

# Risk Assessment

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| **Risk Assessment Form** |
| **Location: Spiral HQ (@ the old Argos)** | **Activities:** Parkour and Freerunning classes, workshops, events & holiday camps. |
| **Activity** | **Risk/ Hazard** | **Persons at Risk** | **Controls in Place** | **Severity (1-5)** | **Likelihood (1-5)** |
| * Parkour & Freerunning Classes at 3rd Party Venue
* Parkour & Freerunning Performances at Trinity Arts & Leisure
* Parkour & Freerunning Performances at 3rd Party Venue
* Parkour & Freerunning Parties at Trinity Arts & Leisure
* Parkour & Freerunning Parties at 3rd Party Venue
* Parkour & Freerunning Holiday Camps at Trinity Arts & Leisure
* Parkour & Freerunning Holiday Camps at 3rd Party Venue
* Parkour & Freerunning Workshops at 3rd Party Venue
* Parkour & Freerunning Workshops at Trinity Arts & Leisure
 | Cuts & Grazes from falling. | Participants & Staff | * Equipment & surfaces are checked at the start and end of every session to ensure they are clean and there are no sharp edges which may cause injury. Any equipment which is deemed unsafe is to be not used. The nominated partner (L.B) is responsible for any equipment maintenance.
* Coaches have received training in to provide hands-on assistance to prevent the risk of injury.

  | 1 | 3 |
| Cuts & Grazes from coaches spotting. | Participants | * Coaches must have completed their movement training modules before spotting any participants.
* Coaches must only adopt authorized spotting techniques as covered in the movement training module.
* Coaches are only permitted to spot movements signed off on their movement training module.
* Coaches are encouraged to keep their personal hygiene levels to a professional standard (including covering cuts & blemishes, and keeping fingernails short).
* Watches are to be removed when spotting.
 | 1 | 2 |
| Bruising from falling. | Participants & Staff | * Coaches have received training in to provide hands-on assistance to prevent the risk of injury.
* Crash mats & and landing surfaces are provided to suppress the fall damage during learning.
 | 2 | 3 |
| Bruising from spotting. | Participants & Staff | * Coaches must have completed their movement training modules before spotting any participants.
* Coaches must only adopt authorized spotting techniques as covered in the movement training module.
* Coaches are only permitted to spot movements signed off on their movement training module.
* Coaches are encouraged to keep their personal hygiene levels to a professional standard (including covering cuts & blemishes, and keeping fingernails short).
* Watches are to be removed when spotting.
 | 1 | 2 |
| Sprains & Strains from falling. | Participants & Staff | * Coaches have received training in to provide hands-on assistance to prevent the risk of injury.
* The use of safety mats, although designed to reduce the risk of injury, can often increase the likelihood of sprains & strains.
* Coaches are to ensure that all students are in the art of ‘ukemi’ (learning to fall safely). It is encouraged to spend a short period of every lesson covering animal movements and break fall techniques.
 | 3 | 3 |
| Minor Bleed from falling. | Participants & Staff | * Coaches have received training in to provide hands-on assistance to prevent the risk of injury.
* Safety mats will be used to soften fall damage
* Coaches are to ensure that all students are in the art of ‘ukemi’ (learning to fall safely). It is encouraged to spend a short period of every lesson covering animal movements and break fall techniques.
 | 2 | 2 |
| Major Bleed from falling. | Participants & Staff | * Coaches have received training in to provide hands-on assistance to prevent the risk of injury.
* Safety mats will be used to soften fall damage.
* Coaches are to ensure that all students are in the art of ‘ukemi’ (learning to fall safely). It is encouraged to spend a short period of every lesson covering animal movements and break fall techniques.
 | 4 | 2 |
| Broken/ Fractured/ Dislocated Bone from falling. | Participants & Staff | * Coaches are to ensure that participants are not attempting moves out of their ability.
* Preparations for movements must be used by the participants until they can competently show that they are ready to attempt the full movement.
* Coaches have received training in to provide hands-on assistance to prevent the risk of injury.
* Safety mats will be used to soften fall damage.
* Coaches are to ensure that all students are in the art of ‘ukemi’ (learning to fall safely). It is encouraged to spend a short period of every lesson covering animal movements and break fall techniques.
* Coaches are to make students aware of how our body reacts to a fall (for example, putting our hands out when falling backwards – an easy way to snap the wrist). This is to be avoided by using break fall techniques such as the backwards roll.
 | 4 | 3 |
| Head/ Neck/ Spinal Injury from falling. | Participants & Staff | * Coaches are to ensure that participants are not attempting moves out of their ability.
* Preparations for movements must be used by the participants until they can competently show that they are ready to attempt the full movement.
* Coaches have received training in to provide hands-on assistance to prevent the risk of injury.
* Safety mats will be used to soften fall damage.
* Coaches are to ensure that all students are in the art of ‘ukemi’ (learning to fall safely). It is encouraged to spend a short period of every lesson covering animal movements and break fall techniques.
* Coaches are to make students aware of how our body reacts to different stimuli (for example, putting our chin to our chest curves the spine, causing us to rotate when air bound).
 | 5 | 1 |
| Collision | Participants, Staff & Visitors | * Coaches are to ensure that they teach spacial and aerial awareness.
* Coaches are to conduct the running of the class, including student positioning, when it is safe to have a turn etc.
 | 3 | 1 |
| Damage to Equipment | Participants & Staff | * Equipment has been checked thoroughly before used and tested by the coaches with the greatest body mass to ensure the stability and integrity of the equipment is of the highest level.
* Any imperfections in the equipment is to be notified, and not to be used.
 | 2 | 1 |
| Date Assessed: 22/01/2024 |
| Assessed By: Luke Brown. |
| Review Date: 22/01/2025 |

