

# KENNYLANDS GYMNASTICS

## RISK ASSESSMENT – APPARATUS (Women’s Artistic Youngsters)

<b>Date of Assessment</b>	10/03/2025	<b>Carried out by:</b>	Philip Swatridge
<b>Age category:</b>	4-9+		

Worst Case Outcome					Likelihood					Risk Rating (Outcome x Likelihood)		
5	4	3	2	1	5	4	3	2	1	High	Medium	Low
Fatality	Severe Injury	Lost time Injury	Minor Injury	No Injury	Certain	Very likely	Likely	Unlikely	Remote	13-25	5-12	1-4

Persons affected by Activity	Identified Hazards	Control Measures Already in place	Outcome	Likelihood	Risk Rating	Is further action required Yes/No

Gymnasts	<b>Vault &amp; Tumble Area</b> <ul style="list-style-type: none"> <li>• Risk of injury</li> <li>• Risk of overloading</li> </ul>	<ul style="list-style-type: none"> <li>• Coach supporting where necessary to help control gymnast's movement and aid in landing safely</li> <li>• Suitable for the age and ability of the gymnast to manage unaided</li> <li>• Beginning with basics and building up difficulty levels for gymnasts</li> <li>• Coach to make informed decision for skills based on gymnast's ability, fitness level and stage of maturation</li> <li>• Multiple safety landing modules placed around landing areas to best protect gymnasts and lessen their load/force upon landing.</li> <li>• Safety module placed against A-Bar wires adjacent to tumble landing area for new tumbles</li> <li>• Safety module placed against back wall of vault for larger vaults</li> <li>• Coach to be aware of physical and mental loading on young gymnasts and utilise equipment accordingly to reduce risk of injuries, stress and lapses in concentration</li> <li>• Sting mats and landing modules to be occasionally used to reduce force on impact - but not overused to help gymnast's body adapt to loading</li> <li>• Gymnasts only to perform skills under the guidance of competent coaches with the appropriate qualifications, or with express permission from a lead coach</li> <li>• Utilising side stations and drills to help physically and mentally prepare gymnasts for new skills and skill maintenance</li> <li>• Coach to be aware of physical and mental loading and make informed decisions based off these factors and ensure the safety wellbeing of the gymnast</li> <li>• Gymnasts to be suitably warmed up, stretched and physically <i>and</i> mentally prepared for skills</li> <li>• Coach to keep repetitions at an appropriate amount to reduce risk of physical or mental overloading, and to take gymnasts' feelings on these repetitions heavily into account</li> </ul>	<b>4</b> <b>Severe</b> <b>Injury</b>	<b>2</b> <b>Unlikely</b>	<b>8</b> <b>Medium</b>	<b>N</b>
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Persons affected by Activity	Identified Hazards	Control Measures Already in place	Outcome	Likelihood	Risk Rating	Is further action required Yes/No
Gymnasts	<p><b>Bars &amp; Bar Area</b></p> <ul style="list-style-type: none"> <li>• Risk of injury</li> <li>• Risk of overloading</li> </ul>	<ul style="list-style-type: none"> <li>• Foam pits to create a safe landing environment, and aid in safely learning new skills and reduce force of impact upon landing</li> <li>• Coach supporting where necessary to help control gymnast's movement and aid in landing safely</li> <li>• Suitable for the age and ability of the child to manage unaided</li> <li>• Bars only to be used with correct equipment (i.e. <i>hand guards, gloves and loops</i>)</li> <li>• Coach to make informed decisions for skills based on the gymnast's ability, fitness level and stage of maturation</li> <li>• Teaching tools such as floor bar and metal bar to be utilised for building gymnasts' strength, technique and confidence as well as skill maintenance</li> <li>• Safety landing modules to be provided where necessary - and to be extended in left set of A-Bars. Both for the safety of gymnasts learning new skills, and to be regularly in place to reduce force of impact and reduce the risk of injury</li> <li>• Starting with basic skills, and adjusting accordingly depending on the individual</li> <li>• Coach to be aware of physical and mental loading on young gymnasts and make informed decisions based off these factors and ensure the safety wellbeing of the gymnast</li> <li>• Gymnasts only to perform skills under the guidance of competent coaches with the appropriate qualifications, or with express permission from a lead coach</li> <li>• Gymnasts to be suitably warmed up, stretched and physically <i>and</i> mentally prepared for skills</li> <li>• Coach to keep repetitions at an appropriate amount to reduce risk of physical or mental overloading, and to take gymnasts' feelings on these repetitions heavily into account</li> </ul>	<p><b>4</b> <b>Severe Injury</b></p>	<p><b>2</b> <b>Unlikely</b></p>	<p><b>8</b> <b>Medium</b></p>	<p><b>No</b></p>

