**Risk Assessment: RIOT Running Club**

| **Run Risk** | **Assessed by:**  | **Location :** | **Review :** |
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|  **Virtual** Strength and Conditioning class  | Anne Saunders | RIOT Running Club | 31st January 2022 |

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| *What are the Hazards?* | *Who might be harmed and how?* | *What are you already doing?* | *Risk Rating* | *What else can you do to control this risk?* | *Resultant Risk Rating* | *Action by whom* | *Target date* | *Complete* |
| *Muscular injuries i.e strain or strain**Trip or slip hazards in home environment**Use of home- made equipment* | *Participants**Participants**Participants* | *Instructor is unable to view participants.* *-Instructor to remind participants to be aware and be careful of any existing injuries before the class starts.* ***Class may not be suitable for all runners.****-Ensure a thorough warm up and cool down is provided using the knowledge and expertise of the activity instructor, who is qualified and insured.**-Instructor to demonstrate form, technique and discuss hazards, as the class progresses.**-Instructor to acknowledge individual levels of fitness of participants and provide a range of progressions/regressions allowing participants to work at an appropriate level.**-Participants encouraged to work at their own pace. Instructor to remind participants of importance of hydration and rest as the class progresses.* *-Instructor to ask participants to check environment is safe before start of class, ensure space to move and swing arms and a good flat floor space is available, with no trip/slip hazards.**-Ensure any equipment is moved away before starting next exercise.* *-Instructor to clearly explain any equipment needed before the start of the session, and advise on suggested weight of water bottles/cans etc. If participants own weights used, they should check weights safe and secure before use.* | *M* | *Despite the utmost precautions, when undertaking physical activity, injury or strain/sprain may occur.* ***Participants take part at their own risk, especially as this is a virtual class.*** *An accident form should be completed by participant if any injuries.**Instructor to advise on appropriate footwear/clothing for the class.**Any weights used are at participants own risk.*  |  *L* | *Instructor/**Participants**Instructor**/Participants**Instructor/**Participants* |  |  |
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