**Risk Assessment: RIOT Running Club**

| **Run Risk** | **Assessed by:** | **Location :** | **Review :** |
| --- | --- | --- | --- |
| **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* |  |  |
|  |  |  | M |  | L |  |  |  |