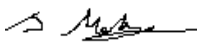

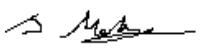
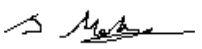




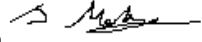
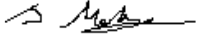


Forces Fitness Risk Assessment

Detail the task and the potential hazards	Who is at risk	DEGREE OF RISK LOW – HIGH 1.....9 The risk is significant if a score greater than 3 is given	Detail Existing Safety Measures EXISTING CONTROLS AND SAFE SYSTEM OF WORK	Further action needed NEW OR IMPROVED CONTROLS AND SAFE SYSTEMS OF WORK Stop Activity/Correct Defect/Reduce Risk Introduce Training/Signage	TIME SCALE FOR IMPROVEMENT
Staff and Customer movements in and around the park area -Potential slip incidents.	Staff Members Guests	1 2 3 4 6 9	<p>Instructors to scan the area where each exercise or activity is to take place, pointing out any hazards that are noticeable, move the group to an area where there are no hazards.</p> <p>Ensure all people taking part in the session wear suitable footwear.</p> <p>Staff trained to</p> <ul style="list-style-type: none"> be aware of the potential for slip risks and the precautions to be taken. adopt a ‘Scan as you go’ policy to scan the area whilst moving in and around the park area. Wear appropriate footwear for the t environment and the individual to maximise friction between floor and shoe.(ie. Low heeled, rubber soled footwear, with as much surface area as possible in contact with the floor. <u>Not</u> smooth leather sole, open toes/and backs) 	Ensuring all FF personnel maintain the 1:34 Instructor to student ratio - If working within schools one member of school staff must be present during the activities this reduces the Student to teacher ratio to 1:17 falling below the guidelines as outlined by UK Gov.	

Date reviewed : 10 / 10 / 18 Signed: 	Date reviewed 09/10/19 Sign 	Date reviewed 20/10/20 Sign 	Date reviewed 25/10/21 Sign 	Date reviewed : 25/10/22 Sign 
---	--	---	--	--


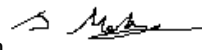

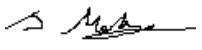

Forces Fitness Risk Assessment

Detail the task and the potential hazards	Who is at risk	DEGREE OF RISK LOW – HIGH 1.....9 The risk is significant if a score greater than 3 is given	Detail Existing Safety Measures CONTROLS AND SAFE SYSTEM OF WORK	Further action needed NEW OR IMPROVED CONTROLS AND SAFE SYSTEMS OF WORK Stop Activity/Correct Defect/Reduce Risk Introduce Training/Signage	TIME SCALE FOR IMPROVEMENT
Tripping hazards	Staff Members Guests	1 2 3 4 6 9	All staff instructed not to create hazards by leaving objects on traffic routes i.e. walkways, etc to be constantly on the lookout for hazards and to remove immediately. Defects, which cannot be removed immediately, are immediately shown and pointed out to warn others of the danger.		
Fall hazards	Staff Members Guests	1 2 3 4 6 9	Staff instructed not to climb up on any trees or any other high-level areas.		

Date reviewed : 10 / 10 / 18 Signed: 	Date reviewed 09/10/019 Sign 	Date reviewed 20/10/20 Sign 	Date reviewed 25/10/21 Sign 	Date reviewed: 25/20/22 Sign 
---	---	---	--	---



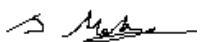


Forces Fitness Risk Assessment

Detail the task and the potential hazards	Who is at risk	DEGREE OF RISK LOW – HIGH 1.....9 The risk is significant if a score greater than 3 is given	Detail Existing Safety Measures CONTROLS AND SAFE SYSTEM OF WORK	Further action needed NEW OR IMPROVED CONTROLS AND SAFE SYSTEMS OF WORK Stop Activity/Correct Defect/Reduce Risk Introduce Training/Signage	TIME SCALE FOR IMPROVEMENT
During the session During the session – Risk of heart attack/collapse from over exertion	Guests Staff Members Guests Staff Members	1 2 3 4 6 9	All new members and guests complete a medical questionnaire and sign a before they are allowed to take part in the session. If club users do not have a favourable Health Questionnaire, they are referred to their Doctor who must approve their joining. If satisfactory members are given full demonstrations of each exercise by qualified members of staff. The session includes warming up, stretching and cooling down to prevent injury. Advice is given throughout the session on things such as technique and posture.		
Maintenance of equipment	Guests Staff Members	1 2 3 4 6 9	A register of equipment is kept. Daily and weekly checks on the condition of the equipment is in place.		
Movement of equipment – Risk of back and general injuries	Guests Staff Members	1 2 3 4 6 9	Manual handling training given to all staff Full demonstration of all lifting and carrying techniques will be given to all members		

Date reviewed : 10 / 10 / 18 Signed: 	Date reviewed 09/10/19 Sign 	Date reviewed 20/10/20 Sign 	Date reviewed 25/10/21 Sign 	Date reviewed : 25/10/22 Sign 
---	--	---	--	--

Forces Fitness Risk Assessment

Detail the task and the potential hazards	Who is at risk	DEGREE OF RISK LOW – HIGH 1.....9 The risk is significant if a score greater than 3 is given	Detail Existing Safety Measures CONTROLS AND SAFE SYSTEM OF WORK	Further action needed NEW OR IMPROVED CONTROLS AND SAFE SYSTEMS OF WORK Stop Activity/Correct Defect/Reduce Risk Introduce Training/Signage	TIME SCALE FOR IMPROVEMENT
Staff Recruitment	Guests	1 2 3 4 6 9	References are pursued for all employees. Background checks that include DBS and ACRO are made to ensure that no staff working alone with children have previous serious convictions or are placed on the sex offenders register.		
Qualifications	Guests Staff	1 2 3 4 6 9	All instructors hold a recognised qualification for the class they instruct. All staff are ex forces and are trained and competent on all the equipment they use. First Aid kits are made available, and all staff are First Aid trained		

Date reviewed : 10 / 10 / 18 Signed: 	Date reviewed 09/10/19 Sign 	Date reviewed 20/10/20 Sign 	Date reviewed 25/10/21 Sign 	Date reviewed :25/10/22 Sign 
--	---	--	---	--