


## Risk Assessment Form

<b>Risk Assessment Number: 01</b>	<b>Date of Assessment: June 2025</b>	<b>Additional Information check sheet/risk assessments required.</b>											
<b>Task / Work Activity / Work Area Assessed:</b>	<b>Assessment carried out by:</b>  <b>Julian Such &amp; Christine Jolliffe</b>	<b>Substances Hazardous to Health:</b> <b>Manual Handling:</b> <b>Display Screen Equipment:</b> <b>New and Expectant Mothers:</b> <b>Young Persons:</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>										
Worst Case Outcome					Likelihood					Risk Rating (Outcome x Likelihood)			
5	4	3	2	1	5	4	3	2	1	High	Medium	Low	
Fatal	Severe Injury	Lost time Injury	Minor Injury	No Injury	Certain	Very likely	Likely	Unlikely	Remote	13-25	5-12	1-4	
<b>Persons affected by the Activity</b>	<b>Identified Hazards</b>	<b>Control Measures Already in Place</b>	<b>Outcome</b>	<b>Likelihood</b>	<b>Risk Rating</b>	<b>Further action required? Yes/No</b>							
<b>ACCESS &amp; EGRESS</b>													
Staff, coaches, volunteers, gymnasts, children, parents & visitors	<b>1. BEING HIT BY VEHICLES OUTSIDE GYMNASIUM RESULTING IN PEDESTRIAN COLLISIONS, SERIOUS INJURY</b>	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. Member of staff placed at entrance at start and end of session.  1c. Children can come out of the facility to meet parents within the gated car park area with	5	1	5	No. All procedures in place are adequate to control the risk.							

	INCLUDING BROKEN BONES AND OR DEATH	<p>permission from coach who is monitoring the entrance at the start and end of session. The parents take responsibility for their children once they leave the facility.</p> <p>1d. Area is well lit.</p> <p>1e. Parents/Visitors are advised to not use the car park as a drop off or pick up zone.</p> <p>1f. 5 MPH speed limit.</p> <p>1g. Adequate flood lighting in the car park at night.</p> <p>1h. Corridors and passageways are wide enough to allow all people to move freely (including people with buggies, wheelchair users and people carrying items).</p> <p>1i. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1j. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1k. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1l. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
Staff, coaches, volunteers, gymnasts, children, parents & visitors	<b>2. ENTRANCE TO GYMNASIUM BLOCKED BY VEHICLES OR OBJECTS RESULTING IN PEDESTRIAN COLLISIONS, SERIOUS INJURY</b>	<p>2a. Ramp to the front door inhibits vehicles from blocking the entrance.</p> <p>2b. Any objects to be removed to a safe place before class starts.</p> <p>2c. Parents/Visitors to gymnasium asked to park away from the entrance.</p> <p>2d. Parents/visitors to car park should only use marked out car parking spaces.</p>	5	1	5	No. All procedures in place are adequate to control the risk.

	INCLUDING BROKEN BONES AND OR DEATH	<p>2e. Parents/visitors are told not to use neighboring car parks</p> <p>2f. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>2g. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2h. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts,</p> <p>2i. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts,</p>				
Staff, coaches, volunteers, gymnasts, children, parents & visitors	<b>3. WEATHER CONDITIONS RESULTING IN SLIPS, TRIPS &amp; FALLS CAUSING INJURY</b>	<p>3a. Umbrella storage is available during wet weather to avoid wet surfaces.</p> <p>3b. Ensure that parents are sending children in heat/cold appropriate clothing.</p> <p>3c. All floors and walkways to be kept cleaned and drained where necessary to reduce the risk of slips and trips. Yellow signage is available to identify areas that are slippery whilst the area is being drained?</p> <p>3d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>3f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts,</p> <p>3g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	3	2	6	No. All procedures in place are adequate to control the risk.

Staff, coaches, volunteers, gymnasts, children, parents & visitors	<b>4. SLIPS AND TRIPS RESULTING IN INJURIES</b>	<p>4a. General good housekeeping is carried out.</p> <p>4b. All areas are well lit, including stairs.</p> <p>4c. No trailing leads or cables.</p> <p>4d. Staff keep work areas clear, eg no boxes left in walkways, deliveries stored immediately.</p> <p>4e. Coach ensures that participant bags/personal items are kept in the changing area.</p> <p>4f. Coach ensures that any spillages are promptly dealt with.</p> <p>4g. Regular inspection of floor surfaces for defects or unsafe conditions and prompt reporting of defects found.</p> <p>4h. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4i. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4j. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4k. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	2	2	4	No. All procedures in place are adequate to control the risk.
Staff, coaches, volunteers, gymnasts, children, parents & visitors	<b>5. FIRE RESULTING IN INJURY AND OR DEATH</b>	<p>5a. Exit routes / escape routes should be kept under control at all times.</p> <p>5b. Staff, coaches &amp; volunteers must be acquainted with the Fire evacuation procedures.</p> <p>5c. Ensure fire exit doors and escape routes in corridors are unobstructed and doors easy to open.</p> <p>5d. Separate fire risk assessment has been carried out. For more detail refer to this document.</p>	5	1	5	No. All procedures in place are adequate to control the risk.

		<p>5e. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>5f. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>5g. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>5h. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
<b>ACCESS &amp; EGRESS</b>						
Staff, coaches, volunteers, gymnasts, children, parents & visitors	1. <b>ENVIRONMENT</b>	<p>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.</p> <p>1b. Doors fitted with self-closure devices</p> <p>1c. Appropriate selection of glazing in doors and door panels with consideration given to location, height of glazing, traffic volume, fire resistant etc.</p> <p>1d. Corridors and passageways are wide enough to allow all people to move freely (including people with buggies, wheelchair users and people carrying items).</p> <p>1e. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1f. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1g. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p>	2	1	2	No. All procedures in place are adequate to control the risk.

		1h. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts				
Staff, coaches, volunteers, gymnasts, children, parents & visitors	<b>2. SLIPS AND TRIPS RESULTING IN INJURIES</b>	<p>2a. Stairs have high visibility, non-slip square nosing on step edges, steps are equal height &amp; width and have suitable handrails.</p> <p>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.</p> <p>2c. Defects are reported immediately with prompt remedial action.</p> <p>2d. Immediate cleaning up of spillages – erect appropriate signs.</p> <p>2e. Carrying items up and downstairs should not be encouraged unless you can keep one hand firmly on the handrail and have a clear view of the steps.</p> <p>2f. Ensure bags and coats are not blocking corridors / stairs.</p> <p>2g. Lockers available for bags and coats.</p> <p>3h. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3i. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2j. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>2k. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	2	2	4	No. All procedures in place are adequate to control the risk.

Staff, coaches, volunteers, gymnasts, children, parents & visitors	<b>3. FALLS RESULTING IN INJURIES</b>	<p>3a. Visitors are aware they should always walk on stairs.</p> <p>3b. No running, jumping downstairs when descending.</p> <p>3c. Visitors are advised to use the handrail whether climbing up or down stairs.</p> <p>3d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>3f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>3g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	3	2	6	No. All procedures in place are adequate to control the risk.
Staff, coaches, volunteers, gymnasts, children, parents & visitors	<b>4. PEDESTRIAN INTERFACE</b>	<p>4a. Ensure a staggered release of gymnasts onto heavily used traffic routes.</p> <p>4b. Encourage / enforce safe movement around the facility.</p> <p>4c. Instruct visitors on safe use of premises.</p> <p>4d. Record / report / investigate all accidents and near misses as appropriate.</p> <p>3h. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3i. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p>	2	2	4	No. All procedures in place are adequate to control the risk.

		4f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.				
Staff, coaches, volunteers, gymnasts, children, parents & visitors	<b>5. FIRE RESULTING IN INJURY AND OR DEATH</b>	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.  5d. Separate fire risk assessment has been carried out. For more detail refer to this document.  5e. First aid trained personnel and equipment (including defibrillator) on site at all times.  5f. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.  5g. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts  5h. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts	5	1	5	No. All procedures in place are adequate to control the risk.
<b>GALLERY</b>						
Staff, coaches, volunteers, gymnasts, children, parents & visitors	<b>1. FALLING FROM GALLERY RESULTING IN SERIOUS INJURY AND OR DEATH</b>	1a. Regular checks on the integrity/condition of the balcony.  1b. Code of conduct stipulates that CHILDREN MUST BE SUPERVISED BY AN ADULT GUARDIAN AT ALL TIMES whilst in the Gallery.	5	2	10	No. All procedures in place are adequate to control the risk.



		<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 a 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 the gallery detailing all of these safety rules.</p> <p>1l. Safety video on website reinforcing safety rules.</p> <p>1m. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1n. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1o. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1p. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
--	--	---	--	--	--	--

Staff, coaches, volunteers, gymnasts, children, parents & visitors	<b>2. ITEMS FALLING FROM GALLERY RESULTING IN INJURY</b>	<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 the gallery detailing all of these safety rules.</p> <p>2d. Safety video on website reinforcing safety rules.</p> <p>2e. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>2f. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2g. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>2h. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	2	2	4	No. All procedures in place are adequate to control the risk.
Staff, coaches, volunteers, gymnasts, children, parents & visitors	<b>3. SLIPS, TRIPS AND FALLS RESULTING IN INJURY</b>	<p>3a. Floors are regularly cleaned.</p> <p>3b. Any spillages 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 the gallery detailing all of these safety rules.</p> <p>3f. Safety video on website reinforcing safety rules.</p> <p>3g. First aid trained personnel and equipment (including defibrillator) on site at all times.</p>	3	2	6	No. All procedures in place are adequate to control the risk.

