to use a towel to wipe down equipment after use. There are also sanitising wipes available - See COSHH for ?? 1h. Hub code of conduct stipulates that members should consult a member of staff before attempting any exercise or equipment they are unfamiliar with. 1i. Hub code of conduct stipulates that users should always make sure the machine settings are correct. 1j. Hub code of conduct stipulates that users should not drop weights.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & hub users</p>	<p>On-going</p>	<p>On-going</p>
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<p>2. INADEQUATE PREPARATION FOR EXERCISE OR USE OF ROWING ERGOMETER/AIR ROWER</p>	<p>Gymnasts & other equipment users Injury</p>	<p>2a. Correct techniques to be used at all times as detailed on the equipment? 2b. There are videos available on the correct use of this piece of equipment via a link on the club website. 2b. Users should allow adequate time for warm up and cool down specific to the activity participating in. 2c. First aid trained personnel and first aid equipment on site at all times (including defibrillator) and reporting procedures in place to record incidents.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & hub users</p>	<p>On-going</p>	<p>On-going</p>
<p>3. USE OF ROWING ERGOMETER/AIR ROWER</p>	<p>Gymnasts & other hub users Injury</p>	<p>3a. Hub code of conduct stipulates that all hub users are required to watch PSG safety/operation video before attending the hub. 3b. Users should allow adequate time for warm up and cool down specific to the activity participating in. 3c. Instruction on correct techniques to be used are detailed on each piece of equipment. 3d. Hub code of conduct stipulates that all hub users should maintain correct posture while using the equipment. 3e. Hub code of conduct stipulates that all hub users should make sure the machine settings are suitable within their ability range before starting exercise. 3f. Hub code of conduct stipulates that users should not drop weights and they should replace and return weights and plates to rack after use to the correct storage area.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>
<p>4. STABILITY OF ROWING ERGOMETER/AIR ROWER DURING MAXIMAL EXERCISE</p>	<p>Gymnasts & other hub users Injury</p>	<p>4a. Rower to be positioned on a flat even surface. 4b. Frame lock is in the locked position prior to use. 4c. Floor to be checked regularly for defects as stipulated on regular equipment checks.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>

<p>5. TRAPPING OF CLOTHING IN ROWING ERGOMETER/AIR ROWER</p>	<p>Gymnasts & other hub users Injury</p>	<p>5a. Hub code of conduct stipulates that proper athletic attire must be worn at all times including no jeans or street shoes Appropriate clothing requires clothing to be kept clear of the chain and seat rollers 5b. Footwear to be tied correctly, laces tucked in and feet secured in the flexfoot. 5c. Chain and ergometer housing should be checked to ensure it is correctly fitted, secured and free from any damage.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>
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<p>6. EXERCISE CAUSING ILL HEALTH OR INJURY</p>	<p>Gymnasts & other hub users</p> <p>Ill health and/or injury</p>	<p>6a. All hub users consent that they understand the risks of participation in exercise and fitness classes, including aerobic activities such as rowing and such risks of engaging in physical exercise activity may pose a serious risk to health or cause death.</p> <p>6b. All hub users consent that they understand that during training injuries may arise such as muscle, ligament, joint, bone and tendon damage.</p> <p>6c. All hub users consent that they understand that they should not take part in any physical activity that they may not be fit for.</p> <p>6d. All hub users consent that they understand that they are responsible for monitoring their own condition during physical activity.</p> <p>6e. All hub users consent that they understand that they will let PSG know when joining anything that is relevant to their physical condition.</p> <p>6f. All hub users consent that they understand that they are responsible for monitoring their own physical condition and if they suffer any unusual symptoms, they will immediately stop the activity and tell a member of staff.</p> <p>6g. First aid trained personnel and first aid equipment (including defibrillator) on site at all times and reporting procedures in place to record incidents.</p> <p>6h. All hub users consent that they understand that it is recommended that they undergo a medical examination to ascertain that they are not at any type of risk by the exercise/activities they wish to participate in.</p> <p>6i. All hub users consent that they agree that if they answer yes to certain medical issues described in the code of</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>
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		<p>conduct that they will seek medical advice before participating in any form of exercise.</p> <p>6j. Code of conduct stipulates that it is not recommended to eat a heavy meal before training.</p>				
7. EXISTING INJURY	<p>Gymnasts & other hub users</p> <p>Further Injury</p>	7a. All hub users consent that they understand that they should not exercise while either injured or under medication prescribed by their doctor without first obtaining prior approval.	All procedures in place are adequate to control the risk	Head coach and H&S officer	On-going	On-going

