



Trampoline and Tumbling Risk Assessment

Event/Group Details

Group Name	The Yard, People in Motion Pte Ltd
Risk Assessment Review Date	25th June 2016

Ongoing Assessment

The Risk Assessment process must be 'on-going' and 'dynamic'.

In other words, professional judgements and decisions regarding safety will need to be made during the activity. If the control measures aren't sufficient, the activity must not proceed.

All personnel involved with the running of the event must receive very clear guidance and instructions for the management of the event and be very clear about their own roles and responsibilities for each aspect of the event and carry these out under the guidance given.

The whole team must be told that under no circumstances are they to admit liability in case of any accidents; all incidents or questions involving insurance must be referred to LUSU the next day.

Hazard	What are the risks & potential injuries?	Who is at risk?	What are the controls and actions? (use numbers)	Controlled Severity	Controlled Likelihood	Controlled Risk Rating	Who is responsible for the control?
Area of Activity : (e.g. Event Set Up)							

Hazard	What are the risks & potential injuries?	Who is at risk?	What are the controls and actions? (use numbers)	Controlled Severity	Controlled Likelihood	Controlled Risk Rating	Who is responsible for the control?
Equipment layout and Set up	Bar sponge pit with metal edges and hard platforms Springs Loose on trampolines	All	<ol style="list-style-type: none"> 1. Coach and safety officer to check the equipment at the start of every session. 2. Members' clothing – members must be wearing appropriate clothing and footwear or they will not be allowed to participate 3. Pad up the edges of the sponge pit. 	3	3	3	<ol style="list-style-type: none"> 1. Coaches 2. Management 3. Safety Officer
	Code of Practice	<ul style="list-style-type: none"> • Ensure foam covering of the edge of sponge pit are covered. • No techniques are to be undertaken by a practising member unless an instructor has demonstrated the technique and provided sufficient training on said technique. If the member is competent, then the technique can be carried out with minimal supervision. 					
Wearing of inappropriate accessory or jewellery	Loose clothing could affect vision while bouncing on the trampoline Jewellery can be ripped out of skin/body if caught on the trampoline bed	All	<ol style="list-style-type: none"> 1. Warn all members at the start of each session to remove all jewellery before bouncing 2. Keep a vigilant eye for those who have not removed jewellery and tell them to take it off asap 3. Check the foam padding covering the metal edges 4. 	4	1	3	<ol style="list-style-type: none"> 1. Coaches

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	Code of Practice		<ul style="list-style-type: none"> Coach to give a shout out at the beginning of each session as a reminder to remove any accessories or jewellery The clothing of practising members must be unrestrictive, preferably a leotard with gym shorts, or t-shirt that are not too loose and elastic shorts 				
Falling off trampoline	Fractures/ sprains/ neck injury, head concussion	Gymnasts	<ol style="list-style-type: none"> Mats to be all around the trampoline Wall to be padded Set up decks on the ends appropriately spotters to always be present at corners to reduce falling risks 	3	2	2	1. Coaches and spotters
	Code of Practice		<ul style="list-style-type: none"> Ensure mats are places all around the trampolines including mats on end decks to ensure if a fall occurs, minimal injury will occur where there are no end decks, at least 1 spotter will over the vacant side coaches to ensure the move attempted has been cleared and all progression have been appropriately done to ensure the participant is not endangering themselves or others 				

Hazard	What are the risks & potential injuries?	Who is at risk?	What are the controls and actions? (use numbers)	Controlled Severity	Controlled Likelihood	Controlled Risk Rating	Who is responsible for the control?
Too quick advancement through skills and moves/ general activities	Fractures/ sprains/ neck injury, head concussion/ spinal injuries	Gymnasts	<ol style="list-style-type: none"> 1. Coach must oversee progression of stages to ensure the participant will not be a danger to themselves and others 2. Coach must be an authoritative figure and tell people when they seem to be tiring (Injuries happens when gymnasts are tired) 3. Encourage gymnasts to report any issues/ injuries before each session 	1	2	2	1. Coaches and spotters
	Code of Practice	<ul style="list-style-type: none"> • The coach is the only one who tells someone if they are safe enough to perform a new movement • the members must progress through the Trampoline Program levels and skills appropriately, to decide what skills/stunts they can be taught next • participants must warn the coach or management if they have injured themselves prior to bouncing and must seek an medical professional opinion before being allowed to bounce again • Ensure ALL new members have a safety briefing of how to spot, only to push people back on to the bed if they are low bouncing and moving slowly otherwise move out of the way and allow the mat to break the fall for the gymnast in danger 					

Hazard	What are the risks & potential injuries?	Who is at risk?	What are the controls and actions? (use numbers)	Controlled Severity	Controlled Likelihood	Controlled Risk Rating	Who is responsible for the control?
Lack of warm up	Sprains, strains and minor musculare/joint injury	Gymnasts	1. Warm up and stretching to be sufficiently done	2	2	2	1. Coaches
	Code of Practice	<ul style="list-style-type: none"> • Ensure that the appropriate warm up and stretching routine is done at the start of each session • Late comers to finish sufficient warm up 					
Improper clothing on trampoline	Rip clothes/ clothes caught in bed/ cuts and bruises/ toes stuck in bed	Gymnasts	1. Gymnasts to be briefed about appropriate attire 2. If correct attire is not worn, the participant must change before engaging in any activities	2	1	1	1. Coaches
	Code of Practice	<ul style="list-style-type: none"> • Ensure ALL new members have a safety briefing of what to wear and what not to wear to training • Socks or trampolining shoe to be worn for all trampoline sessions • Ensure at the start of the session that everyone is in the right attire 					