		<p>3h. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>3i. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>3j. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Staff, coaches, volunteers, gymnasts, children, parents & visitors	<b>4. JUMPING FROM GALLERY RESULTING IN SERIOUS INJURY AND OR DEATH</b>	<p>4a. Gymnasts are made aware verbally that absolutely no jumping from the gallery.</p> <p>4b. All parents are informed by email.</p> <p>3g. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3h. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	5	2	10	No. All procedures in place are adequate to control the risk.
<b>The Loft Cafe</b>						
Café staff & customers	<b>1. SPILLAGES RESULTING IN INJURY FROM SLIPPING ON SPILLAGES</b>	<p>1a. Work areas kept tidy and goods stored away in a tidy manner.</p> <p>1b. Floor surface is suitable for a cafe.</p> <p>1c. All staff are fully trained on good housekeeping.</p> <p>1d. All staff are wearing suitable footwear.</p>	3	1	3	No. All procedures in place are adequate to control the risk.

		<p>1e. Kitchen equipment is maintained to prevent leaks onto the floor.</p> <p>1f. Faulty equipment is taken out of service and repaired promptly and repaired.</p> <p>1g. Any leaks cleared up immediately by staff leaving the floor dry.</p> <p>1h. Drainage channels and drip trays provided where spills are more likely.</p> <p>1i. Suitable cleaning materials are available.</p> <p>1j. Absorbent roll is available to mop up spillages.</p> <p>1k. Good lighting in all areas.</p> <p>1l. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1m. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p>				
Café staff & customers	<b>2. TRIPS CAUSING INJURY BY FALLING</b>	<p>2a. No trailing cables or obstruction in walkways.</p> <p>2b. Steps and changes in level highlighted.</p> <p>2c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>2d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p>	1	1	1	No. All procedures in place are adequate to control the risk.
Café staff	<b>3. MANUAL HANDLING CAUSING INJURY BY REPETITIVE MOVING OF</b>	<p>3a. Commonly used items and heavy stock stored on shelves at waist height.</p> <p>3b. Handling aids used for safe moving of items.</p> <p>3c. Sink at appropriate height to avoid stooping.</p>	3	1	3	No. All procedures in place are adequate to control the risk.

	HEAVY/BULKY ITEMS OR DROPPING ITEMS	<p>3d. First aid box is located within the café area.</p> <p>3e. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3f. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p>				
Café staff & customers	4. CONTACT WITH STEAM, HOT WATER AND HOT MILK CAUSING BURNS AND SCALDS	<p>4a. Staff trained in the use of the coffee machine.</p> <p>4b. Customers are shown how to use the coffee machine and the risks highlighted to them.</p> <p>4c. All café staff wear long sleeves.</p> <p>4d. First aid box is located within the café area.</p> <p>4e. First aid trained personnel and equipment (including defibrillator) on site at all times and reporting procedures in place to record incidents</p>	3	2	6	No. All procedures in place are adequate to control the risk.
Café staff	5. FOOD HANDLING RESULTING IN FREQUENT HAND WASHING WHICH CAN CAUSE SKIN IRRITATION & DAMAGE	<p>5a. Staff to use cutlery or tongs to handle the food rather than hands.</p> <p>5b. Where handling food cannot be avoided, hands are washed immediately.</p> <p>5c. First aid box is located within the café area.</p> <p>5d. First aid trained personnel and equipment (including defibrillator) on site at all times and reporting procedures in place to record incidents</p>	2	2	4	No. All procedures in place are adequate to control the risk.
Customers	6. <b>FOOD ALLERGIES</b> CAUSING ALLERGIC REACTION	<p>6a. Allergen information is available to all customers.</p> <p>6b. Staff training.</p> <p>6c. Clear signage.</p>	5	1	5	No. All procedures in place are adequate to control the risk.

		<p>6d. First aid box is located within the café area.</p> <p>6e. First aid trained personnel and equipment (including defibrillator) on site at all times and reporting procedures in place to record incidents.</p>				
Café staff	<p><b>7. CONTACT WITH CLEANING CHEMICALS CAUSING SKIN AND/OR EYE DAMAGE</b></p> <p>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</p>	<p>7a. All cleaning products are clearly labelled.</p> <p>7b. COSHH assessments are completed for all cleaning chemicals detailing use, storage, disposal and fire aid measures. Cafe staff should be familiar with these documents.</p> <p>7c. COSHH assessments are printed and stored in the cafe area in case of emergency.</p> <p>7c. Purchase of milder alternatives where possible.</p> <p>7d. First aid box is located within the café area.</p> <p>7e. First aid trained personnel and equipment (including defibrillator) on site at all times and reporting procedures in place to record incidents.</p>	1	2	2	No. All procedures in place are adequate to control the risk.
Café staff	<p><b>8. ELECTRICAL ITEMS WITHIN CAFE CAUSING SERIOUS/FATAL INJURIES AS A RESULT OF ELECTRICAL SHOCK</b></p>	<p>8a. All cafe staff receive a H&amp;S induction. During induction Instruction is given on the correct use of electrical items. This will be recorded to ensure all users are informed on correct use.</p> <p>8b. Cafe staff to visually inspect electrical appliances before use. Staff must report defective plugs, discoloured sockets, damaged cable and equipment.</p> <p>8c. Electrical appliances are electrically tested by a competent and qualified person.</p> <p>8d. All electrical equipment having passed electrical testing will have an on display in-date PAT sticker on the plug.</p> <p>8e. No equipment should be used unless it has an in-date electrical testing label.</p>	1	5	5	No. All procedures in place are adequate to control the risk.

		<p>8f. Regular general maintenance of all electrical equipment.</p> <p>8g. Electrical fittings are regularly checked for faults.</p> <p>8h. Plugs that are cracked or have broken casing or bent pins must not be used. Faulty plugs will be taken out of use and reported to owners.</p> <p>8i Plugs must be wired properly, and the conductors securely fixed.</p> <p>8j. Fuse rating must be appropriate to the appliance.</p> <p>8k. Cabling outer sheath should be effectively secured where it enters the plug.</p> <p>8l. 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>8m. Cabling must be sufficiently robust to withstand the wear and tear of use.</p> <p>8n. All electrical leads/cables to be positioned where they cannot be tripped over.</p> <p>8o. In the event of an electrical shock, do not touch the person affected. Turn off electrical equipment at supply and call for a first aid trained member of staff.</p> <p>8p. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>8q. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>8r. Staff know where the fuse box is and how to safely switch off electricity in an emergency.</p> <p>8s. Access to the fuse box is kept clear at all times.</p>				
--	--	--	--	--	--	--

		<p>8t. Parents &amp; visitors who wish to use the coffee machine have access to instructions.</p> <p>8u. Gymnasts and children visitors are not permitted to use the coffee machine.</p> <p>8v. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>8w. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
<b>The Loft Cafe</b>						
Children, vulnerable adults, parents & visitors	<p><b>SAFEGUARDING CHILDREN &amp; VULNERABLE ADULTS</b></p> <p>Centre protocols, policies and procedures being breached.</p>	<p>1a. There is a staff only toilet located in the reception area.</p> <p>1b. Staff vigilance.</p> <p>1c. Signage.</p> <p>1d. No lone working.</p> <p>1e. Alarm call cord available in the disability toilet.</p> <p>1f. Door is able to be unlocked from the outside in the disability toilet.</p> <p>1g. All safeguarding protocols are adhered to.</p> <p>1h. Contact information for the welfare officer is displayed in the reception area.</p> <p>1i. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1j. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p>	1	1	1	No. All procedures in place are adequate to control the risk.



		<p>1k. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1l. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
Staff, children, vulnerable adults, parents & visitors	<b>SLIPS TRIPS AND FALLS</b> RESULTING IN INJURY	<p>2a. Toilets are regularly inspected.</p> <p>2b. Floors are regularly cleaned.</p> <p>2c. Any spillages or over spill from showers are reported and are promptly cleaned.</p> <p>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.</p> <p>2e. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>2f. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2g. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>2h. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	2	2	4	No. All procedures in place are adequate to control the risk.
Children, Parents, Users, Staff & Visitors	<b>3. HOT WATER</b>  Injury due to burns and abrasions	<p>3a. Water temperature is closely monitored.</p> <p>3b. Water system is regularly serviced.</p> <p>3c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p>	2	1	2	No. All procedures in place are adequate to control the risk.

		<p>1k. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1l. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Children, Parents, Users, Staff & Visitors	<p><b>4. DOORS, LOCKS,&amp; MIRRORS</b></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>4g. Access to toilets/changing rooms is gained by flat thoroughfare and a large accessible toilet is available for those that cannot access the smaller toilet area.</p> <p>4h. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4i. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4j. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4k. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	2	1	2	No. All procedures in place are adequate to control the risk.
Children, Parents, Users, Staff & Visitors	<p><b>5. HAND-DRYER</b></p>	<p>5a. Auto shut-off and fuse socket out of reach of children.</p> <p>5b. Safe temperature dryer provided.</p>	5	1	5	No. All procedures in place are adequate to control the risk.

	<p>Injury due to electric shock or fire.</p> <p>Injury due to burns and abrasions</p>	<p>5c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>5d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>5e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>5f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Children, Parents, Users, Staff & Visitors	<p>6. <b>LEGIONNAIRES</b></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> <p>6c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>6d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>5f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>5g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	5	1	5	No. All procedures in place are adequate to control the risk.
Children, Parents, Users, Staff & Visitors	<p>7. <b>INADEQUATE LIGHTING</b></p> <p>Injury due to poor vision</p>	<p>7a. Lighting is in good order.</p> <p>7b. Lighting is regularly checked.</p> <p>7c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>7d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p>	1	1	1	No. All procedures in place are adequate to control the risk.