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

Concept 2 ski erg

Risk assessment team: Julian Such & Christine Jolliffe

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing? ** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
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<p>1. EQUIPMENT FAILURE AND/OR INCORRECT USE OF CONCEPT 2 SKI ERGOMETER</p>	<p>Gymnasts & other hub users Injury</p>	<p>1a. Hub code of conduct stipulates that hub users are to utilise the equipment in the manner it was designed to be used. If in doubt regarding correct utilisation of equipment or before attempting any exercise or equipment you are unfamiliar with, hub users are advised to contact a PSG member of staff or PT. 1b. Hub code of conduct stipulates that any equipment issues must be reported to a PSG staff member. 1c. Instruction on correct set up and use of equipment is displayed on equipment. 1d. Hub code of conduct requires any person aged 14-17 years to be supervised at all times by a responsible adult. 1e. Regular inspection checks and general maintenance of equipment. 1f. Regular cleaning in accordance with manufacturers recommendations. See COSHH for ?? 1g. Hub code of conduct stipulates that hub users are to use a towel to wipe down equipment after use. There are also sanitising wipes available - See COSHH for ?? 1h. Hub code of conduct stipulates that members should consult a member of staff before attempting any exercise or equipment they are unfamiliar with. 1i. Hub code of conduct stipulates that users should always make sure the machine settings are correct. 1j. Hub code of conduct stipulates that users should not drop weights.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>
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<p>2. INADEQUATE PREPARATION FOR EXERCISE OR USE OF CONCEPT 2 SKI ERGOMETER</p>	<p>Gymnasts & other hub users Injury</p>	<p>2a. Correct techniques to be used at all times as detailed on the equipment? 2b. There are videos available on the correct use of this piece of equipment via a link on the club website. 2b. Users should allow adequate time for warm up and cool down specific to the activity participating in. 2c. First aid trained personnel and first aid equipment on site at all times (including defibrillator) and reporting procedures in place to record incidents.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>
<p>3. USE OF CONCEPT 2 SKI ERGOMETER</p>	<p>Gymnasts & other hub users Injury</p>	<p>3a. Hub code of conduct stipulates that all hub users are required to watch PSG safety/operation video before attending the hub. 3b. Users should allow adequate time for warm up and cool down specific to the activity participating in. 3c. Instruction on correct techniques to be used are detailed on each piece of equipment. 3d. Hub code of conduct stipulates that all hub users should maintain correct posture while using the equipment. 3e. Hub code of conduct stipulates that all hub users should make sure the machine settings are suitable within their ability range before starting exercise. 3f. Hub code of conduct stipulates that users should not drop weights and they should replace and return weights and plates to rack after use to the correct storage area.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>
<p>4. STABILITY OF CONCEPT 2 SKI ERGOMETER</p>	<p>Gymnasts & other hub users Injury</p>	<p>4a. Ski ergometer to be positioned on a flat even surface. 4b. Frame lock is in the locked position prior to use or moving. 4c. Floor to be checked regularly for defects as stipulated on regular equipment checks.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>

5. TRAPPING OF CLOTHING IN CONCEPT 2 SKI ERGOMETER	Gymnasts & other equipment users Injury	5a. Hub code of conduct stipulates that proper athletic attire must be worn at all times including no jeans or street shoes Appropriate clothing requires clothing to be kept clear of the pulleys & cables	All procedures in place are adequate to control the risk	Coach & other hub users	On-going	On-going
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<p>6. EXERCISE CAUSING ILL HEALTH OR INJURY</p>	<p>Gymnasts & other equipment users</p> <p>Injury</p>	<p>6a. All hub users consent that they understand the risks of participation in exercise and fitness classes, including aerobic activities such as rowing and such risks of engaging in physical exercise activity may pose a serious risk to health or cause death.</p> <p>6b. All hub users consent that they understand that during training injuries may arise such as muscle, ligament, joint, bone and tendon damage.</p> <p>6c. All hub users consent that they understand that they should not take part in any physical activity that they may not be fit for.</p> <p>6d. All hub users consent that they understand that they are responsible for monitoring their own condition during physical activity.</p> <p>6e. All hub users consent that they understand that they will let PSG know when joining anything that is relevant to their physical condition.</p> <p>6f. All hub users consent that they understand that they are responsible for monitoring their own physical condition and if they suffer any unusual symptoms, they will immediately stop the activity and tell a member of staff.</p> <p>6g. First aid trained personnel and first aid equipment (including defibrillator) on site at all times and reporting procedures in place to record incidents.</p> <p>6h. All hub users consent that they understand that it is recommended that they undergo a medical examination to ascertain that they are not at any type of risk by the exercise/activities they wish to participate in.</p> <p>6i. All hub users consent that they agree that if they answer yes to certain medical issues described in the code of</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>
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		<p>conduct that they will seek medical advice before participating in any form of exercise.</p> <p>6j. Code of conduct stipulates that it is not recommended to eat a heavy meal before training.</p>				
7. EXISTING INJURY	<p>Gymnasts & other hub users</p> <p>Further Injury</p>	7a. All hub users consent that they understand that they should not exercise while either injured or under medication prescribed by their doctor without first obtaining prior approval.	All procedures in place are adequate to control the risk	Coach & other hub users	On-going	On-going