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Health condition of the athlete	Asthma attacks, allergic reactions, being unfit for the session.	Gymnasts	<ol style="list-style-type: none"> Coaches and management to hold information on individual health conditions and check they have their medications at sessions (if applicable) Ensure the members have had professional medical advice to ensure the activity is safe for them to engage in 	4	2	5	<ol style="list-style-type: none"> Management Coaches Gymnast parent Gymnast
	Code of Practice	<ul style="list-style-type: none"> Ensure all new members fill out a form for emergency contacts and any medical disposition they may have, if the member needs medication, ensure they bring it with them to the sessions if it is required Ensure that the member has had a professional medical opinion that they are cleared to do trampolining sessions 					

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Medical Conditions and Injuries	Injuries or medical conditions could cause impaired ability and result in slips and falls, triggering of medical condition, or worsening injuries.	Gymnasts	<ol style="list-style-type: none"> 1. The coach will find out from gymnasts before their first session any pre-existing medical conditions they have; the member will then be told to confirm with their doctor or medical practitioner that they are able to participate in gymnastics safely with their condition. 2. Gymnasts with medical conditions are told to ensure they have their medication with them at all training sessions. 3. It will be checked at the start of every session whether there are any injuries from previous training sessions. 4. Ensure there is always first aid provision at all training sessions. 	4	1	4	<ol style="list-style-type: none"> 1. Coaches 2. Management to provide First Aid supplies

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	Code of Practice		<ul style="list-style-type: none"> Members with a medical condition must inform the coach of this condition before their first session and always have their medication with them at gymnastics sessions. At the start of each session the coach will ask all members present if they have a new injury since the last session; members are expected to declare any injuries they have. Anyone with an injury will be told to check with their doctor or medical practitioner that they are in a suitable condition to return to training. The member will be asked to verbally confirm this has taken place Members will be made aware by the management that if they do not divulge any information regarding medical conditions they could be a hazard not only to themselves but also to other members. Ensure that there is a first aider present and a full and up to date first aid kit. 				

Sign Off

The undersigned believe this assessment to cover all significant risks associated with the above activity and accept their responsibilities for ensuring associated controls are in place

Authorisation			
Position	Print Name	Sign	Date
Head Coach	Jeanette Tan		
Director @ The Yard	Rosanna Trigg		

Please detail how this risk assessment will be communicated to all parties who must comply:

Communication			
Who needs to understand this assessment?	How will this be communicated to them?	Person Responsible	Date
Members	Briefing meeting at the start of the year OR Code of Practice will be available to all members	Head Coach	

Risk Rating Guide

Below is a simple guide to help risk assessors determine the risk rating of each hazard identified.

A Risk Assessment should be 'Suitable and Sufficient'. That is to say:

- ◆ It should identify the risks arising in connection with the activity.
- ◆ The level of detail included should be proportionate to the risk.
- ◆ It must consider all those who might be affected i.e. staff, students, etc.
- ◆ It should be appropriate to the activity and should identify the period of time for which it is to remain valid.

Risk = Likelihood X Severity

Likelihood		The Severity		
Very Unlikely	0	No Action	No injury	0
Unlikely	1	First Aider	Bruising, minor cuts, grazes	1
Possible	2	Doctor	Strains, Sprains, concussion	2
Likely	3	A & E 1	Loss of consciousness, blood loss, burns, breaks or injury resulting in Visit to A&E. Other non-permanent chemical effects. Corrosive toxic, flammable substances, mild chemical irritation of eyes or skin. Harmful, irritant substances	3
Very Likely	4	A & E 2	Permanent /partial/total disablement or other reportable injury/disease	4
Certain	5	Death	Single Death or Multiple Death	5

Likelihood	Severity					
	Death	A&E2	A&E1	Nurse Unit	First Aider	No Action
Certain	25	20	15	10	5	0
Very Likely	20	16	12	8	4	0
Likely	15	12	9	6	3	0
Possible	10	8	6	4	2	0
Unlikely	5	4	3	2	1	0
Very Unlikely	0	0	0	0	0	0

Risk Rating	Score	Action
Trivial Risk	0 - 2	No further action required unless incidents occur
Low Risk	3 - 4	No additional controls may be needed overall, but specific hazards may be reduced. Monitoring is required to ensure controls are maintained. Review if an incident occurs or more effective controls become available.
Moderate Risk	5 - 10	Efforts should be made to reduce the risk over a defined period of time.
High Risk	12 - 16	Work should not be started until the risk has been reduced. If work is in progress Urgent action should be taken to reduce or control risks.
Intolerable Risk	20 - 25	The activity should cease until risks have been reduced to an acceptable level.