		<p>5e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>5f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Children, Parents, Users, Staff & Visitors	<p><b>8. FIRE</b></p> <p>Injury &amp; death due to burns &amp; smoke inhalation</p>	<p>8a. Heaters are regularly checked.</p> <p>8b. Fire risk assessment is in place.</p> <p>8c. All staff/coaches receive mandatory annual refresher training on fire evacuation procedures.</p> <p>8d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>8e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>8f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>8g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	5	1	5	No. All procedures in place are adequate to control the risk.
Children, Parents, Users, Staff & Visitors	<p><b>9. ELECTRICITY</b></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> <p>9c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>9d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p>	5	1	5	No. All procedures in place are adequate to control the risk.

		<p>9e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>9f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p>				
<b>FIRE SAFETY</b>						
Staff, coaches, volunteers, gymnasts, children, parents & visitors	<b>1. FIRE RESULTING IN INJURY AND OR DEATH</b>	<p>1a. All staff, coaches &amp; volunteers are briefed on fire evacuation procedures and must be fully acquainted with the procedure.</p> <p>1b. Written fire evacuation instructions are clearly available on the wall in the staff block.</p> <p>1c. Fire alarms are regularly inspected and maintained.</p> <p>1d. Fire exits are visible and signage is clear and appropriate.</p> <p>1e. Fire exits are checked regularly.</p> <p>1f. Fire exits are kept clear at all times.</p> <p>1g. Fire exit routes / escape routes should be kept under control at all times.</p> <p>1h. Fire exit doors and escape routes in corridors are unobstructed and doors easy to open.</p> <p>1i. Coaches are shown how to use fire extinguishers safely.</p> <p>1j. Fire drills will be carried out twice a year at different times of the day and recorded.</p> <p>1k. Gymnast registers are taken at each session.</p> <p>1l. First aid trained personnel and equipment (including defibrillator) on site at all times.</p>	5	1	5	No. All procedures in place are adequate to control the risk.

		<p>1m. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1n. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>1o. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Staff, coaches, volunteers, gymnasts, children, parents & visitors	<b>2. ELECTRICAL EQUIPMENT FAILURE</b> RESULTING IN FIRE LEADING TO SERIOUS INJURY AND/OR DEATH	<p>2a. Location and environment to be regularly checked for suitability prior to use.</p> <p>2b. All electrical equipment is electrically tested annually by a suitably qualified person.</p> <p>2c. All electrical equipment having passed electrical testing will have an on display in-date PAT sticker on the plug.</p> <p>2d. No equipment should be used unless it has an in-date electrical testing label.</p> <p>2e. Regular general maintenance of all electrical equipment.</p> <p>2f. If any faults are found the equipment will be taken out of use until repaired and PAT. Staff, coaches &amp; volunteers will report faulty equipment to the owners.</p> <p>2g. Electrical fittings are regularly checked for faults.</p> <p>2h. Plugs that are cracked or have broken casing or bent pins must not be used. Faulty plugs will be taken out of use and reported to owners.</p> <p>2i. Plugs must be wired properly, and the conductors securely fixed.</p> <p>2j. Fuse rating must be appropriate to the appliance.</p>	5	1	5	No. All procedures in place are adequate to control the risk.

		<p>2k. Cabling outer sheath should be effectively secured where it enters the plug.</p> <p>2l. 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>2m. Cabling must be sufficiently robust to withstand the wear and tear of use.</p> <p>2n. All electrical leads/cables to be positioned where they cannot be tripped over.</p> <p>2o. 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> <p>2p. In the event of an electrical shock, do not touch the person affected. Turn off electrical equipment at supply and call for a first aid trained member of staff.</p> <p>2q. Extension leads must not be daisy chained (one or more extension leads being used as one in a long link)</p> <p>2r. All electrical leads/cables to be positioned where they cannot be tripped over.</p> <p>2s. 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> <p>2t. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>2u. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2v. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p>				
--	--	---	--	--	--	--

		2w. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.				
Staff, coaches, volunteers, gymnasts & visitors	<b>3. INCORRECT USE OF ELECTRICAL EQUIPMENT IN GYMNASIUM</b> RESULTING IN EQUIPMENT FAILURE CAUSING ELECTRIC SHOCK AND OR FIRE LEADING TO SERIOUS INJURY AND/OR DEATH  Speakers, airtrack, air pump	3a. All staff, coaches & volunteers receive a H&S induction. During induction Instruction is given on the correct use of individual pieces of electrical equipment. This will be recorded to ensure all users are informed on correct use.  3b. First aid trained personnel and equipment (including defibrillator) on site at all times.  3c. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.  3d. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.  3e. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.	5	1	5	No. All procedures in place are adequate to control the risk.
Staff, coaches, volunteers, parents & visitors	<b>4. INCORRECT USE OF ELECTRICAL EQUIPMENT IN LOFT</b> RESULTING IN EQUIPMENT FAILURE CAUSING ELECTRIC SHOCK AND OR FIRE LEADING TO SERIOUS INJURY AND/OR DEATH  Coffee machine	4a. All staff, coaches & volunteers will be given a H&S induction. During induction Instruction is given on the correct use of the coffee machine. This will be recorded to ensure all users are informed on correct use.  4b. Parents & visitors who wish to use the coffee machine have access to instructions.  4c. Gymnasts and children visitors are not permitted to use the coffee machine.  4d. First aid trained personnel and equipment (including defibrillator) on site at all times.  4e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.	5	1	5	No. All procedures in place are adequate to control the risk.



		<p>4f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Parents, children & visitors	<p><b>5. INCORRECT USE OF ELECTRICAL EQUIPMENT IN GALLERY</b> RESULTING IN EQUIPMENT FAILURE CAUSING ELECTRIC SHOCK AND OR FIRE LEADING TO SERIOUS INJURY AND/OR DEATH</p> <p>Technology equipment chargers</p>	<p>5a. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>5b. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>5c. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>5d. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	5	1	5	No. All procedures in place are adequate to control the risk.
Users of hub	<p><b>6. INCORRECT USE OF ELECTRICAL EQUIPMENT IN EXERCISING GYM</b> RESULTING IN EQUIPMENT FAILURE CAUSING ELECTRIC SHOCK AND OR FIRE LEADING TO SERIOUS INJURY AND/OR DEATH</p> <p>Treadmills</p>	<p>6a. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>6b. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p> <p>6c. Separate risk assessment for treadmills and exercise bikes.</p> <p>6d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>6e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>6f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p>				No. All procedures in place are adequate to control the risk.

		6g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.				
Staff, coaches, volunteers & visitors	<b>7. INCORRECT USE OF ELECTRICAL EQUIPMENT IN STAFF BLOCK RESULTING IN EQUIPMENT FAILURE CAUSING ELECTRIC SHOCK AND OR FIRE LEADING TO SERIOUS INJURY AND/OR DEATH</b>  Kettle, microwave, Coffee machine, ice machine, printer, portable fan heater & fridge/freezer	7a. All staff, coaches & volunteers will be given a H&S induction. During induction Instruction is given on the correct use of individual pieces of electrical equipment. This will be recorded to ensure all users are informed on correct use.  7b. Kettles, microwaves and heaters that have higher power demands must be used from mains electrical sockets and not used from an extension lead.  7c. First aid trained personnel and equipment (including defibrillator) on site at all times.  7d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.  7e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.  7f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.	5	1	5	No. All procedures in place are adequate to control the risk.
<b>SENSORY SPACE</b>						
Staff, gymnasts & visitors	<b>1. FIBRE OPTICS</b>  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 guardians present at all times to ensure equipment is not misused.  1c. Sensory room to have key code entry for members only.  1d. First aid trained personnel and equipment (including defibrillator) on site at all times.	1	2	2	No. All procedures in place are adequate to control the risk.

		<p>1e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
Staff, gymnasts & visitors	<p>2. UV PANEL</p> <p>Injury caused by Choking, splinters, burns from thin UV cord if pulled too hard, bruising from handle.</p>	<p>2a. All those using the sensory room have watched an operational video.</p> <p>2b. Adult guardians present at all times to ensure equipment is not misused.</p> <p>2c. Sensory room to have key code entry for members only.</p> <p>2d. Panel must be used for the purpose that it is meant only.</p> <p>2e. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>2f. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2g. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>2h. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>	1	2	2	No. All procedures in place are adequate to control the risk.
Staff, gymnasts & visitors	<p>3. <b>PROJECTOR, MIRRORS AND LIGHTING</b></p> <p>Injury and or ill health caused by</p>	<p>3a. Coaches should understand the requirements of the guests using the sensory room and the nature of their disability.</p> <p>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.</p>	3	2	6	No. All procedures in place are adequate to control the risk.

	nausea or dizziness, epilepsy.	<p>3c. Adult guardians present at all times to ensure only appropriate equipment is used.</p> <p>3c. Sensory room to have key code entry for members only.</p> <p>3d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>3f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>3g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
Staff, gymnasts & visitors	4. FALLING FROM OR BUMPING IN TO CORNER UNIT	<p>4a. All those using the sensory room have watched an operational video.</p> <p>4b. Adult guardian present at all times to ensure equipment is not misused.</p> <p>4c. Corner unit can be removed if necessary.</p> <p>4d. Sensory room to have key code entry for members only.</p> <p>4e. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4f. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4g. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p>	1	2	2	No. All procedures in place are adequate to control the risk.

		4h. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts				
<b>FLOOR</b>						
Gymnasts	<b>1. GYMNASTS NOT WARMING UP RESULTING IN INJURY</b>	<p>1a. Coach to ensure that all gymnasts warm up and stretch.</p> <p>1b. Gymnasts are supervised by coaches who will ensure gymnasts are fully warmed up.</p> <p>1c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>	2	1	2	No. All procedures in place are adequate to control the risk.
Gymnasts	<b>2. APPARATUS LARGE OR SMALL IN WARM UP AREA</b>  Injury due to running into or falling on other apparatus	<p>2a. Coaches to ensure that the warm up area is clear and apparatus covered adequately.</p> <p>2b. Gymnasts are always supervised by coaches.</p> <p>2c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>2d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p>	1	1	1	No. All procedures in place are adequate to control the risk.