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

Cycle ergometer/Air bike

Risk assessment team: Julian Such & Christine Jolliffe

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing? ** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
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<p>1. EQUIPMENT FAILURE AND/OR INCORRECT USE OF CYCLE ERGOMETER/AIR BIKE</p>	<p>Gymnasts & other hub users</p> <p>Injury</p>	<p>1a. Hub code of conduct stipulates that hub users are to utilise the equipment in the manner it was designed to be used. If in doubt regarding correct utilisation of equipment or before attempting any exercise or equipment you are unfamiliar with, hub users are advised to contact a PSG member of staff or PT.</p> <p>1b. Hub code of conduct stipulates that any equipment issues must be reported to a PSG staff member.</p> <p>1c. Instruction on correct set up and use of equipment is displayed on equipment.</p> <p>1d. Hub code of conduct requires any person aged 14-17 years to be supervised at all times by a responsible adult.</p> <p>1e. Regular inspection checks and general maintenance of equipment.</p> <p>1f. Regular cleaning in accordance with manufacturers recommendations. See COSHH for ??</p> <p>1g. Hub code of conduct stipulates that hub users are to use a towel to wipe down equipment after use. There are also sanitising wipes available - See COSHH for ??</p> <p>1h. Hub code of conduct stipulates that members should consult a member of staff before attempting any exercise or equipment they are unfamiliar with.</p> <p>1i. Hub code of conduct stipulates that users should always make sure the machine settings are correct.</p> <p>1j. Hub code of conduct stipulates that users should not drop weights.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>
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<p>2. INADEQUATE PREPARATION FOR EXERCISE OR USE OF CYCLE ERGOMETER/AIR BIKE</p>	<p>Gymnasts & other hub users Injury</p>	<p>2a. Correct techniques to be used at all times as detailed on the equipment? 2b. There are videos available on the correct use of this piece of equipment via a link on the club website. 2b. Users should allow adequate time for warm up and cool down specific to the activity participating in. 2c. First aid trained personnel and first aid equipment on site at all times (including defibrillator) and reporting procedures in place to record incidents.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & hub users</p>	<p>On-going</p>	<p>On-going</p>
<p>3. USE OF CYCLE ERGOMETER/AIR BIKE</p>	<p>Gymnasts & other hub users Injury</p>	<p>3a. Hub code of conduct stipulates that all hub users are required to watch PSG safety/operation video before attending the hub. 3b. Users should allow adequate time for warm up and cool down specific to the activity participating in. 3c. Instruction on correct techniques to be used are detailed on each piece of equipment. 3d. Hub code of conduct stipulates that all hub users should maintain correct posture while using the equipment. 3e. Hub code of conduct stipulates that all hub users should make sure the machine settings are suitable within their ability range before starting exercise. 3f. Hub code of conduct stipulates that users should not drop weights and they should replace and return weights and plates to rack after use to the correct storage area.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & hub users</p>	<p>On-going</p>	<p>On-going</p>
<p>4. STABILITY OF CYCLE ERGOMETER/AIR BIKE DURING MAXIMAL EXERCISE</p>	<p>Gymnasts & other hub users Injury</p>	<p>4a. Cycle ergometer/air bike is positioned on a flat even surface. 4b. Frame lock is in the locked position prior to use or moving. 4c. Floor to be checked regularly for defects as stipulated on regular equipment checks.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & hub users</p>	<p>On-going</p>	<p>On-going</p>

<p>5. TRAPPING OF CLOTHING ON CYCLE ERGOMETER/AIR BIKE</p>	<p>Gymnasts & other hub users Injury</p>	<p>5a. Hub code of conduct stipulates that proper athletic attire must be worn at all times including no jeans or street shoes 5a. Correct clothing to be worn when using ergometer, with clothing kept clear of the chain and flywheel 5c. Chain and ergometer housing should be checked to ensure it is correctly fitted, secured and free from any damage - is this on equipment check list?</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & hub users</p>	<p>On-going</p>	<p>On-going</p>
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<p>6. EXERCISE CAUSING ILL HEALTH OR INJURY</p>	<p>Gymnasts & other equipment users</p> <p>Injury</p>	<p>6a. All hub users consent that they understand the risks of participation in exercise and fitness classes, including aerobic activities such as rowing and such risks of engaging in physical exercise activity may pose a serious risk to health or cause death.</p> <p>6b. All hub users consent that they understand that during training injuries may arise such as muscle, ligament, joint, bone and tendon damage.</p> <p>6c. All hub users consent that they understand that they should not take part in any physical activity that they may not be fit for.</p> <p>6d. All hub users consent that they understand that they are responsible for monitoring their own condition during physical activity.</p> <p>6e. All hub users consent that they understand that they will let PSG know when joining anything that is relevant to their physical condition.</p> <p>6f. All hub users consent that they understand that they are responsible for monitoring their own physical condition and if they suffer any unusual symptoms, they will immediately stop the activity and tell a member of staff.</p> <p>6g. First aid trained personnel and first aid equipment (including defibrillator) on site at all times and reporting procedures in place to record incidents.</p> <p>6h. All hub users consent that they understand that it is recommended that they undergo a medical examination to ascertain that they are not at any type of risk by the exercise/activities they wish to participate in.</p> <p>6i. All hub users consent that they agree that if they answer yes to certain medical issues described in the code of</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & hub users</p>	<p>On-going</p>	<p>On-going</p>
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		<p>conduct that they will seek medical advice before participating in any form of exercise.</p> <p>6j. Code of conduct stipulates that it is not recommended to eat a heavy meal before training.</p>				
7. EXISTING INJURY	<p>Gymnasts & other hub users</p> <p>Further Injury</p>	7a. All hub users consent that they understand that they should not exercise while either injured or under medication prescribed by their doctor without first obtaining prior approval.	All procedures in place are adequate to control the risk	Coach & hub users	On-going	On-going

