

CLUB RISK ASSESSMENT

Club: Evolve S&C Club Address: Evolution Health & Fitness Centre Heol Nantyreos Crosshads Carmarhtenshire SA14 6RJ	Assessed by: Mathew Williams Date: 08/03/2023 Re-assessment Date: 08/03/2025	Reviewed: Mathew Williams
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<u>RISK = severity x likelihood</u>	Severity of harm		
Likelihood of occurrence	(1) Slight (All other injuries and illnesses)	(2) Serious (Over 3 day injury or serious illness)	(3) Major (Death or major injury)
(1) Low (Harm will seldom occur)	Low (1)	Low (2)	Medium (3)
(2) Medium (Harm likely to occur)	Low (2)	Medium (4)	High (6)
(3) High (Harm certain to occur)	Medium (3)	High (6)	High (9)

Hazzard	Persons at Risk	Control Measures	RISK (severity x likelihood)	Additional Control Measures Necessary	BY WHOM?
Health Risk of Infection Covid 19	Staff Volunteers Members	Please see Risk Assessment for Clubs Indoor weightlifting	1	Use the Risk assessment for Clubs Indoor weightlifting in conjunction with the Club Risk Assessment	Staff Volunteers
Event Venue	Staff Volunteers Members	<p>Before any members enter the gym check venue and identify hazards. Ensure the facility is safe via completing daily safety record. If any equipment is seemed unsafe to use, then, either remove from gym or do not allow members to use the un-safe equipment.</p> <p>Lifting Areas to be checked, if slippy mop with warm water.</p> <p>15kg and 20kg bar sleeves to be checked and tighten.</p> <p>Floor to be kept clean and tidy at all times. Floor to be vacuumed each day.</p>	1	<p>Complete Daily Safety Record</p> <p><u>Remove:</u> Split bumper discs, metal discs with sharp edges and bar that do not revolve well.</p> <p>Do not use floors until dry</p> <p>Use correct tools.</p>	Staff Volunteers
Slips, Trips and Falls	Staff Volunteers Members	<p>Remind all users they must not place / store any training bags, footwear, clothing, or similar items within the gym, near entrances or stairs. If members do so, ask them to remove immediately.</p> <p>Emergency routes to be well sign posted, of adequate width and kept clear at all times</p> <p>Any uneven or damaged surfaces must be appropriately highlighted usually by means of a physical barrier or hazard tape to warn others of the risks until it can be suitably repaired or replaced.</p> <p>Weights stacked on storage racks and kettlebells on stands. Weight Stacks to be no more than ten Plates high</p> <p>Use collars to secure weights to bar at all times</p>	1	<p>Provide storage area.</p> <p>Ckeck constantly</p> <p>Check on opening and throughout open times</p> <p>Members to return weights and equipment to storage areas, minimum weights on floor and not in "Drop Zone".</p> <p>Check collars work well</p>	<p>Staff Volunteers</p> <p>Staff Volunteers Members</p>

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Activity Hazards	Staff Volunteers Members	<p><u>Coaches</u> Coach completes session planning prior to coaching sessions and for the appropriate ability of the training group. Taking into account all safety measures associated for a coaching session; and noting participant medical backgrounds and disability or impairments which may require differentiation of activities or modified approach.</p> <p><u>New Members</u> Must complete consent forms and medical forms. Must complete an induction.</p> <p><u>All Members</u> Appropriate cothing and footwaer must be worn. Complete an appropriate warm up Adequate space for exercise used, spotters to be used where necessary. Weights lowered under control. Do not allow Olympic Lifting to take place close to IPC bench when in use.</p>	1	<p>Check for any concerning medical conditions</p> <p>Use a checklist to cover important areas</p> <p>Members must be able to lift safely and be proficient in a number of exercieses - if not they must be coached until proficient.</p>	<p>Staff Volunteers</p> <p>Staff Volunteers</p>
Over Crowding	Staff Volunteers Members	<p>Large numbers increase the risk of injury as athletes need to be able to "miss" lifts safely (Miss / dropping bar before completion of lift).</p> <p>Larger numbers reduces the space available.</p>	1	Limit numbers in gym	Staff Volunteers
Safeguarding	Staff Volunteers Members	Please see Safeguarding Policy	1	All Staff and Volunteers to undergo Safeguarding training	Staff Volunteers

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Manual Handling	Staff Volunteers Members	Avoid manual handling where possible. Where significant manual handling will be involved, carry out a manual handling risk assessment and provide suitable information and training. Employees/volunteers should be informed of the dangers of manual handling and instructed to assess loads before handling. Minimise repetitive bending wherever possible - e.g. use racks (toast rack style) to store weights and ensure employees/volunteers take regular breaks.	2	Use individuals who have been trained in manual handling techniques or provide basic training in manual handling techniques. Use mechanical lifting aids provided: use trolley to move heavy/bulky items, use bar lifter/jack (or roll onto fractional plate)	Staff Volunteers
First Aid	Staff Volunteers Members	Ensure that adequate First Aid arrangements have been provided, including adequate numbers of First Aiders Ensure that first aid provision is clearly signposted	2	Staff have first aid training.	Staff Volunteers
Fire	Staff Volunteers Members	Staff trained in dealing with small fires will be at all events.	3	Log of individuals trained in fire prevention	Staff Volunteers
Portable Electrical Equipment	Staff Volunteers Members	Evidence of PAT Testing required for electrical appliances Annual schedule in place of PAT Testing and inspections Affix labels to confirm items are PAT Tested.	3	Ensure staff are aware of general electrical safety e.g. unwind extension leads fully, be aware of trailing cables	Staff Volunteers
Contact with Chemicals	Staff Volunteers Members	Only Cleaning Chemicals are used (bar cleaning). Every effort is made to ensure products which pose no risk or minimal risk are purchased.	1	Provide PPE in a range of sizes	Staff Volunteers

Disclaimer

Please note that the subject matter covered in this risk assessment is in no way exhaustive. This template should be amended to match the individual circumstances which differ between facilities.

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