		2f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.				
Gymnasts	<b>3. GYMNASTS PERFORMING INVERTED SKILLS</b>  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  3c. Use of appropriate matting until skill is mastered.  3d. Coach to support the skill where necessary.  3e. Gymnasts are always supervised by coaches.  3f. First aid trained personnel and equipment (including defibrillator) on site at all times.  3g. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.  3h. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.  3i. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.	3	2	6	No. All procedures in place are adequate to control the risk.
Gymnasts	<b>4. APPARATUS LARGE OR SMALL ON FLOOR AREA DURING CLASS</b>  Injury due to body unprepared for physical activities	4a. Coaches to ensure that floor area is clear and apparatus covered adequately.  4b. Gymnasts are always supervised by coaches.  4c. First aid trained personnel and equipment (including defibrillator) on site at all times.  4d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.	1	1	1	No. All procedures in place are adequate to control the risk.

		<p>4e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts	<p><b>5. CRASHING IN TO MIRROR OR HAND BAR</b></p> <p>Injury</p>	<p>5a. Only allow gymnasts to perform skills in direction away from the mirror.</p> <p>5b. Gymnasts are supervised at all times.</p> <p>5c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>5d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>5e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>5f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	3	1	3	No. All procedures in place are adequate to control the risk.
<b>AIR TRACK</b>						
Gymnasts	<p><b>1. GYMNASTS USING THE AIR TRACK BEFORE CLASS</b></p>	<p>1a. Code of conduct stipulates that gymnasts are not allowed on air track until supervised in class.</p> <p>1b. Coaches are present to welcome gymnasts to class and from class and can remind them of this rule.</p> <p>1c. Persistent offenders will be sat out of the class.</p>	1	1	1	No. All procedures in place are adequate to control the risk.

		<p>1d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
Gymnasts	<b>2. GYMNASTS NOT WARMING UP RESULTING IN INJURY</b>	<p>2a. Coach to ensure that all gymnasts warm up and stretch.</p> <p>2b. Gymnasts are supervised by coaches who will ensure gymnasts is fully warmed up.</p> <p>2c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>2d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>2f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>	2	1	2	No. All procedures in place are adequate to control the risk.
Gymnasts	<b>3. GYMNASTS USING THE AIR TRACK UNSUPERVISED</b>	<p>3a. Code of conduct stipulates that gymnasts are not allowed on air track unsupervised.</p> <p>3b. Persistent offenders will be sat out of the class.</p> <p>3c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p>	1	1	1	No. All procedures in place are adequate to control the risk.



		<p>3d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>3e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>3f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
<p>Gymnasts</p> <p>Injury due to gymnasts falling</p>	<p><b>4. GYMNASTS PERFORMING INVERTED AND ROTATIONAL SKILLS</b></p> <p>INCREASING RISK</p>	<p>4a. Coaches to ensure gymnasts use progressions for the skill being taught.</p> <p>4b. Coaches to ensure that gymnasts can successfully complete progressions for the skill being taught before attempting inverted skill</p> <p>4c. Use of appropriate matting until skill is mastered.</p> <p>4d. Coach to support the skill where necessary.</p> <p>4e. Gymnasts are always supervised by coaches.</p> <p>4f. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4g. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4h. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4i. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	3	2	6	No. All procedures in place are adequate to control the risk.
Gymnasts	<p><b>5. FALLING FROM AIR TRACK DUE TO ELEVATION</b></p>	<p>5a. Coach to instruct gymnasts to perform skills along the central part of the air track.</p> <p>5b. Gymnasts can only progress once progression is consistently mastered.</p>	3	2	6	No. All procedures in place are adequate to control the risk.

		<p>5c. Coach can support the gymnast on landing.</p> <p>5d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>5e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>5f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>5g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
<b>FAST TRACK</b>						
Gymnasts	<b>1. GYMNASTS USING THE FAST TRACK BEFORE CLASS</b>	<p>1a. Code of conduct stipulates that gymnasts are not allowed on air track until supervised in class.</p> <p>1b. Coaches are present to welcome gymnasts to class and from class and can remind them of this rule.</p> <p>1c. Persistent offenders will be sat out of the class.</p> <p>1d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>	1	1	1	No. All procedures in place are adequate to control the risk.

Gymnasts	<b>2. GYMNASTS NOT WARMING UP RESULTING IN INJURY</b>	<p>2a. Coach to ensure that all gymnasts warm up and stretch.</p> <p>2b. Gymnasts are supervised by coaches who will ensure gymnasts are fully warmed up.</p> <p>2c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>2d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>2f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>	2	1	2	No. All procedures in place are adequate to control the risk.
Gymnasts	<b>3. GYMNASTS USING THE AIR TRACK UNSUPERVISED</b>	<p>3a. Code of conduct stipulates that gymnasts are not allowed on air track unsupervised.</p> <p>3b. Persistent offenders will be sat out of the class.</p> <p>3c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>3e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>3f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>	1	1	1	No. All procedures in place are adequate to control the risk.
Gymnasts	<b>4. GYMNASTS PERFORMING INVERTED AND ROTATIONAL</b>	<p>4a. Coaches to ensure gymnasts use progressions for the skill being taught.</p>	3	2	6	No. All procedures in place are adequate to control the risk.

Injury due to gymnasts falling	<b>SKILLS</b> INCREASING RISK	<p>4b. Coaches to ensure that gymnasts can successfully complete progressions for the skill being taught before attempting inverted skill</p> <p>4c. Use of appropriate matting until skill is mastered.</p> <p>4d. Coach to support the skill where necessary.</p> <p>4e. Gymnasts are always supervised by coaches.</p> <p>4f. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4g. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4h. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4i. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts	<b>5. FALLING FROM AIR TRACK DUE TO ELEVATION</b>	<p>5a. Coach to instruct gymnasts to perform skills along the central part of the air track.</p> <p>5b. Gymnasts can only progress once progression is consistently mastered.</p> <p>5c. Coach can support the gymnast on landing.</p> <p>5d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>5e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>5f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p>	3	2	6	No. All procedures in place are adequate to control the risk.

		5g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.				
Gymnasts	<b>6. MORE THAN ONE CHILD ON THE FAST TRACK AT A TIME</b>	6a. Coaches to ensure that only one gymnast at a time on the trampoline. 6b. Persistent offenders will be sat out of the class. 6c. First aid trained personnel and equipment (including defibrillator) on site at all times. 6d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate. 6e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts. 6f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.	1	2	2	No. All procedures in place are adequate to control the risk.
Gymnasts	<b>7. JUMPING INTO THE PIT</b>	7a. Coach supervising gymnasts to ensure that one gymnast is out of the pit before the next gymnast dismounts. 7b. First aid trained personnel and first aid equipment on site at all times and reporting procedures in place to record incidents. 7c. First aid trained personnel and equipment (including defibrillator) on site at all times. 7d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate. 7e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.	1	2	2	No. All procedures in place are adequate to control the risk.

		7f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.				
<b>TUMBLE TRACK</b>						
Gymnasts	1. GYMNASTS USING THE TUMBLE TRACK BEFORE CLASS	<p>1a. Code of conduct stipulates that gymnasts are not allowed on tumble track until supervised in class.</p> <p>1b. Coaches are present to welcome gymnasts to class and from class and can remind them of this rule.</p> <p>1c. Persistent offenders will be sat out of the class.</p> <p>1d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>	1	1	1	No. All procedures in place are adequate to control the risk.
Gymnasts	2. GYMNASTS NOT WARMING UP	<p>2a. Coach to ensure that all gymnasts warm up and stretch.</p> <p>2b. Gymnasts are supervised by coaches who will ensure gymnasts are fully warmed up.</p> <p>2c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>2d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p>	2	1	2	No. All procedures in place are adequate to control the risk.

		<p>2e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>2f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
Gymnasts	<b>3. GYMNASTS USING THE TUMBLE TRACK UNSUPERVISED</b>	<p>3a. Code of conduct stipulates that gymnasts are not allowed on air track unsupervised.</p> <p>3b. Persistent offenders will be sat out of the class.</p> <p>3c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>3e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>3f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>	1	1	1	No. All procedures in place are adequate to control the risk.
Gymnasts Injury due to gymnasts falling	<b>4. GYMNASTS PERFORMING INVERTED AND ROTATIONAL SKILLS INCREASING RISK</b>	<p>4a. Coaches to ensure gymnasts use progressions for the skill being taught.</p> <p>4b. Coaches to ensure that gymnasts can successfully complete progressions for the skill being taught before attempting inverted skill</p> <p>4c. Use of appropriate matting until skill is mastered.</p> <p>4d. Coach to support the skill where necessary.</p> <p>4e. Gymnasts are always supervised by coaches.</p> <p>4f. First aid trained personnel and equipment (including defibrillator) on site at all times.</p>	3	2	6	No. All procedures in place are adequate to control the risk.

		<p>4g. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4h. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4i. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts	<b>5. FALLING FROM TUMBLE TRACK DUE TO ELEVATION</b>	<p>5a. Coach to instruct gymnasts to perform skills along the central part of the air track.</p> <p>5b. Gymnasts can only progress once progression is consistently mastered.</p> <p>5c. Coach can support the gymnast on landing.</p> <p>5d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>5e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>5f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>5g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	3	2	6	No. All procedures in place are adequate to control the risk.
Gymnasts	<b>6. GAP BETWEEN END OF TUMBLE TRACK AND RESIPIT DURING DISMOUNTING SKILLS</b>	<p>6a. Gymnasts to practice getting the correct take off mark in to resimat before attempting any dismounting skills.</p> <p>6b. 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.</p>	3	2	6	No. All procedures in place are adequate to control the risk.



