

COACHES RISK ASSESSMENT AND CHECK LIST DATE _____

Check Before Class Starts:

Ensure fire doors in gym are not padlocked and free from obstruction.

Check all equipment that you are using in your lesson is set up correctly and safe to use. (Please report any problems to Head coach).

Ensure you have adequate landing mats and crash mats under apparatus where needed.

Beginning of Class:

Take register.

Ask all gymnasts if they have any injuries or problems that you need to be aware of.

Check all gymnasts are suitably dressed to participate in the class, hair is tied back and no jewellery is being worn.

End of Class:

Ensure all equipment is put back correctly and safely. Ensure all springboards are placed flat on floor (must not be standing on ends). Ensure any accidents or incidents have been put in accident book and reported to Head coach who will then report to Lesisure Centre/BG if necessary. Inform parents of any problems.