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| **COVID-19 Risk Assessment** |
| **Location:** Trinity Arts & Leisure Centre | **Activities:** Parkour classes, workshops & holiday camps. |
| **Risk/ Hazard** | **Persons at Risk** | **Controls in Place** | **Severity (1-5)** | **Likelihood (1-5)** |
| Transfer of COVID-19 between children. | Children | * Equipment will be cleaned daily at the start and end of each lesson. If possible, equipment will be cleaned between uses during class.
* Hand sanitizer will be located in the gym in which coaches will regularly ensure that participants sanitize their hands throughout teaching.
* Staff will regularly sanitize their hands throughout teaching.
* Although spotting can still be utilized if necessary – a more hands off approach will be adopted to teaching.
* The use of ‘bubbles’ will remove interaction between individuals from without the ‘bubble’.
* Children are booked into the same class each week.
 | 3 | 2 |
| Transfer of COVID-19 between staff | Staff | * Staff will regularly sanitize their hands throughout teaching.
* Staff members to remain socially distant between each other during coaching. If this is not possible, staff are to wear face masks.
* Coaches to do lateral flow tests once per week.
 | 3 | 2 |
| Transfer of COVID-19 between staff & parents and vise versa | Staff & parents | * A no viewing policy will be adopted.
* Students are to be dropped off at their collection point and await collection from the coach on the day.
* Children are to be taken to the drop off point to be dismissed.
* Both collection and drop off point to adhere to social distancing rules of 1-2m.
* Masks to be worn by parents and coaches upon collection/ drop off.
* Coaches to do lateral flow tests once per week.
 | 3 | 2 |
| Transfer of COVID-19 between staff & children and vise versa | Staff & Children | * Equipment will be cleaned daily at the start and end of each lesson. If possible, equipment will be cleaned between uses during class.
* Hand sanitizer will be located in the gym in which coaches will regularly ensure that participants sanitize their hands throughout teaching.
* Staff will regularly sanitize their hands throughout teaching.
* Although spotting can still be utilized if necessary – a more hands off approach will be adopted to teaching.
* The use of ‘bubbles’ will remove interaction between individuals from without the ‘bubble’.
* Children are booked into the same class each week.
* Staff will regularly sanitize their hands throughout teaching.
* Coaches to do lateral flow tests once per week.
* Staff members to remain socially distant between each other during coaching. If this is not possible, staff are to wear face masks.
* A no viewing policy will be adopted.
* Students are to be dropped off at their collection point and await collection from the coach on the day.
* Children are to be taken to the drop off point to be dismissed.
* Both collection and drop off point to adhere to social distancing rules of 1-2m.
 | 3 | 2 |
| Member of staff bringing COVID-19 into the building. | Staff & Children & Parents | * Staff will be prompted to not enter the premises if they are developing any symptoms of COVID-19.
* Staff will be prompted to not enter the premises if they have been in contact with anyone within the last 14 days that has developed symptoms of the COVID-19.
* Coaches to do lateral flow tests once per week.
 | 3 | 2 |
| Date Assessed: 17/05/2021 |
| Assessed By: Luke Brown. |
| Review Date: 21/06/2021 |