		<p>6c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>6d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>6e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>6f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
Gymnasts	<b>7. ABRASIVE SURFACE OF THE TUMBLE TRACK</b>	<p>7a. Avoid any activities that would cause such injuries i.e games on knees or bottoms.</p> <p>7b. Gymnasts can wear socks or gym shoes.</p> <p>7c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>7d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>7e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>7f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>	1	2	2	No. All procedures in place are adequate to control the risk.
Gymnasts	<b>8. GYMNASTS WORKING ON TRACK UP AND DOWN</b>	<p>8a. Coach instructs gymnasts to only work one way on the track, and then return to group</p> <p>8b. Persistent offenders will be sat out of the class.</p> <p>1c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p>	1	2	2	No. All procedures in place are adequate to control the risk.

		<p>8c. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>8d. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>8e. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
<b>TUMBLE TRACK</b>						
Gymnasts	1. GYMNASTS USING THE TRAMPETTE BEFORE CLASS	<p>1a. Code of conduct stipulates that gymnasts are not allowed on tumble track until supervised in class.</p> <p>1b. Coaches are present to welcome gymnasts to class and from class and can remind them of this rule.</p> <p>1c. Persistent offenders will be sat out of the class.</p> <p>1d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>	1	1	1	No. All procedures in place are adequate to control the risk.
Gymnasts	2. GYMNASTS NOT WARMING UP	<p>2a. Coach to ensure that all gymnasts warm up and stretch.</p> <p>2b. Gymnasts are supervised by coaches who will ensure gymnasts are fully warmed up.</p>	2	1	2	No. All procedures in place are adequate to control the risk.

		<p>2c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>2d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>2f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
Gymnasts	3. GYMNASTS USING THE TRAMPETTE UNSUPERVISED	<p>3a. Code of conduct stipulates that gymnasts are not allowed on air track unsupervised.</p> <p>3b. Persistent offenders will be sat out of the class.</p> <p>3c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>3e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>3f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>	1	1	1	No. All procedures in place are adequate to control the risk.
Gymnasts Injury due to gymnasts falling	4. GYMNASTS PERFORMING INVERTED AND ROTATIONAL SKILLS INCREASING RISK	<p>4a. Coaches to ensure gymnasts use progressions for the skill being taught.</p> <p>4b. Coaches to ensure that gymnasts can successfully complete progressions for the skill being taught before attempting inverted skill</p> <p>4c. Use of appropriate matting until skill is mastered.</p> <p>4d. Coach to support the skill where necessary.</p>	3	2	6	No. All procedures in place are adequate to control the risk.

		<p>4e. Gymnasts are always supervised by coaches.</p> <p>4f. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4g. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4h. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4i. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts	5. USING INAPPROPRIATE OR INADEQUATE MATTING FOR LANDING	<p>5a. Coaches to ensure that appropriate matting is used.</p> <p>5b. Variety of matting options available in the gym.</p> <p>5c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>5d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>5e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>5f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	2	2	4	No. All procedures in place are adequate to control the risk.
Gymnasts	6. GAP BETWEEN TRAMPETTE AND RESIPIT	<p>6a. Gymnasts to practice getting the correct take off mark in to resimat before attempting any dismounting skills.</p> <p>6b. Coaches should remind gymnasts of danger when taking off too close to the end of the tumble</p>	3	2	6	No. All procedures in place are adequate to control the risk.

		<p>track and should explain to the gymnasts where the correct place to take off.</p> <p>6c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>6d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>6e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>6f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
Gymnasts	7. LANDING BETWEEN MATS	<p>7a. Coach should always adjust mats to ensure that there are no gaps between matting.</p> <p>7b. Coaches regularly check that matting is still in place.</p> <p>7c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>7d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>7e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>7f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>	1	2	2	No. All procedures in place are adequate to control the risk.
Gymnasts	8. OTHER GYMNASTS CROSSING RUN UP	<p>8a. All gymnasts are supervised.</p> <p>8b. Coaches to warn gymnasts of dangers when crossing run ups.</p>	1	2	2	No. All procedures in place are adequate to control the risk.

		<p>8c. Coach to instruct when it is clear to cross.</p> <p>8d. Use of alternative route rather than crossing run up when applicable</p> <p>8e. Persistent offenders will be sat out of the class.</p> <p>8f. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>8g. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>8g. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>8h. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
<b>TRAMPOLINE</b>						
Gymnasts	1. GYMNASTS USING THE TRAMPOLINE BEFORE CLASS	<p>1a. Code of conduct stipulates that gymnasts are not allowed on tumble track until supervised in class.</p> <p>1b. Coaches are present to welcome gymnasts to class and from class and can remind them of this rule.</p> <p>1c. Persistent offenders will be sat out of the class.</p> <p>1d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p>	2	1	2	No. All procedures in place are adequate to control the risk.

		1g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts				
Gymnasts	<b>2. GYMNASTS NOT WARMING UP</b>	<p>2a. Coach to ensure that all gymnasts warm up and stretch.</p> <p>2b. Gymnasts are supervised by coaches who will ensure gymnasts are fully warmed up.</p> <p>2c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>2d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>2f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>	2	1	2	No. All procedures in place are adequate to control the risk.
Gymnasts	<b>3. GYMNASTS USING THE TRAMPOLINE UNSUPERVISED</b>	<p>3a. Code of conduct stipulates that gymnasts are not allowed on trampoline unsupervised.</p> <p>3b. Persistent offenders will be sat out of the class.</p> <p>3c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>3e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>3f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>	2	1	2	No. All procedures in place are adequate to control the risk.

Gymnasts  Injury due to gymnasts falling	<b>4. GYMNASTS PERFORMING INVERTED AND ROTATIONAL SKILLS INCREASING RISK</b>	<p>4a. Coaches to ensure gymnasts use progressions for the skill being taught.</p> <p>4b. Coaches to ensure that gymnasts can successfully complete progressions for the skill being taught before attempting inverted skill</p> <p>4c. Use of appropriate matting until skill is mastered.</p> <p>4d. Coach to support the skill where necessary.</p> <p>4e. Gymnasts are always supervised by coaches.</p> <p>4f. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4g. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4h. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4i. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	3	2	6	No. All procedures in place are adequate to control the risk.
Gymnasts	<b>5. USING INAPPROPRIATE OR INADEQUATE MATTING FOR LANDING</b>	<p>5a. Coaches to ensure that appropriate matting is used.</p> <p>5b. Variety of matting options available in the gym.</p> <p>5c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>5d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>5e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p>	2	2	4	No. All procedures in place are adequate to control the risk.



		5f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.				
Gymnasts	<b>6. GAP BETWEEN END OF THE TRAMPOLINE AND RESIPIT DURING DISMOUNTING SKILLS</b>	<p>6a. Gymnasts to practice getting the correct take off mark in to resimat before attempting any dismounting skills.</p> <p>6b. Coaches should remind gymnasts of danger when taking off too close to the end of the trampoline and should explain to the gymnasts where the correct place to take off.</p> <p>6c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>6d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>6e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>6f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>	3	2	6	No. All procedures in place are adequate to control the risk.
Gymnasts	<b>7. LANDING BETWEEN MATS</b>	<p>7a. Coach should always adjust mats to ensure that there are no gaps between matting.</p> <p>7b. Coaches regularly check that matting is still in place.</p> <p>7c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>7d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>7e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p>	2	2	4	No. All procedures in place are adequate to control the risk.

		7f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts				
Gymnasts	<b>8. ABRASIVE SURFACE OF THE TRAMPOLINE</b>	<p>8a. Avoid any activities that would cause such injuries i.e games on knees or bottoms.</p> <p>8b. Gymnasts can wear socks or gym shoes.</p> <p>8f. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>8g. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>8g. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>8h. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>	2	2	4	No. All procedures in place are adequate to control the risk.
Gymnasts	<b>9. MORE THAN ONE CHILD ON THE TRAMPOLINE AT ONE TIME</b>	<p>9a. Coaches to ensure that only one gymnast at a time on the trampoline.</p> <p>9b. Persistent offenders will be sat out of the class. Coach can support the gymnast on landing.</p> <p>9f. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>9g. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>9g. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>9h. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	2	1	2	No. All procedures in place are adequate to control the risk.

Gymnasts	10. <b>BOUNCING ON KNEES</b>	<p>10a. Coaches to remind gymnasts they are not allowed to knee bounce.</p> <p>10b. Persistent offenders will be sat out of the class.</p> <p>10c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>10d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>10e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>10f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	2	2	4	No. All procedures in place are adequate to control the risk.
<b>TREADMILL</b>						
Gymnasts & other hub users	1. <b>EQUIPMENT FAILURE AND/OR INCORRECT USE OF TREADMILL</b>	<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>	2	2	4	No. All procedures in place are adequate to control the risk.

		<p>1e. Regular inspection and general maintenance of equipment.</p> <p>1f. Regular cleaning in accordance with manufacturers recommendations.</p> <p>1g. Hub code of conduct 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>1j. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1k. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1l. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1m. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
Gymnasts & other hub users	2. INADEQUATE PREPARATION FOR EXERCISE OR USE OF TREADMILL	<p>2a. Correct techniques to be used at all times as detailed on the equipment.</p> <p>2b. Adequate time given to allow for warm up and cool down specific to the activity participating in.</p> <p>2c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p>	2	2	4	No. All procedures in place are adequate to control the risk.

