

FOREST BOOTCAMP RISK ASSESSMENT

Company Name:	Strength Beyond The Surface
Assessment carried out by:	Rachel Howard
Date Assessment was carried out:	
Date of review:	

WHAT ARE THE HAZARDS?	WHO MIGHT BE HARMED AND HOW?	WHAT ARE YOU ALREADY DOING TO CONTROL THE RISKS?	WHAT FURTHER ACTION NEEDS TO BE TAKEN TO CONTROL THE RISKS?	WHO NEEDS TO CARRY OUT THE ACTIONS?	DONE
Spread of Covid-19	Instructor and participants	Minimise in person communication as much as possible with pre-session communication done via email/social media			Ongoing
Spread of Covid-19	Instructor and participants	Ask all participants to arrive in workout clothes - no changing at the venue			Ongoing
Spread of Covid-19	Instructor and participants	Minimise use of exercise equipment during the sessions			Ongoing
Spread of Covid-19	Instructor and participants	Physical/Social distancing at all times	Prior to the session, markers to be placed to establish 2m distancing	Rachel Howard	Ongoing
Spread of Covid-19	Instructor and participants	Keeping shouting and raised voices to a minimum	No music to be played to minimise the need for raised voices. Personal voice amplifier to be used by the instructor.	Rachel Howard	Ongoing
Spread of Covid-19	Instructor and participants	Clarify arriving and leaving instructions		Rachel Howard	Ongoing
Spread of Covid-19	Instructor and participants	Ensure all contact details are kept up to date		Rachel Howard	Ongoing
Spread of Covid-19	Instructor and participants	Attendance register will be used for Track and Trace purposes		Rachel Howard	Ongoing
Spread of Covid-19	Members of the public could be at risk of contamination when in close proximity to the session	Bootcamp group will not block any public right of way		Rachel Howard	Ongoing
Slip / Trip	Clients may be injured if they slip or trip on uneven ground, tree roots, muddy fields (with dips) and ground with uneven camber.	Appropriate footwear will be worn.	The area to be used will be visually inspected to the best of the activity instructor's ability, before exercising, and trip hazards will be identified verbally and if necessary with an item like a piece of exercise equipment or cone. Areas of damp/ice/leaf debris/moss on hard surfaces will be avoided. Exercises involving changing direction at speed will avoid muddy areas.	Rachel Howard	Ongoing
Impact Injury	Participants Colliding with other participants, members of the public, park furniture.	Exercise demonstrations showing correct technique is provided during every class, the instructor will observe and correct any poor form or technique.	Adequate space will be used, running activities will avoid park furniture and clear communication of the activity format to minimise risk of participant collision with equipment or park furniture. The exercise session will not use the same area as members of the public.	Rachel Howard	Ongoing
Serious medical incident	Participants - Heart Attack / Stroke.	All clients are required to complete a Physical Activity at Readiness Questionnaire (PARQ), prior to participation, to identify any particularly vulnerable individuals and take all reasonable steps to ensure the clients are medically fit to undertake the activity.	Individuals are provided with a range of exercise alternatives to ensure they can work at an appropriate level. Clients are encouraged to work at their own pace and rest/take on water, as and when required. After identifying a serious medical incident has taken place, contacting the emergency services will be prioritised as the immediate action to be taken. First Aid will be provided by the trainer, until the arrival of Emergency Services. The same procedure for muscular strain / sprain will be utilised to manage the wellbeing of the rest of the group. A fully charged emergency mobile phone will be carried at all times in the instructors bag.	Rachel Howard	Ongoing
Muscular Injury i.e. strain or sprain.	Client with pulled muscles & mild sprains	A thorough and appropriate warm up and cool down will be provided using the knowledge and expertise taught to the activity instructor.	The trainer will observe and correct poor form, technique or hazard, as and when he identifies it. The trainer will observe and correct poor form, technique or hazard, as and when he identifies it. The trainer will provide a range of progressions and regressions for each exercise allowing participants to work at an appropriate level. Slip and trip hazards will be controlled as detailed above. A fully charged emergency mobile phone will be carried at all times in the instructors bag. The injured party will be provided with first aid advice and advised to seek qualified medical advice to assess the severity of the injury.	Rachel Howard	Ongoing