

Assessment completed by: E. Mily	Special Olympics Great Britain Risk Assessment		Special Olympics Great Britain 
Date assessment completed: 03/12/15	Event: Sports Training		
Who hazards may affect: All those participating in the sports training	Activity: Gymnastics	Venue: Eastern Road Sports Centre	

THIS ASSESSMENT IS A GENERAL RISK ASSESSMENT – Conditions will vary for individual

HAZARDS		RISK					CONTROL MEASURES	
IDENTIFIED HAZARD	HAZARD EFFECT	Probability (L/M/H)	X	Severity (L/M/H)	=	Risk rating (L/M/H)	ACTIONS TO REDUCE RISK	Residual risk (L/M/H)
Equipment	Injury to person	L	X	M	=	M	<ul style="list-style-type: none"> ○ Coaches to check equipment prior to use to ensure it is correctly assembled and all potential hazards are removed/minimised ○ All individuals empowered to point out any potential hazards to both venue staff and other individuals wherever necessary ○ Venue rules followed 	L
Tiredness	Injury to person	M	X	M	=	M	<ul style="list-style-type: none"> ○ Coaches to monitor all participants at all times and adjust levels of training accordingly All participants advised to: <ul style="list-style-type: none"> ○ Rest appropriately ○ Stay hydrated ○ Eat appropriately 	L
Sport	Injury to person	M	X	H	=	H	<ul style="list-style-type: none"> ○ Coaches to set training programmes for all individuals in to ensure they are correctly prepared to take part in activities and competition ○ Coaches to be aware of the physical and emotional limits of each individual ○ Individuals advised to seek medical/physiotherapy advice and treatment where required 	L