		<p>2d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>2f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	3. USE OF TREADMILL	<p>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.</p> <p>3b. Adequate time given to allow for warm up and cool down specific to exercise</p> <p>3c. Instruction on correct techniques is detailed on the equipment.</p> <p>3d. Correct techniques to be used at all times as detailed on the equipment.</p> <p>3e. Hub code of conduct stipulates that all hub users should maintain correct posture while using the equipment.</p> <p>3f. Hub code of conduct stipulates that all hub users should make sure the machine settings are correct before starting exercise.</p> <p>3g. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3h. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p>	2	2	4	No. All procedures in place are adequate to control the risk.

		<p>3i. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>3j. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	4. STABILITY OF TREADMILL DURING MAXIMAL EXERCISE	<p>4a. Treadmill to be positioned on a flat even surface.</p> <p>4b. Flooring to be regularly checked for any defaults.</p> <p>4c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	1	1	1	No. All procedures in place are adequate to control the risk.
Gymnasts & other hub users	5. TRAPPING OF CLOTHING IN TREADMILL BELT AND RUNNING SURFACE	<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>5e. First aid trained personnel and equipment (including defibrillator) on site at all times.</p>	2	1	2	No. All procedures in place are adequate to control the risk.

		<p>5f. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>5g. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>5h. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	6. EXERCISE CAUSING ILL HEALTH OR INJURY	<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</p>	3	2	6	

		<p>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 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> <p>6k. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>6l. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>6m. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>6n. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	7. EXISTING 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.</p> <p>7b. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>7c. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p>	2	2	4	No. All procedures in place are adequate to control the risk.



		<p>7d. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>7e. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	8. ELECTRICAL HAZARDS	<p>8a. Regular inspection of equipment and general maintenance.</p> <p>8b.. Annual portable appliance test by trained personnel and records kept on facility file in reception.</p> <p>8c. No modifications to be made to the manufactured plug or adapters unless done so by an approved Electrical Engineer.</p> <p>8d. Treadmills should be turned off and unplugged before any maintenance.</p> <p>8e. Treadmills should not be operated in damp or wet conditions.</p> <p>8f. Care should be taken when cleaning the treadmills to avoid excessive moisture entering electrical components</p> <p>8g. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>8h. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>8i. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p>	4	2	8	No. All procedures in place are adequate to control the risk.

		8j. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.				
Gymnasts & other hub users	9. FALLS FROM TREADMILL	<p>9a. Correct techniques to be used when mounting and dismounting the treadmill running surface throughout exercise.</p> <p>9b. Access for getting on and off the treadmill should be unobstructed.</p> <p>9c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>9d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>9e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>9f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	2	2	4	No. All procedures in place are adequate to control the risk.
<b>EXERCISE BIKE</b>						
Gymnasts & other hub users	1. EQUIPMENT FAILURE AND/OR INCORRECT USE OF EXERCISE BIKE	<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>	2	2	4	No. All procedures in place are adequate to control the risk.

		<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>1g. Hub code of conduct 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>1j. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1k. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1l. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1m. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
Gymnasts & other hub users	2. INADEQUATE PREPARATION FOR EXERCISE OR USE OF EXERCISE BIKE	<p>2a. Correct techniques to be used at all times as detailed on the equipment.</p> <p>2b. Adequate time given to allow for warm up and cool down specific to the activity participating in.</p> <p>2c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p>	2	2	4	No. All procedures in place are adequate to control the risk.

		<p>2d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>2f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	3. USE OF EXERCISE BIKE	<p>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.</p> <p>3b. Adequate time given to allow for warm up and cool down specific to exercise</p> <p>3c. Instruction on correct techniques is detailed on the equipment.</p> <p>3d. Correct techniques to be used at all times as detailed on the equipment.</p> <p>3e. Hub code of conduct stipulates that all hub users should maintain correct posture while using the equipment.</p> <p>3f. Hub code of conduct stipulates that all hub users should make sure the machine settings are correct before starting exercise.</p> <p>3g. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3h. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>3i. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p>	2	2	4	No. All procedures in place are adequate to control the risk.

		3j. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.				
Gymnasts & other hub users	4. STABILITY OF EXERCISE BIKE DURING MAXIMAL EXERCISE	<p>4a. Exercise bike to be positioned on a flat even surface.</p> <p>4b. Flooring to be regularly checked for any defaults.</p> <p>4c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	1	1	1	No. All procedures in place are adequate to control the risk.
Gymnasts & other hub users	5. TRAPPING OF CLOTHING IN EXERCISE BIKE	<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. Correct clothing to be worn when using ergometer, with clothing kept clear of the chain and flywheel</p> <p>5e. Chain and ergometer housing should be checked to ensure it is correctly fitted, secured and free from any damage</p> <p>5f. First aid trained personnel and equipment (including defibrillator) on site at all times.</p>	2	1	2	No. All procedures in place are adequate to control the risk.

		<p>5g. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>5h. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>5i. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	6. EXERCISE CAUSING ILL HEALTH OR INJURY	<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>	3	2	6	No. All procedures in place are adequate to control the risk.

		<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 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> <p>6k. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>6l. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>6m. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>6n. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	7. EXISTING 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.</p> <p>7b. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>7c. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>7d. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p>	2	2	4	No. All procedures in place are adequate to control the risk.

		7e. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.				
Gymnasts & other hub users	9. FALLS FROM EXERCISE BIKE	<p>9a. Correct techniques to be used when mounting and dismounting the exercise bike.</p> <p>9b. Access for getting on and off the exercise bike should be unobstructed.</p> <p>9c. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>9d. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>9e. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>9f. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	2	2	4	No. All procedures in place are adequate to control the risk.
<b>MULTIPRESS UPPER BODY MACHINE</b>						
Gymnasts & other hub users	1. EQUIPMENT FAILURE AND/OR INCORRECT USE OF MULTI PRESS UPPER BODY MACHINE	<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>	2	1	2	No. All procedures in place are adequate to control the risk.



		<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.</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>1k. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1l. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1m. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1n. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
Gymnasts & other hub users	2. INADEQUATE PREPARATION FOR EXERCISE OR USE OF MULTI	<p>2a. Correct techniques to be used at all times as detailed on the equipment?</p> <p>2b. There are videos available on the correct use of this piece of equipment via a link on the club website.</p> <p>2c. Users should allow adequate time for warm up and cool down specific to the activity participating in.</p>	1	1	1	No. All procedures in place are adequate to control the risk.

	PRESS UPPER BODY MACHINE	<p>2d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>2e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>2g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	3. USE OF MULTI PRESS UPPER BODY MACHINE	<p>3a. Hub code of conduct stipulates that all hub users are required to watch PSG safety/operation video before attending the hub.</p> <p>3b. Users should allow adequate time for warm up and cool down specific to the activity participating in.</p> <p>3c. Instruction on correct techniques to be used are detailed on each piece of equipment.</p> <p>3d. Hub code of conduct stipulates that all hub users should maintain correct posture while using the equipment.</p> <p>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.</p> <p>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>3g. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3h. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p>	3	2	6	No. All procedures in place are adequate to control the risk.

		<p>3i. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>3j. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	4. STABILITY OF MULTI PRESS UPPER BODY MACHINE DURING MAXIMAL EXERCISE	<p>4a. Multipress upper body machine is positioned on a flat even surface.</p> <p>4b. Frame lock is in the locked position prior to use or moving.</p> <p>4c. Floor to be checked regularly for defects as stipulated on regular equipment checks.</p> <p>4d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	1	1	1	No. All procedures in place are adequate to control the risk.
Gymnasts & other hub users	5. TRAPPING OF CLOTHING IN MULTI PRESS UPPER BODY MACHINE	<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 pulleys &amp; cables.</p> <p>4d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p>	3	1	3	No. All procedures in place are adequate to control the risk.

		<p>4f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
<b>HALF RACK SMITH MACHINE COMBO</b>						
Gymnasts & other hub users	1. EQUIPMENT FAILURE AND/OR INCORRECT HALF RACK SMITH MACHINE COMBO	<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.</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>	2	1	2	No. All procedures in place are adequate to control the risk.

		<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>1k. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1l. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1m. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1n. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
Gymnasts & other hub users	2. INADEQUATE PREPARATION FOR EXERCISE OR USE OF HALF RACK SMITH MACHINE COMBO	<p>2a. Correct techniques to be used at all times as detailed on the equipment?</p> <p>2b. There are videos available on the correct use of this piece of equipment via a link on the club website.</p> <p>2c. Users should allow adequate time for warm up and cool down specific to the activity participating in.</p> <p>2d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>2e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>2g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	1	1	1	No. All procedures in place are adequate to control the risk.

Gymnasts & other hub users	3. USE OF HALF RACK SMITH MACHINE COMBO	<p>3a. Hub code of conduct stipulates that all hub users are required to watch PSG safety/operation video before attending the hub.</p> <p>3b. Users should allow adequate time for warm up and cool down specific to the activity participating in.</p> <p>3c. Instruction on correct techniques to be used are detailed on each piece of equipment.</p> <p>3d. Hub code of conduct stipulates that all hub users should maintain correct posture while using the equipment.</p> <p>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.</p> <p>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>3g. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3h. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>3i. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>3j. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	3	2	6	No. All procedures in place are adequate to control the risk.
Gymnasts & other hub users	4. STABILITY OF HALF RACK SMITH MACHINE COMBO DURING	<p>4a. Multipress upper body machine is positioned on a flat even surface.</p> <p>4b. Frame lock is in the locked position prior to use or moving.</p>	1	1	1	No. All procedures in place are adequate to control the risk.

	MAXIMAL EXERCISE	<p>4c. Floor to be checked regularly for defects as stipulated on regular equipment checks.</p> <p>4d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4g.. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	5. TRAPPING OF CLOTHING IN HALF RACK SMITH MACHINE COMBO	<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 pulleys &amp; cables.</p> <p>4d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	3	1	3	No. All procedures in place are adequate to control the risk.
Gymnasts & other hub users	6. EXERCISE CAUSING ILL HEALTH OR INJURY	<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>	2	2	4	No. All procedures in place are adequate to control the risk.