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

Leg extension curl machine

Risk assessment team: Julian Such & Christine Jolliffe

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing? ** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
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<p>1. EQUIPMENT FAILURE AND/OR INCORRECT USE OF LEG EXTENSION CURL MACHINE</p>	<p>Gymnasts & other hub users</p> <p>Injury</p>	<p>1a. Hub code of conduct stipulates that hub users are to utilise the equipment in the manner it was designed to be used. If in doubt regarding correct utilisation of equipment or before attempting any exercise or equipment you are unfamiliar with, hub users are advised to contact a PSG member of staff or PT.</p> <p>1b. Hub code of conduct stipulates that any equipment issues must be reported to a PSG staff member.</p> <p>1c. Instruction on correct set up and use of equipment is displayed on equipment.</p> <p>1d. Hub code of conduct requires any person aged 14-17 years to be supervised at all times by a responsible adult.</p> <p>1e. Regular inspection checks and general maintenance of equipment.</p> <p>1f. Regular cleaning in accordance with manufacturers recommendations. See COSHH for ??</p> <p>1g. Hub code of conduct stipulates that hub users are to use a towel to wipe down equipment after use. There are also sanitising wipes available - See COSHH for ??</p> <p>1h. Hub code of conduct stipulates that members should consult a member of staff before attempting any exercise or equipment they are unfamiliar with.</p> <p>1i. Hub code of conduct stipulates that users should always make sure the machine settings are correct.</p> <p>1j. Hub code of conduct stipulates that users should not drop weights.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>
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<p>2. INADEQUATE PREPARATION FOR EXERCISE OR USE OF LEG EXTENSION CURL MACHINE</p>	<p>Gymnasts & other hub users Injury</p>	<p>2a. Correct techniques to be used at all times as detailed on the equipment? 2b. There are videos available on the correct use of this piece of equipment via a link on the club website. 2b. Users should allow adequate time for warm up and cool down specific to the activity participating in. 2c. First aid trained personnel and first aid equipment on site at all times (including defibrillator) and reporting procedures in place to record incidents.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>
<p>3. USE OF LEG EXTENSION CURL MACHINE</p>	<p>Gymnasts & other hub users Injury</p>	<p>3a. Hub code of conduct stipulates that all hub users are required to watch PSG safety/operation video before attending the hub. 3b. Users should allow adequate time for warm up and cool down specific to the activity participating in. 3c. Instruction on correct techniques to be used are detailed on each piece of equipment. 3d. Hub code of conduct stipulates that all hub users should maintain correct posture while using the equipment. 3e. Hub code of conduct stipulates that all hub users should make sure the machine settings are suitable within their ability range before starting exercise. 3f. Hub code of conduct stipulates that users should not drop weights and they should replace and return weights and plates to rack after use to the correct storage area.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>
<p>4. STABILITY OF LEG EXTENSION CURL MACHINE DURING MAXIMAL EXERCISE</p>	<p>Gymnasts & other hub users Injury</p>	<p>4a. Leg extension curl machine is positioned on a flat even surface. 4b. Frame lock is in the locked position prior to use or moving. 4c. Floor to be checked regularly for defects as stipulated on regular equipment checks.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach and other hub users</p>	<p>On-going</p>	<p>On-going</p>

