

KENNYLANDS GYMNASTICS

RISK ASSESSMENT – CONDITIONING (Women’s Artistic)

Date of Assessment	10/03/2025	Carried out by:	Philip Swatridge
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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	<p>Conditioning exercises</p> <ul style="list-style-type: none"> Risk of injury Overuse injury <p>Weights and medicine balls</p> <ul style="list-style-type: none"> Risk of injury Issues in development of younger athletes 	<ul style="list-style-type: none"> Exercises are done in a controlled environment with supervision from lead coach Conditioning exercises are hand selected for gymnast’s age and physical ability and condition Conditioning exercises are explained thoroughly and supervised to ensure correct technique & development Weight-lifting exercises are to only be used in necessary situations, and the head coach must approve that the weight is necessary for the desired outcome 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 	4 Severe injury	2 Unlikely	8 Medium	N

Gymnasts and Coaches	Heavy kettlebells & weight-bag	<ul style="list-style-type: none"> • Weights are to be stored in their designated areas (weight-bag currently in the uneven bars corner near the back fire exit, heavy kettlebells currently in the storage/cold cupboard) • Weights are to be moved to and from their designated area only by coaches, and never by gymnasts • Only gymnasts where the use of heavy weight ‘lifting’ and exercises may use this equipment. This decision is made by the Head Coach, and currently only applies to the Elite Squad • Exercises are done in a controlled environment with supervision from lead coach • Conditioning exercises are hand selected based on a gymnast’s age, physical ability and condition • Conditioning exercises are explained thoroughly and supervised to ensure correct technique & development • Weight-lifting exercises are to only be used in necessary situations, and the head coach must approve that the weight is necessary for the desired outcome • 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 • Gymnasts to be suitably warmed up, stretched and physically <i>and</i> mentally prepared for conditioning • 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 • Protective equipment and safety modules used whenever necessary 	4 Severe injury	2 Unlikely	8 Medium	N
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	Heat with poor ventilation	<ul style="list-style-type: none"> • Conditioning to be kept to an appropriately lower level when in heat with poor ventilation • Coaches and Gymnasts are both encouraged to take regular drink breaks • Coaches are recommended to limit their supporting and physical activity and to dress in cool, loose-fitting (sport appropriate) clothing • Open communication must be continued throughout the session regarding the gymnasts' heat levels and mental state 	3	3	9 Medium	Y Appropriate ventilation provided
Further Control Measures		Further Control Measures Follow Up				
		Allocated to (name)	Target Date	Date Completed		
Risk Assessment Reviews						
Suggested Review Date:		10th September 2025				