

PTCoaching- Gymnastics In Schools - Risk Assessment

Updated - February 2024

Date of risk assessment: Ongoing in school when coaches attend

What are the hazards?	Who might be harmed and how?	What are you already doing?	Do you need to do anything else to control this risk?	Action by who?
Trips	Gymnasts may be injured during the lesson if they run over equipment and subsequently fall.	Making sure the gymnasts are walking around the equipment by telling them not to run over corners or equipment.	Gather the gymnasts together and walk as a group around the equipment to the destination.	Lead and Assistant Coaches
Equipment Checks	Equipment may be damaged and caused injury	Floor Mats: Check for tears, rucks & general wear to all mats. Safety Landing Mats: Check all mats for tears, rucks & general wear. Vaulting buck: Check the surface for any torn or shiny areas. Check bolts and height adjusters. Springboards: Check all coverings and nuts and bolts. Benches: Check all coverings for tears. Check height adjusters and rubber base pads. Wall bars: Check all fixings are secure. Stools: Check all coverings. Check all rubber feet are in place.	If that equipment is used in that session - All equipment checked at the beginning of session.	All coaches
Equipment moving	Gymnasts could be harmed during a skill if a safety mat has been displaced or if piece of equipment has slid too close an edge of the area	Using grip mats to help prevent safety mats from moving. As well as constantly checking the area and equipment, making sure that it stays in the assigned space.	Ensure all the coaches and gymnastics are aware that equipment can move, and if it does, teach them a safe way to move it back into place.	All coaches

Injuries	Gymnast may be harmed when doing a skill if they don't perform it in a safe and correct way. Coaches may be harmed in the lesson when supporting the gymnastics.	Making sure that the gymnasts are told by the coaches the correct way to perform to skill with the correct hand/feet/body positions. This will help to prevent injury to the gymnasts as well as the coaches.	<p>Ensure the gymnasts are working at their skill level, to ensure they aren't trying skills too hard for them, which will increase the risk of injury.</p> <p>In-school - All injuries reported in line with the school's injury policy</p> <p>After school club - parents informed of injury and accident form completed/Accidents posted and recorded on Spond thread.</p>	All coaches
Gym Capacity	Coaches or Gymnasts may be harmed if there are too many people working in a limited space	The classes are capped at specific sizes to ensure that there is enough space and attention for the gymnasts.	Do monthly/termly checks to make sure that the class sizes have not gone over the capacity.	Admin and Lead Coach.
Clothing/jewellery	Gymnasts may be injured if they are not wearing appropriate clothing	Clothing policy is on the website, as well as coaching checking for any clothing issues as the children come into the gym.	Tell the gymnasts when they sign in to make sure they have their shoes and socks off.	All coaches
Staff Qualifications and experiences.	Staff or Gymnastics if they are not qualified to coach the skills.	Ensure the staff employed have the relevant qualifications needed, and the volunteer coaches are aware of their responsibilities.	Ensure that all coaches are working at their coaching qualification.	All coaches.