5. TRAPPING OF CLOTHING IN LEG EXTENSION CURL MACHINE	Gymnasts & other equipment users Injury	5a. Hub code of conduct stipulates that proper athletic attire must be worn at all times including no jeans or street shoes Appropriate clothing requires clothing to be kept clear of the pulleys & cables	All procedures in place are adequate to control the risk	Coach and other hub users	On-going	On-going
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<p>6. EXERCISE CAUSING ILL HEALTH OR INJURY</p>	<p>Gymnasts & other equipment users Injury</p>	<p>6a. All hub users consent that they understand the risks of participation in exercise and fitness classes, including aerobic activities such as rowing and such risks of engaging in physical exercise activity may pose a serious risk to health or cause death. 6b. All hub users consent that they understand that during training injuries may arise such as muscle, ligament, joint, bone and tendon damage. 6c. All hub users consent that they understand that they should not take part in any physical activity that they may not be fit for. 6d. All hub users consent that they understand that they are responsible for monitoring their own condition during physical activity. 6e. All hub users consent that they understand that they will let PSG know when joining anything that is relevant to their physical condition. 6f. All hub users consent that they understand that they are responsible for monitoring their own physical condition and if they suffer any unusual symptoms, they will immediately stop the activity and tell a member of staff. 6g. First aid trained personnel and first aid equipment (including defibrillator) on site at all times and reporting procedures in place to record incidents. 6h. All hub users consent that they understand that it is recommended that they undergo a medical examination to ascertain that they are not at any type of risk by the exercise/activities they wish to participate in. 6i. All hub users consent that they agree that if they answer yes to certain medical issues described in the code of</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>
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		conduct that they will seek medical advice before participating in any form of exercise. 6j. Code of conduct stipulates that it is not recommended to eat a heavy meal before training.				
7. EXISTING INJURY	Gymnasts & other hub users Further Injury	7a. All hub users consent that they understand that they should not exercise while either injured or under medication prescribed by their doctor without first obtaining prior approval.	All procedures in place are adequate to control the risk	Coach & other hub users	On-going	On-going

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

Multi press upper body machine

Risk assessment team: Julian Such & Christine Jolliffe

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing? ** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done

<p>1. EQUIPMENT FAILURE AND/OR INCORRECT USE OF MULTI PRESS UPPER BODY MACHINE</p>	<p>Gymnasts & other hub users</p> <p>Injury</p>	<p>1a. Hub code of conduct stipulates that hub users are to utilise the equipment in the manner it was designed to be used. If in doubt regarding correct utilisation of equipment or before attempting any exercise or equipment you are unfamiliar with, hub users are advised to contact a PSG member of staff or PT.</p> <p>1b. Hub code of conduct stipulates that any equipment issues must be reported to a PSG staff member.</p> <p>1c. Instruction on correct set up and use of equipment is displayed on equipment.</p> <p>1d. Hub code of conduct requires any person aged 14-17 years to be supervised at all times by a responsible adult.</p> <p>1e. Regular inspection checks and general maintenance of equipment.</p> <p>1f. Regular cleaning in accordance with manufacturers recommendations. See COSHH for ??</p> <p>1g. Hub code of conduct stipulates that hub users are to use a towel to wipe down equipment after use. There are also sanitising wipes available - See COSHH for ??</p> <p>1h. Hub code of conduct stipulates that members should consult a member of staff before attempting any exercise or equipment they are unfamiliar with.</p> <p>1i. Hub code of conduct stipulates that users should always make sure the machine settings are correct.</p> <p>1j. Hub code of conduct stipulates that users should not drop weights.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>
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<p>2. INADEQUATE PREPARATION FOR EXERCISE OR USE OF MULTI PRESS UPPER BODY MACHINE</p>	<p>Gymnasts & other hub users Injury</p>	<p>2a. Correct techniques to be used at all times as detailed on the equipment? 2b. There are videos available on the correct use of this piece of equipment via a link on the club website. 2b. Users should allow adequate time for warm up and cool down specific to the activity participating in. 2c. First aid trained personnel and first aid equipment on site at all times (including defibrillator) and reporting procedures in place to record incidents.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach and other hub users</p>	<p>On-going</p>	<p>On-going</p>
<p>3. USE OF MULTI PRESS UPPER BODY MACHINE</p>	<p>Gymnasts & other hub users Injury</p>	<p>3a. Hub code of conduct stipulates that all hub users are required to watch PSG safety/operation video before attending the hub. 3b. Users should allow adequate time for warm up and cool down specific to the activity participating in. 3c. Instruction on correct techniques to be used are detailed on each piece of equipment. 3d. Hub code of conduct stipulates that all hub users should maintain correct posture while using the equipment. 3e. Hub code of conduct stipulates that all hub users should make sure the machine settings are suitable within their ability range before starting exercise. 3f. Hub code of conduct stipulates that users should not drop weights and they should replace and return weights and plates to rack after use to the correct storage area.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>
<p>4. STABILITY OF MULTI PRESS UPPER BODY MACHINE DURING MAXIMAL EXERCISE</p>	<p>Gymnasts & other hub users Injury</p>	<p>4a. Multipress upper body machine is positioned on a flat even surface. 4b. Frame lock is in the locked position prior to use or moving. 4c. Floor to be checked regularly for defects as stipulated on regular equipment checks.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach and other hub users</p>	<p>On-going</p>	<p>On-going</p>