		<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 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>				
Gymnasts & other hub users	7. EXISTING INJURY	7a. All hub users consent that they understand that they should not exercise while either injured or under	2	2	4	No. All procedures in place are adequate to control the risk.



		<p>medication prescribed by their doctor without first obtaining prior approval.</p> <p>7b. 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>7c. 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>7d. All hub users consent that they agree that if they answer yes to certain medical issues described in the code of conduct that they will seek medical advice before participating in any form of exercise.</p>				
<b>LEG EXTENSION CURL MACHINE</b>						
Gymnasts & other hub users	1. EQUIPMENT FAILURE AND/OR INCORRECT USE OF LEG EXTENSION CURL MACHINE	<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>	2	1	2	No. All procedures in place are adequate to control the risk.

		<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.</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>1k. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1l. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1m. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1n. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
Gymnasts & other hub users	2. INADEQUATE PREPARATION FOR EXERCISE OR USE OF LEG EXTENSION CURL MACHINE	<p>2a. Correct techniques to be used at all times as detailed on the equipment.</p> <p>2b. There are videos available on the correct use of this piece of equipment via a link on the club website.</p> <p>2c. Users should allow adequate time for warm up and cool down specific to the activity participating in.</p> <p>2d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p>	1	1	1	No. All procedures in place are adequate to control the risk.

		<p>2e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>2g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	3. USE OF LEG EXTENSION CURL MACHINE	<p>3a. Hub code of conduct stipulates that all hub users are required to watch PSG safety/operation video before attending the hub.</p> <p>3b. Users should allow adequate time for warm up and cool down specific to the activity participating in.</p> <p>3c. Instruction on correct techniques to be used are detailed on each piece of equipment.</p> <p>3d. Hub code of conduct stipulates that all hub users should maintain correct posture while using the equipment.</p> <p>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.</p> <p>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>3g. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3h. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>3i. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p>	3	2	6	No. All procedures in place are adequate to control the risk.

		3j. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.				
Gymnasts & other hub users	4. STABILITY OF LEG EXTENSION CURL MACHINE DURING MAXIMAL EXERCISE	<p>4a. Multipress upper body machine is positioned on a flat even surface.</p> <p>4b. Frame lock is in the locked position prior to use or moving.</p> <p>4c. Floor to be checked regularly for defects as stipulated on regular equipment checks.</p> <p>4d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4g.. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	1	1	1	No. All procedures in place are adequate to control the risk.
Gymnasts & other hub users	5. TRAPPING OF CLOTHING IN LEG EXTENSION CURL MACHINE	<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 pulleys &amp; cables.</p> <p>4d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p>	3	1	3	No. All procedures in place are adequate to control the risk.

		4g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.				
Gymnasts & other hub users	6. EXERCISE CAUSING ILL HEALTH OR INJURY	<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>	2	2	4	No. All procedures in place are adequate to control the risk.

		<p>6i. All hub users consent that they agree that if they answer yes to certain medical issues described in the code of 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>				
Gymnasts & other hub users	7. EXISTING 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.</p> <p>7b. 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>7c. 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>7d. All hub users consent that they agree that if they answer yes to certain medical issues described in the code of conduct that they will seek medical advice before participating in any form of exercise.</p>	2	2	4	No. All procedures in place are adequate to control the risk.
<b>COMPACT DUAL ADJUSTABLE PULLEY MACHINE</b>						
Gymnasts & other hub users	1. EQUIPMENT FAILURE AND/OR INCORRECT USE OF COMPACT DUAL ADJUSTABLE PULLEY MACHINE	<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>	2	1	2	No. All procedures in place are adequate to control the risk.

		<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.</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>1k. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1l. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1m. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1n. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
Gymnasts & other hub users	2. INADEQUATE	2a. Correct techniques to be used at all times as detailed on the equipment?	1	1	1	No. All procedures in place are adequate to control the risk.

	<p>PREPARATION FOR EXERCISE OR USE OF COMPACT DUAL ADJUSTABLE PULLEY MACHINE</p>	<p>2b. There are videos available on the correct use of this piece of equipment via a link on the club website.</p> <p>2c. Users should allow adequate time for warm up and cool down specific to the activity participating in.</p> <p>2d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>2e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>2g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	<p>3. USE OF COMPACT DUAL ADJUSTABLE PULLEY MACHINE</p>	<p>3a. Hub code of conduct stipulates that all hub users are required to watch PSG safety/operation video before attending the hub.</p> <p>3b. Users should allow adequate time for warm up and cool down specific to the activity participating in.</p> <p>3c. Instruction on correct techniques to be used are detailed on each piece of equipment.</p> <p>3d. Hub code of conduct stipulates that all hub users should maintain correct posture while using the equipment.</p> <p>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.</p> <p>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>	3	2	6	No. All procedures in place are adequate to control the risk.



		<p>3g. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3h. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>3i. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>3j. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	4. STABILITY OF COMPACT DUAL ADJUSTABLE PULLEY MACHINE DURING MAXIMAL EXERCISE	<p>4a. Multipress upper body machine is positioned on a flat even surface.</p> <p>4b. Frame lock is in the locked position prior to use or moving.</p> <p>4c. Floor to be checked regularly for defects as stipulated on regular equipment checks.</p> <p>4d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4g.. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	1	1	1	No. All procedures in place are adequate to control the risk.
Gymnasts & other hub users	5. TRAPPING OF CLOTHING IN COMPACT DUAL ADJUSTABLE	<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 pulleys &amp; cables.</p>	3	1	3	No. All procedures in place are adequate to control the risk.

	PULLEY MACHINE	<p>4d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	6. EXERCISE CAUSING ILL HEALTH OR INJURY	<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>	2	2	4	No. All procedures in place are adequate to control the risk.



Gymnasts & other hub users	1. EQUIPMENT FAILURE AND/OR INCORRECT USE OF ROWING ERGOMETER	<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.</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>1k. First aid trained personnel and equipment (including defibrillator) on site at all times.</p>	2	1	2	No. All procedures in place are adequate to control the risk.
----------------------------------	---	--	---	---	---	---

		<p>1l. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1m. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1n. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
Gymnasts & other hub users	2. INADEQUATE PREPARATION FOR EXERCISE OR USE OF ROWING ERGOMETER	<p>2a. Correct techniques to be used at all times as detailed on the equipment?</p> <p>2b. There are videos available on the correct use of this piece of equipment via a link on the club website.</p> <p>2c. Users should allow adequate time for warm up and cool down specific to the activity participating in.</p> <p>2d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>2e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>2g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	1	1	1	No. All procedures in place are adequate to control the risk.
Gymnasts & other hub users	3. USE OF ROWING ERGOMETER	<p>3a. Hub code of conduct stipulates that all hub users are required to watch PSG safety/operation video before attending the hub.</p> <p>3b. Users should allow adequate time for warm up and cool down specific to the activity participating in.</p> <p>3c. Instruction on correct techniques to be used are detailed on each piece of equipment.</p>	3	2	6	No. All procedures in place are adequate to control the risk.

		<p>3d. Hub code of conduct stipulates that all hub users should maintain correct posture while using the equipment.</p> <p>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.</p> <p>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>3g. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3h. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>3i. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>3j. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	4. STABILITY OF ROWING ERGOMETER DURING MAXIMAL EXERCISE	<p>4a. Multipress upper body machine is positioned on a flat even surface.</p> <p>4b. Frame lock is in the locked position prior to use or moving.</p> <p>4c. Floor to be checked regularly for defects as stipulated on regular equipment checks.</p> <p>4d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p>	1	1	1	No. All procedures in place are adequate to control the risk.

		<p>4f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4g.. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	5. TRAPPING OF CLOTHING IN ROWING ERGOMETER	<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 pulleys &amp; cables.</p> <p>4d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	3	1	3	No. All procedures in place are adequate to control the risk.
Gymnasts & other hub users	6. EXERCISE CAUSING ILL HEALTH OR INJURY	<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>	2	2	4	No. All procedures in place are adequate to control the risk.

		<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 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>				
Gymnasts & other hub users	7. EXISTING 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.</p> <p>7b. 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>7c. 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</p>	2	2	4	No. All procedures in place are adequate to control the risk.



		<p>of risk by the exercise/activities they wish to participate in.</p> <p>7d. All hub users consent that they agree that if they answer yes to certain medical issues described in the code of conduct that they will seek medical advice before participating in any form of exercise.</p>				
<b>SKI ERG</b>						
Gymnasts & other hub users	1. EQUIPMENT FAILURE AND/OR INCORRECT USE OF SKI ERGOMETER	<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.</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.</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>	2	1	2	No. All procedures in place are adequate to control the risk.

		<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>1k. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1l. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1m. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1n. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	2. INADEQUATE PREPARATION FOR EXERCISE OR USE OF SKI ERGOMETER	<p>2a. Correct techniques to be used at all times as detailed on the equipment?</p> <p>2b. There are videos available on the correct use of this piece of equipment via a link on the club website.</p> <p>2c. Users should allow adequate time for warm up and cool down specific to the activity participating in.</p> <p>2d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>2e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>2g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	1	1	1	No. All procedures in place are adequate to control the risk.

