

KENNYLANDS GYMNASTICS

WAG RISK ASSESSMENT – ELITE SKILLS

Date of Assessment	10/03/2025	Carried out by:	Philip Swatridge
Age category:	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	Vault & Tumble Area <ul style="list-style-type: none"> • Risk of injury • Risk of overloading 	<ul style="list-style-type: none"> • Coach supporting where necessary to help control gymnast's movement and aid in landing safely • Suitable for the age and ability of the gymnast to manage unaided • Beginning with basics and building up difficulty levels for gymnasts • Coach to make informed decision for skills based on gymnast's ability, fitness level and stage of maturation • Multiple safety landing modules placed around landing areas in order to best protect gymnasts and lessen their load/force upon landing. • Safety module placed against A-Bar wires adjacent to tumble landing area • Safety module placed against back wall of vault • Coach to be aware of physical and mental loading on gymnast and utilise equipment accordingly to reduce risk of overuse injuries, stress and lapses in concentration • Sting mats and landing modules to be regularly used to reduce force on impact • Gymnasts only to perform skills under the guidance of competent coaches with the appropriate qualifications, or with express permission from Phil. • Utilising side stations and drills to help physically and mentally prepare gymnasts for new skills and skill maintenance • 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 • Gymnasts to be suitably warmed up, stretched and physically <i>and</i> mentally prepared for skills • 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

Persons affected by Activity	Identified Hazards	Control Measures Already in place	Outcome	Likelihood	Risk Rating	Is further action required Yes/No
Gymnasts	Bars & Bar Area <ul style="list-style-type: none"> • Risk of injury • Risk of overloading 	<ul style="list-style-type: none"> • Foam pits to create a safe landing environment, and aid in safely learning new skills and reduce force of impact upon landing • Supporting where necessary to help control gymnast's movement and aid in landing safely • Suitable for the age and ability of the child to manage unaided • Bars only to be used with correct equipment (ie <i>hand guards, gloves and loops</i>) • Coach to make informed decisions for skills based on the gymnast's ability, fitness level and stage of maturation • Teaching tools such as floor bar and metal bar to be utilised for building gymnasts' strength, technique and confidence as well as skill maintenance • 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 • Starting with basic skills, and adjusting accordingly depending on the individual • 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 • Gymnasts only to perform skills under the guidance of competent coaches with the appropriate qualifications, or with express permission from Phil • Gymnasts to be suitably warmed up, stretched and physically <i>and</i> mentally prepared for skills • 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

Persons affected by Activity	Identified Hazards	Control Measures Already in place	Outcome	Likelihood	Risk Rating	Is further action required Yes/No
Gymnasts	Beams & Beam Area <ul style="list-style-type: none"> • Risk of injury • Risk of overloading 	<ul style="list-style-type: none"> • Coach supporting where necessary to help control gymnast's movement and aid in landing safely • Suitable for the age and ability of the child to manage unaided • Coach to make informed decisions for skills based on the gymnast's ability, fitness level and stage of maturation • 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 • Utilising the floor, floor beams and padded beams to rebuild the gymnasts' technique, confidence and reduce risk of injury and/or physically overloading joints • Utilising side stations and drills to help physically and mentally prepare gymnasts for new skills and skill maintenance • 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 • Gymnasts only to perform skills under the guidance of competent coaches with the appropriate qualifications, or with express permission from Phil • Gymnasts to be suitably warmed up, stretched and physically <i>and</i> mentally prepared for skills • 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 • Foam pits to create a safe landing environment, and aid in safely learning new skills and reduce force of impact upon landing 	4 Severe Injury	2 Unlikely	8 Medium	N

Persons affected by Activity	Identified Hazards	Control Measures Already in place	Outcome	Likelihood	Risk Rating	Is further action required Yes/No
Gymnasts	<p>Floor & Floor Area leaps and jumps and tumbles below C value</p> <ul style="list-style-type: none"> • Risk of injury • Risk of overloading 	<ul style="list-style-type: none"> • Coach supporting where necessary to help control gymnast's movement and aid in landing safely • Suitable for the age and ability of the child to manage unaided • Coach to make informed decisions for skills based on the gymnast's ability, fitness level and stage of maturation • 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 • Utilising side stations and drills to help physically and mentally prepare gymnasts for new skills and skill maintenance • 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 • Gymnasts only to perform skills under the guidance of competent coaches with the appropriate qualifications, or with express permission from Phil, Rebecca, Tricia or Jodie • Gymnasts to be suitably warmed up, stretched and physically <i>and</i> mentally prepared for skills • 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 • Spins and certain skills to not be performed on side of carpet closest to foam pit for potential knee or ankle injury • Foam pits to create a safe landing environment, and aid in safely learning new skills and reduce force of impact upon landing 	4 Severe Injury	3 Unlikely	12 Medium	N

Persons affected by Activity	Identified Hazards	Control Measures Already in place	Outcome	Likelihood	Risk Rating	Is further action required Yes/No
Gymnasts	Trampoline & Area <ul style="list-style-type: none"> • Risk of injury • Risk of overloading 	<ul style="list-style-type: none"> • Coach supporting where necessary to help control gymnast's movement and aid in landing safely • Foam pits to create a safe landing environment, and aid in safely learning new skills and reduce force of impact upon landing • Suitable for the age and ability of the child to manage unaided • Coach to make informed decisions for skills based on the gymnast's ability, fitness level and stage of maturation • Safety landing modules to be provided where necessary • Utilise for side station and drills to reduce physical load and reduce the risk of overuse and joint injuries • 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 • Gymnasts only to perform skills under the guidance of competent coaches with the appropriate qualifications, or with express permission from Phil, Jodie or Tricia • Gymnasts to be suitably warmed up, stretched and physically <i>and</i> mentally prepared for skills • 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

Persons affected by Activity	Identified Hazards	Control Measures Already in place	Outcome	Likelihood	Risk Rating	Is further action required Yes/No
Gymnasts	<p>Double somersaults, release and catch elements, C+ floor elements and vaults with salto</p> <ul style="list-style-type: none"> • Risk of injury • Risk of overloading 	<ul style="list-style-type: none"> • Coach supporting where necessary to help control gymnast's movement and aid in landing safely • Foam pits to create a safe landing environment, and aid in safely learning new skills and reduce force of impact upon landing • Suitable for the age and ability of the child to manage unaided • Coach to make informed decisions for skills based on the gymnast's ability, fitness level and stage of maturation • Sting mats and safety landing modules to be provided where necessary, both for new skills and to reduce risk of overuse/overload injuries • 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 • Gymnasts only to perform skills under the guidance of competent coaches with the appropriate qualifications, or with express permission from Phil (Tricia for all but D+ skills on bars, twisting vaults, D+ combinations on beam, or E+ skills on floor & beam) (Rebecca for C elements & vaults with tucked or piked salto with no twist) • Coach to understand the toll higher level skills take on a gymnasts' body, and train these with the gymnasts' safety, wellbeing and longevity in mind • Gymnasts to be suitably warmed up, stretched and physically <i>and</i> mentally prepared for skills • 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 	5 Fatality	2 Unlikely	10 Medium	No

Gymnasts and Coaches	Heat with poor ventilation	<ul style="list-style-type: none"> • 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 • 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 • 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 	4	3	15 High	Yes – ventilation options required
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Further Control Measures	Further Control Measures Follow Up		
	Allocated to (name)	Target Date	Date Completed
Risk Assessment Reviews			
Suggested Review Date:	10 th September 2025		