5. TRAPPING OF CLOTHING IN MULTI PRESS UPPER BODY MACHINE	Gymnasts & other equipment users Injury	5a. Hub code of conduct stipulates that proper athletic attire must be worn at all times including no jeans or street shoes Appropriate clothing requires clothing to be kept clear of the pulleys & cables	All procedures in place are adequate to control the risk	Coach & other hub users	On-going	On-going
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<p>6. EXERCISE CAUSING ILL HEALTH OR INJURY</p>	<p>Gymnasts & other equipment users</p> <p>Injury</p>	<p>6a. All hub users consent that they understand the risks of participation in exercise and fitness classes, including aerobic activities such as rowing and such risks of engaging in physical exercise activity may pose a serious risk to health or cause death.</p> <p>6b. All hub users consent that they understand that during training injuries may arise such as muscle, ligament, joint, bone and tendon damage.</p> <p>6c. All hub users consent that they understand that they should not take part in any physical activity that they may not be fit for.</p> <p>6d. All hub users consent that they understand that they are responsible for monitoring their own condition during physical activity.</p> <p>6e. All hub users consent that they understand that they will let PSG know when joining anything that is relevant to their physical condition.</p> <p>6f. All hub users consent that they understand that they are responsible for monitoring their own physical condition and if they suffer any unusual symptoms, they will immediately stop the activity and tell a member of staff.</p> <p>6g. First aid trained personnel and first aid equipment (including defibrillator) on site at all times and reporting procedures in place to record incidents.</p> <p>6h. All hub users consent that they understand that it is recommended that they undergo a medical examination to ascertain that they are not at any type of risk by the exercise/activities they wish to participate in.</p> <p>6i. All hub users consent that they agree that if they answer yes to certain medical issues described in the code of</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach and other hub users</p>	<p>On-going</p>	<p>On-going</p>
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		<p>conduct that they will seek medical advice before participating in any form of exercise.</p> <p>6j. Code of conduct stipulates that it is not recommended to eat a heavy meal before training.</p>				
7. EXISTING INJURY	<p>Gymnasts & other hub users</p> <p>Further Injury</p>	<p>7a. All hub users consent that they understand that they should not exercise while either injured or under medication prescribed by their doctor without first obtaining prior approval.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach and other hub users</p>	<p>On-going</p>	<p>On-going</p>

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**
Treadmill (CT850 Spirit Treadmill)

Date of risk assessment: **January 2024**

What are the hazards?	Who might be harmed and how?	What are you already doing?	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
		** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts				

<p>1. EQUIPMENT FAILURE AND/OR INCORRECT USE OF TREADMILL</p>	<p>Gymnasts & other hub users</p> <p>Injury</p>	<p>1a. Hub code of conduct stipulates that hub users are to utilise the equipment in the manner it was designed to be used. If in doubt regarding correct utilisation of equipment or before attempting any exercise or equipment you are unfamiliar with, hub users are advised to contact a PSG member of staff or PT.</p> <p>1b. Hub code of conduct stipulates that any equipment issues must be reported to a PSG staff member - Staff contact details are displayed in the hub.</p> <p>1c. Instruction on correct set up and use of equipment is displayed on equipment</p> <p>1d. Hub code of conduct requires any person aged 14-17 years to be supervised at all times by a responsible adult.</p> <p>1e. Regular inspection and general maintenance of equipment.</p> <p>1f. Regular cleaning in accordance with manufacturers recommendations.</p> <p>1.g Hub code of contact stipulates that hub users are to use a towel to wipe down equipment after use.</p> <p>1h. Hub code of conduct stipulates that members should consult a member of staff before attempting any exercise or equipment they are unfamiliar with.</p> <p>1i. Hub code of conduct stipulates that users should always make sure the machine settings are correct.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach and other hub users</p>	<p>On-going</p>	<p>On-going</p>
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2. INADEQUATE PREPARATION FOR EXERCISE OR USE OF TREADMILL	Gymnasts & other hub users Injury	2a. Correct techniques to be used at all times as detailed on the equipment. 2b. Adequate time given to allow for warm up and cool down specific to the activity participating in. 2c. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coach and other hub users	On-going	On-going
3. USE OF TREADMILL	Gymnasts & other hub users Injury	3a. Hub code of conduct stipulates that all hub users are required to watch PSG safety/operation video before attending the hub which can be found via link on the website, welcome email and love admin. 3b. Adequate time given to allow for warm up and cool down specific to exercise 3c. Instruction on correct techniques is detailed on the equipment. 3d. Correct techniques to be used at all times as detailed on the equipment. 3e. Hub code of conduct stipulates that all hub users should maintain correct posture while using the equipment. 3f. Hub code of conduct stipulates that all hub users should make sure the machine settings are correct before starting exercise.	All procedures in place are adequate to control the risk	Coach and other hub users	On-going	On-going
4. STABILITY OF TREADMILL DURING MAXIMAL EXERCISE	Gymnasts & other hub users Injury	4a. Treadmill to be positioned on a flat even surface. 4b. Flooring to be regularly checked for any defaults.	All procedures in place are adequate to control the risk	Coach and other hub users	On-going	On-going