Persons affected by Activity	Identified Hazards	Control Measures Already in place	Outcome	Likelihood	Risk Rating	Is further action required Yes/No
Gymnasts	<b>Beams &amp; Beam Area</b> <ul style="list-style-type: none"> <li>• Risk of injury</li> <li>• Risk of overloading</li> </ul>	<ul style="list-style-type: none"> <li>• Coach supporting where necessary to help control gymnast's movement and aid in landing safely</li> <li>• Suitable for the age and ability of the child to manage unaided</li> <li>• Coach to make informed decisions for skills based on the gymnast's ability, fitness level and stage of maturation</li> <li>• Safety landing modules to be provided where necessary, both for the safety of those learning new skills, and to regularly reduce the force upon impact</li> <li>• Utilising the floor, floor beams and padded beams to rebuild the gymnasts' technique, confidence and reduce risk of injury</li> <li>• Utilising side stations and drills to help physically and mentally prepare gymnasts for new skills and skill maintenance</li> <li>• Coach to be aware of physical and mental loading on young gymnasts and make informed decisions based off these factors and ensure the safety wellbeing of the gymnast</li> <li>• Gymnasts only to perform skills under the guidance of competent coaches with the appropriate qualifications, or with express permission from a lead coach</li> <li>• Gymnasts to be suitably warmed up, stretched and physically <i>and</i> mentally prepared for skills</li> <li>• Coach to keep repetitions at an appropriate amount to reduce risk of physical or mental overloading, and to take gymnasts' feelings on these repetitions heavily into account</li> </ul>	<b>4 Severe Injury</b>	<b>2 Unlikely</b>	<b>8 Medium</b>	<b>N</b>

Persons affected by Activity	Identified Hazards	Control Measures Already in place	Outcome	Likelihood	Risk Rating	Is further action required Yes/No
Gymnasts	<b>Floor &amp; Floor Area</b> <ul style="list-style-type: none"> <li>• Risk of injury</li> <li>• Risk of overloading</li> </ul>	<ul style="list-style-type: none"> <li>• Coach supporting where necessary to help control gymnast's movement and aid in landing safely</li> <li>• Suitable for the age and ability of the child to manage unaided</li> <li>• Coach to make informed decisions for skills based on the gymnast's ability, fitness level and stage of maturation</li> <li>• Sting mats and safety landing modules to be provided where necessary, both for those learning new skills, and to reduce risk of overuse injuries and overloading joints</li> <li>• Utilising side stations and drills to help physically and mentally prepare gymnasts for new skills and skill maintenance</li> <li>• Coach to be aware of physical and mental loading on young gymnasts and make informed decisions based off these factors and ensure the safety wellbeing of the gymnast</li> <li>• Gymnasts only to perform skills under the guidance of competent coaches with the appropriate qualifications, or with express permission from a lead coach</li> <li>• Gymnasts to be suitably warmed up, stretched and physically <i>and</i> mentally prepared for skills</li> <li>• Spins and certain skills to not be performed on side of carpet closest to foam pit for potential knee or ankle injury</li> </ul>	<b>4</b> <b>Severe Injury</b>	<b>3</b> <b>Unlikely</b>	<b>12</b> <b>Medium</b>	<b>N</b>

Persons affected by Activity	Identified Hazards	Control Measures Already in place	Outcome	Likelihood	Risk Rating	Is further action required Yes/No
Gymnasts	<p><b>Trampoline &amp; Area</b></p> <ul style="list-style-type: none"> <li>• Risk of injury</li> <li>• Risk of overloading</li> </ul>	<ul style="list-style-type: none"> <li>• Coach supporting where necessary to help control gymnast's movement and aid in landing safely</li> <li>• Reintroduction of foam pits to create a safe landing environment, and aid in safely learning new skills and reduce force of impact upon landing</li> <li>• Suitable for the age and ability of the child to manage unaided</li> <li>• Coach to make informed decisions for skills based on the gymnast's ability, fitness level and stage of maturation</li> <li>• Safety landing modules to be provided where necessary</li> <li>• Utilise for side station and drills to reduce physical load and reduce the risk of overuse and joint injuries</li> <li>• Coach to be aware of physical and mental loading on young gymnasts and make informed decisions based off these factors and ensure the safety wellbeing of the gymnast</li> <li>• Gymnasts only to perform skills under the guidance of competent coaches with the appropriate qualifications, or with express permission from a lead coach</li> <li>• Gymnasts to be suitably warmed up, stretched and physically <i>and</i> mentally prepared for skills</li> <li>• Coach to keep repetitions at an appropriate amount to reduce risk of physical or mental overloading, and to take gymnasts' feelings on these repetitions heavily into account</li> </ul>	<p><b>4</b> <b>Severe Injury</b></p>	<p><b>2</b> <b>Unlikely</b></p>	<p><b>8</b> <b>Medium</b></p>	<p><b>N</b></p>

Gymnasts and Coaches	<b>Heat with poor ventilation</b>	<ul style="list-style-type: none"> <li>• Gymnasts are not to be expected to perform skills that create a risk of injury in situations where there is a lot of heat and little ventilation in the gym</li> <li>• Coaches and Gymnasts are both encouraged to take regular drink breaks</li> <li>• Coaches are recommended to limit their supporting and physical activity and to dress in cool, loose-fitting (sport appropriate) clothing</li> <li>• Open communication must be continued throughout the session regarding the gymnasts' heat levels and mental state</li> <li>• Activity levels must be lowered to an appropriate amount with heat taken strongly into consideration; this includes (but is not limited to), cardio, strength and conditioning, tumbling, salto, vaulting, running, barwork</li> </ul>	<b>4</b>	<b>2</b>	<b>8 Medium</b>	<b>Y Provide good ventilation</b>
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Further Control Measures	Further Control Measures Follow Up		
	Allocated to (name)	Target Date	Date Completed
<b>Risk Assessment Reviews</b>			
<b>Suggested Review Date:</b>	10 <sup>th</sup> September 2025		