Gymnasts & other hub users	3. USE OF SKI ERGOMETER	<p>3a. Hub code of conduct stipulates that all hub users are required to watch PSG safety/operation video before attending the hub.</p> <p>3b. Users should allow adequate time for warm up and cool down specific to the activity participating in.</p> <p>3c. Instruction on correct techniques to be used are detailed on each piece of equipment.</p> <p>3d. Hub code of conduct stipulates that all hub users should maintain correct posture while using the equipment.</p> <p>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.</p> <p>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>3g. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3h. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>3i. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>3j. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	3	2	6	No. All procedures in place are adequate to control the risk.
Gymnasts & other hub users	4. STABILITY OF SKI ERGOMETER DURING	<p>4a. Multipress upper body machine is positioned on a flat even surface.</p> <p>4b. Frame lock is in the locked position prior to use or moving.</p>	1	1	1	No. All procedures in place are adequate to control the risk.

	MAXIMAL EXERCISE	<p>4c. Floor to be checked regularly for defects as stipulated on regular equipment checks.</p> <p>4d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4g.. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	5. TRAPPING OF CLOTHING IN SKI ERGOMETER	<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 pulleys &amp; cables.</p> <p>4d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	3	1	3	No. All procedures in place are adequate to control the risk.
Gymnasts & other hub users	6. EXERCISE CAUSING ILL HEALTH OR INJURY	<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>	2	2	4	No. All procedures in place are adequate to control the risk.

		<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 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>				
Gymnasts & other hub users	7. EXISTING INJURY	7a. All hub users consent that they understand that they should not exercise while either injured or under	2	2	4	No. All procedures in place are adequate to control the risk.

		<p>medication prescribed by their doctor without first obtaining prior approval.</p> <p>7b. 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>7c. 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>7d. All hub users consent that they agree that if they answer yes to certain medical issues described in the code of conduct that they will seek medical advice before participating in any form of exercise.</p>				
<b>MONKEY BAR CROSSFIT RIG</b>						
Gymnasts & other hub users	1. EQUIPMENT FAILURE AND/OR INCORRECT USE OF MONKEY BAR CROSSFIT RIG	<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>	2	1	2	No. All procedures in place are adequate to control the risk.

		<p>1f. Regular cleaning in accordance with manufacturers recommendations.</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.</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>1k. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>1l. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>1m. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts</p> <p>1n. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts</p>				
Gymnasts & other hub users	2. INADEQUATE PREPARATION FOR EXERCISE OR USE OF MONKEY BAR CROSSFIT RIG	<p>2a. Correct techniques to be used at all times as detailed on the equipment.</p> <p>2b. There are videos available on the correct use of this piece of equipment via a link on the club website.</p> <p>2c. Users should allow adequate time for warm up and cool down specific to the activity participating in.</p> <p>2d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p>	1	1	1	No. All procedures in place are adequate to control the risk.

		<p>2e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>2f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>2g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>				
Gymnasts & other hub users	3. USE OF MONKEY BAR CROSSFIT RIG	<p>3a. Hub code of conduct stipulates that all hub users are required to watch PSG safety/operation video before attending the hub.</p> <p>3b. Users should allow adequate time for warm up and cool down specific to the activity participating in.</p> <p>3c. Instruction on correct techniques to be used are detailed on each piece of equipment.</p> <p>3d. Hub code of conduct stipulates that all hub users should maintain correct posture while using the equipment.</p> <p>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.</p> <p>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>3g. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>3h. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>3i. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p>	3	2	6	No. All procedures in place are adequate to control the risk.



		3j. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.				
Gymnasts & other hub users	4. STABILITY OF MONKEY BAR CROSSFIT RIG DURING MAXIMAL EXERCISE	<p>4a. Multipress upper body machine is positioned on a flat even surface.</p> <p>4b. Frame lock is in the locked position prior to use or moving.</p> <p>4c. Floor to be checked regularly for defects as stipulated on regular equipment checks.</p> <p>4d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p> <p>4g.. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.</p>	1	1	1	No. All procedures in place are adequate to control the risk.
Gymnasts & other hub users	5. TRAPPING OF CLOTHING IN MONKEY BAR CROSSFIT RIG	<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 pulleys &amp; cables.</p> <p>4d. First aid trained personnel and equipment (including defibrillator) on site at all times.</p> <p>4e. Reporting procedures are in place to record incidents, accidents and near misses which will trigger a review of the risk assessment if appropriate.</p> <p>4f. All members have access to PSG RISK ASSESSMENTS in their LoveAdmin Accounts.</p>	3	1	3	No. All procedures in place are adequate to control the risk.

		4g. All members have access to PSG Club Rules, Codes of Conduct and Policy Documents in their LoveAdmin accounts.				
--	--	---	--	--	--	--

Further Control Measures			Further Control Measures Follow up		
			Allocated to (name)	Target date	Date completed
<b>Risk Assessment Reviews</b>					
Suggested Review Date (either after significant changes, actions completed, or annually): March 2026					
Risk Assessment Reviewed by (name):		Risk Assessment Reviewed by (name):			
Date:		Date:			
Comments:		Comments:			
Next Suggested Review Date:		Next Suggested Review Date:			
Risk Assessment Reviewed by (name):		Risk Assessment Reviewed by (name):			
Date:		Date:			
Comments:		Comments:			
Next Suggested Review Date:		Next Suggested Review Date:			

## 4.7 Risk Assessment Guidance

A risk assessment can be divided into five steps as follows:

### Step 1 – Identify the Hazards

e.g. Slipping/ tripping hazards. Fire, falling from height, Vehicles and car parks, Electricity, Environmental hazards (weather, wind, rain, snow, ice), Gymnastic activities, Manual handling injuries (moving of equipment) etc.

### Step 2 – Identify who might be harmed

e.g. Employees, other workers such as maintenance staff, cleaners, visitors, contractors, security guards, etc. who may not be in the workplace all the time, volunteers, any special groups of workers who may be particularly at risk (young or inexperienced/ new employees, new and expectant mothers, night workers, those who work alone and people with disabilities), members of the public (if they could be hurt by your activities).

### Step 3 – Evaluate the risks and precautions

- Against each hazard, list the precautions already in place
- Evaluate the level of risk using the scoring system below
- Take the number for the severity of injury

Worst Case Outcome				
5	4	3	2	1
Fatality	Severe Injury	Lost time injury	Minor Injury	No Injury

- Take the number for the likelihood

Likelihood				
5	4	3	2	1
Certain	Very Likely	Likely	Unlikely	Remote

- Multiply the numbers to arrive at a score

- This will give you a score for the risk rating, between 1 and 25

Risk Rating Outcome X Likelihood		
High	Medium	Low
13-25	4 - 12	1-4

- If the risk is medium or high, then additional precautions are needed (see the Hierarchy of Controls)

High	Medium	Low
Further action required with urgency	Further action required	Acceptable but still look to reduce risk further

- Decide on the controls measures and note them in the further controls section on the form.

### Hierarchy of Controls

Control measures should be considered in the following order:

- Eliminate Do away with the Process
- Reduce Safer Article product, substance or procedure
- Isolation Segregate, barriers or fencing
- Control Safe system of work and training
- PPE Personnel protective equipment
- Discipline Supervision, signage or disciplinary procedures

### Step 4 – Record and implement Findings

The risk assessment form has 15 sections to be completed:

#### Sections 1- 5

1. Allocate a number for each the assessment

2. Record the date the assessment was carried out.

3. Tick these boxes if additional assessments are needed

RISK ASSESSMENT FORM (Qualitative) Form 07-002

Risk Assessment Number: \_\_\_\_\_ Date Of Assessment: \_\_\_\_\_

Task / Work Activity / Work Area Assessed: \_\_\_\_\_

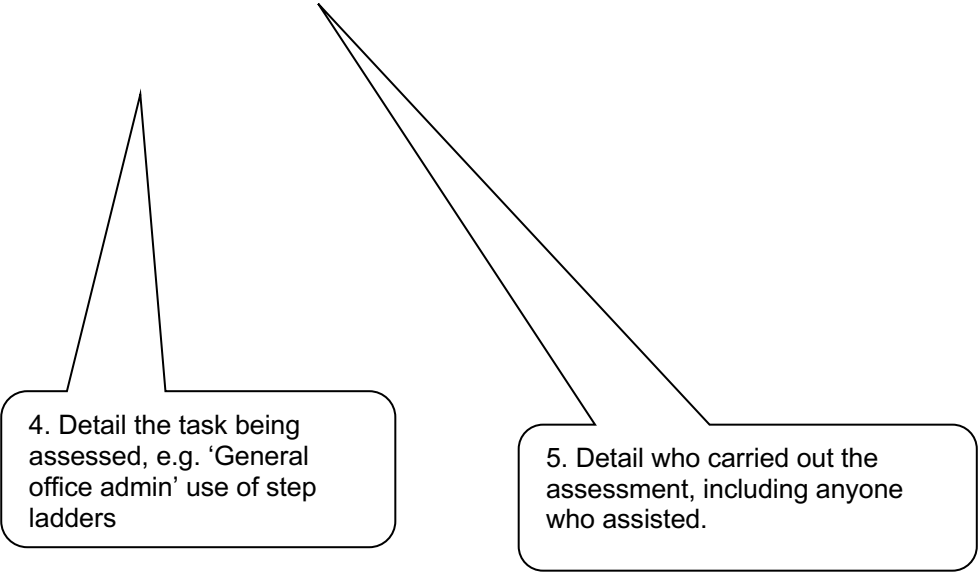
Assessment carried out by: \_\_\_\_\_

Substances Hazardous To Health:  
 Manual Handling: ☐  
 Display Screen Equipment: ☐  
 New And Expectant Mothers: ☐  
 Young Persons: ☐

Additional Information Check Sheet/Risk assessments required. ☐

British Gymnastics  
More than a sport.

Worst Case Outcome					Likelihood					Risk Rating Outcome X Likelihood		
10	8	5	3	1	10	8	5	2	1	High	Medium	Low



4. Detail the task being assessed, e.g. 'General office admin' use of step ladders

5. Detail who carried out the assessment, including anyone who assisted.