<p>5. TRAPPING OF CLOTHING IN TREADMILL BELT AND RUNNING SURFACE</p>	<p>Gymnasts & other hub users</p> <p>Injury</p>	<p>5a. Hub code of conduct stipulates that proper athletic attire must be worn at all times including no jeans or street shoes. Appropriate clothing requires clothing to be kept clear of the treadmill belt.</p> <p>5b. Loose bottom trousers that trail below the bottom of footwear should not be worn or should be secured around the ankles to shorten the length.</p> <p>5c. Trainers to be tied correctly and laces tucked in.</p> <p>5d. All treadmill housing to be checked regularly to ensure correctly fitted, secured and free from cracks.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach and other hub users</p>	<p>On-going</p>	<p>On-going</p>
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<p>6. EXERCISE CAUSING ILL HEALTH OR INJURY</p>	<p>Gymnasts & other equipment users</p> <p>Injury</p>	<p>6a. All hub users consent that they understand the risks of participation in exercise and fitness classes, including aerobic activities such as rowing and such risks of engaging in physical exercise activity may pose a serious risk to health or cause death.</p> <p>6b. All hub users consent that they understand that during training injuries may arise such as muscle, ligament, joint, bone and tendon damage.</p> <p>6c. All hub users consent that they understand that they should not take part in any physical activity that they may not be fit for.</p> <p>6d. All hub users consent that they understand that they are responsible for monitoring their own condition during physical activity.</p> <p>6e. All hub users consent that they understand that they will let PSG know when joining anything that is relevant to their physical condition.</p> <p>6f. All hub users consent that they understand that they are responsible for monitoring their own physical condition and if they suffer any unusual symptoms, they will immediately stop the activity and contact a member of staff</p> <p>6g. First aid trained personnel and first aid equipment (including defibrillator) on site at all times and reporting procedures in place to record incidents.</p> <p>6h. All hub users consent that they understand that it is recommended that they undergo a medical examination to ascertain that they are not at any type of risk by the exercise/activities they wish to participate in.</p> <p>6i. All hub users consent that they agree that if they answer yes to certain medical</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach and other hub users</p>	<p>On-going</p>	<p>On-going</p>
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		issues described in the code of conduct that they will seek medical advice before participating in any form of exercise. 6j. Code of conduct stipulates that it is not recommended to eat a heavy meal before training.				
7. EXISTING INJURY	Gymnasts & other hub users Further Injury	7a. All hub users consent that they understand that they should not exercise while either injured or under medication prescribed by their doctor without first obtaining prior approval.	All procedures in place are adequate to control the risk	Coach and other hub users	On-going	On-going
8. ELECTRICAL HAZARDS	Gymnasts & other hub users Injury	1. Regular inspection of equipment and general maintenance. 2. Annual portable appliance test by trained personnel and records kept on facility file in reception. 3. No modifications to be made to the manufactured plug or adapters unless done so by an approved Electrical Engineer. 4. Treadmills should be turned off and unplugged before any maintenance. 5. Treadmills should not be operated in damp or wet conditions 6. Care should be taken when cleaning the treadmills to avoid excessive moisture entering electrical components	All procedures in place are adequate to control the risk	Coach and other hub users	On-going	On-going
9. FALLS FROM TREADMILL	Gymnasts & other hub users Injury	9a. Correct techniques to be used when mounting and dismounting the treadmill running surface throughout exercise. 9b. Access for getting on and off the treadmill should be unobstructed. 9b. First aid trained personnel and equipment (including defibrillator) on site at all times and reporting procedures in place to record incidents.	All procedures in place are adequate to control the risk	Coach and other hub users	On-going	On-going

Risk assessment

Company name: **Portsmouth School of Gymnastics - Unit 2**

Date of risk assessment: **January 2024**

Half racksmith machine combo

Risk assessment team: **Julian Such & Christine Jolliffe**

Signed:

Review date:

What are the hazards?	Who might be harmed and how?	What are you already doing? ** All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts ** All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
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<p>1. EQUIPMENT FAILURE AND/OR INCORRECT USE OF HALF RACKSMITH MACHINE COMBO</p>	<p>Gymnasts & other hub users Injury</p>	<p>1a. Hub code of conduct stipulates that hub users are to utilise the equipment in the manner it was designed to be used. If in doubt regarding correct utilisation of equipment or before attempting any exercise or equipment you are unfamiliar with, hub users are advised to contact a PSG member of staff or PT. 1b. Hub code of conduct stipulates that any equipment issues must be reported to a PSG staff member. 1c. Instruction on correct set up and use of equipment is displayed on equipment. 1d. Hub code of conduct requires any person aged 14-17 years to be supervised at all times by a responsible adult. 1e. Regular inspection checks and general maintenance of equipment. 1f. Regular cleaning in accordance with manufacturers recommendations. See COSHH for ?? 1g. Hub code of conduct stipulates that hub users are to use a towel to wipe down equipment after use. There are also sanitising wipes available - See COSHH for ?? 1h. Hub code of conduct stipulates that members should consult a member of staff before attempting any exercise or equipment they are unfamiliar with. 1i. Hub code of conduct stipulates that users should always make sure the machine settings are correct. 1j. Hub code of conduct stipulates that users should not drop weights.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach and other hub users</p>	<p>On-going</p>	<p>On-going</p>
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<p>2. INADEQUATE PREPARATION FOR EXERCISE OR USE OF HALF RACKSMITH MACHINE COMBO</p>	<p>Gymnasts & other hub users Injury</p>	<p>2a. Correct techniques to be used at all times as detailed on the equipment? 2b. There are videos available on the correct use of this piece of equipment via a link on the club website. 2b. Users should allow adequate time for warm up and cool down specific to the activity participating in. 2c. First aid trained personnel and first aid equipment on site at all times (including defibrillator) and reporting procedures in place to record incidents.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>
<p>3. USE OF HALF RACKSMITH MACHINE COMBO</p>	<p>Gymnasts & other hub users Injury</p>	<p>3a. Hub code of conduct stipulates that all hub users are required to watch PSG safety/operation video before attending the hub. 3b. Users should allow adequate time for warm up and cool down specific to the activity participating in. 3c. Instruction on correct techniques to be used are detailed on each piece of equipment. 3d. Hub code of conduct stipulates that all hub users should maintain correct posture while using the equipment. 3e. Hub code of conduct stipulates that all hub users should make sure the machine settings are suitable within their ability range before starting exercise. 3f. Hub code of conduct stipulates that users should not drop weights and they should replace and return weights and plates to rack after use to the correct storage area.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach and other hub users</p>	<p>On-going</p>	<p>On-going</p>
<p>4. STABILITY OF HALF RACKSMITH MACHINE COMBO</p>	<p>Gymnasts & other hub users Injury</p>	<p>4a. Half racksmith machine combo is positioned on a flat even surface. 4b. Frame lock is in the locked position prior to use or moving. 4c. Floor to be checked regularly for defects as stipulated on regular equipment checks.</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>

5. TRAPPING OF CLOTHING IN HALF RACKSMITH MACHINE COMBO	Gymnasts & other equipment users Injury	5a. Hub code of conduct stipulates that proper athletic attire must be worn at all times including no jeans or street shoes Appropriate clothing requires clothing to be kept clear of the pulleys & cables	All procedures in place are adequate to control the risk	Coach & other hub users	On-going	On-going
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<p>6. EXERCISE CAUSING ILL HEALTH OR INJURY</p>	<p>Gymnasts & other equipment users Injury</p>	<p>6a. All hub users consent that they understand the risks of participation in exercise and fitness classes, including aerobic activities such as rowing and such risks of engaging in physical exercise activity may pose a serious risk to health or cause death. 6b. All hub users consent that they understand that during training injuries may arise such as muscle, ligament, joint, bone and tendon damage. 6c. All hub users consent that they understand that they should not take part in any physical activity that they may not be fit for. 6d. All hub users consent that they understand that they are responsible for monitoring their own condition during physical activity. 6e. All hub users consent that they understand that they will let PSG know when joining anything that is relevant to their physical condition. 6f. All hub users consent that they understand that they are responsible for monitoring their own physical condition and if they suffer any unusual symptoms, they will immediately stop the activity and tell a member of staff. 6g. First aid trained personnel and first aid equipment (including defibrillator) on site at all times and reporting procedures in place to record incidents. 6h. All hub users consent that they understand that it is recommended that they undergo a medical examination to ascertain that they are not at any type of risk by the exercise/activities they wish to participate in. 6i. All hub users consent that they agree that if they answer yes to certain medical issues described in the code of</p>	<p>All procedures in place are adequate to control the risk</p>	<p>Coach & other hub users</p>	<p>On-going</p>	<p>On-going</p>
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		conduct that they will seek medical advice before participating in any form of exercise. 6j. Code of conduct stipulates that it is not recommended to eat a heavy meal before training.				
7. EXISTING INJURY	Gymnasts & other hub users Further Injury	7a. All hub users consent that they understand that they should not exercise while either injured or under medication prescribed by their doctor without first obtaining prior approval.	All procedures in place are adequate to control the risk	Coach and other hub users	On-going	On-going