



Strength Shack

## Risk Assessment (PT, Group Sessions & Lifestyle Coaching – indoors and outdoors)

Business name: The Strength Shack

Date of risk assessment: 11/09/20

<b>What are the hazards?</b>	<b>Who might be harmed and how?</b>	<b>What are you already doing?</b>	<b>Do you need to do anything else to control this risk?</b>	<b>Action by who?</b>	<b>Action by when?</b>	<b>Done</b>
Cardiovascular incident	Client suffers heart attack or stroke during exercise	<ul style="list-style-type: none"> <li>• All clients complete a medical questionnaire before beginning sessions and are screened prior to and during each session for changes. Any yes answers are discussed thoroughly and actions for the client suggested based on the scope of my qualifications and expertise</li> <li>• Sessions are planned based on a thorough consultation and suitable assessment of client's capabilities</li> <li>• Intensity and effort levels are monitored during all sessions, and checks made to see how the client responded to the session afterwards</li> <li>• GP clearance for exercise gained for anyone suffering from high blood pressure,</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain qualifications and first aid skills</li> </ul>	Matthew Parker and client	Ongoing – first aid qualification due for renewal April 20.	

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		<p>cholesterol or other conditions</p> <ul style="list-style-type: none"> <li>• Carry a mobile phone at all times</li> </ul>				
Musculo-skeletal injuries	Client pulls a muscle/tendon during session or sprains an ankle on uneven ground or similar	<ul style="list-style-type: none"> <li>• Thorough suitable warm-ups for all clients</li> <li>• Checks of surface prior to session, especially if wet, dark or uneven</li> <li>• Ensure suitable clothing and footwear for the session</li> <li>• Completion of medical questionnaire before commencing training and checks before each session of how client feels</li> <li>• Choose suitable exercises for the individual</li> </ul>	Signpost to physio/GP if client presents with any injuries	Matthew Parker and client	Ongoing	
Hypothermia	Client becomes extremely cold during the session with potentially harmful consequences	<ul style="list-style-type: none"> <li>• Ensure clients wear suitable clothing for the environment/weather</li> <li>• Check weather forecast and either rearrange sessions or move indoors if needed</li> <li>• Keep clients moving on cold days</li> <li>• Observe for signs/symptoms throughout session and stop/get them into the warm if so</li> </ul>	Keep First Aid training up to date to ensure proper care if needed	Matthew Parker and client	Ongoing	
Hypoglycaemia	Client's blood	<ul style="list-style-type: none"> <li>• Ensure clients know to eat</li> </ul>	Keep First Aid training	Matthew	Ongoing	

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	<p>sugar levels drop and they feel weak, faint or worst-case they go into coma</p>	<p>well before sessions</p> <ul style="list-style-type: none"> <li>• Check what they have eaten before each session and adjust session or postpone if necessary</li> <li>• Carry a sugary snack for sessions to use if needed</li> <li>• Monitor clients throughout sessions for signs and symptoms of hypoglycaemia</li> <li>• Choose suitable session durations and intensities for client's fitness levels/experience/current health</li> </ul>	<p>up to date to ensure proper care if needed</p>	<p>Parker and client</p>		
<p>Any other medical incidents/emergencies</p>	<p>Client's may suffer any incident from minor to major requiring first aid or medical attention</p>	<ul style="list-style-type: none"> <li>• All clients to complete medical questionnaires before commencing training. Any with conditions will be signposted to the appropriate medical professional and permission sought to exercise plus advice on what is right for them to do</li> <li>• Pre-session checks and monitoring throughout</li> <li>• Postpone or stop sessions if any signs/symptoms are picked up</li> <li>• Always carry first aid kit and mobile phone</li> </ul>	<p>Keep First Aid training up to date to ensure proper care if needed</p>	<p>Matthew Parker and client</p>	<p>Ongoing</p>	



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Environmental risks	Traffic incidents or occurrences involving other people or animals, leading to harm for myself or my clients	<ul style="list-style-type: none"> <li>• Carry out a visual risk-assessment of any new venues for exercise before sessions occur – to include space, flooring/surface, lighting, temperature and any other necessary checks – use only if suitable on all fronts</li> <li>• Inform clients of the need to wear suitable footwear and clothing for the conditions, and to bring water, a towel and food if necessary</li> <li>• Ensure outdoor sessions are done away from busy roads and highway code is observed when crossing</li> <li>• Be observant and considerate of other outdoor space users and carry out sessions in quieter areas</li> <li>• For larger groups, ensure there is adequate space for all participants to perform the exercises safely</li> </ul>	Check if permissions are needed for sessions in any outdoor venues	Matthew Parker and client	Ongoing	
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You should review your risk assessment if you think it might no longer be valid (eg following an accident in the workplace or if there are any significant changes to hazards, such as new work equipment or work activities)



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For information specific to your industry please go to <http://www.hse.gov.uk>. For further information and to view our example risk assessments go to <http://www.hse.gov.uk/risk/casestudies/>.

Adapted from the Combined risk assessment and policy template published by the Health and Safety Executive  
08/14

**Signed: Matthew Parker**

**Date: 11/09/20**

**Review due: 11/09/21**