

KENNYLANDS GYMNASTICS

WAG RISK ASSESSMENT – Club and Elite Squads

Date of Assessment	09/06/2026	Carried out by:	Jade Sheppard
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	16-25	7-15	1-6

Persons affected by Activity	Identified Hazards	Control Measures Already in place	Outcome	Likelihood	Risk Rating	Is further action required Yes/No
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Gymnasts	Vault & Tumble Area - Risk of injury - Risk of overloading	- 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 in line with British Gymnastics guidelines - Coach to make informed decision for skills based on gymnast's ability, fitness level and stage of maturation - Multiple safety landing modules placed around/ on 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 and tumble - 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 - 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 and 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 - Ensure the gymnast has the ability to voice any concerns and that these are listened to	4 Severe Injury	2 Unlikely	8 Medium	No
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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	Bars & Bar Area - Risk of injury - Risk of overloading	- 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>). Bare hands can be used on low force skills only. - Coach to make informed decisions for skills based on the gymnast's ability, fitness level and stage of maturation and in line with British Gymnastics guidelines - 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. 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 - Gymnasts to be suitably warmed up, stretched and physically and 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 - Ensure the gymnast has the ability to voice any concerns and that these are listened to	4 Severe Injury	2 Unlikely	8 Medium	No

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 - Risk of injury - Risk of overloading	- 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 and in line with British Gymnastics guidelines - 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 build 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 - Gymnasts to be suitably warmed up, stretched and physically and 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 - Ensure the gymnast has the ability to voice any concerns and that these are listened to	3 Lost time injury	2 Unlikely	6 Low	No

Persons affected by Activity	Identified Hazards	Control Measures Already in place	Outcome	Likelihood	Risk Rating	Is further action required Yes/No
Gymnasts	Floor & Floor Area leaps and jumps and tumbles C value and lower - Risk of injury - Risk of overloading	- 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 and in line with British Gymnastics guidelines - 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 - Gymnasts to be suitably warmed up, stretched and physically and 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 - With use of air track into foam pits to create a safe landing environment, and aid in safely learning new skills and reduce force of impact upon landing - Ensure the gymnast has the ability to voice any concerns and that these are listened to	4 Severe Injury	2 Unlikely	8 Medium	No

Persons affected by Activity	Identified Hazards	Control Measures Already in place	Outcome	Likelihood	Risk Rating	Is further action required Yes/No
Gymnasts	Trampoline & Area - Risk of injury - Risk of overloading	- 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 and in line with British Gymnastics guidelines - Safety landing modules to be provided where necessary - Utilise 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 - Gymnasts to be suitably warmed up, stretched and physically and 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 - Ensure the gymnast has the ability to voice any concerns and that these are listened to	4 Severe Injury	2 Unlikely	8 Medium	No

Persons affected by Activity	Identified Hazards	Control Measures Already in place	Outcome	Likelihood	Risk Rating	Is further action required Yes/No
Gymnasts	Double somersaults, release and catch elements, C+ floor elements and vaults with salto - Risk of injury - Risk of overloading	- Coach supporting where necessary to help control gymnast's movement and aid in landing safely - Air track and foam pits utilised 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 and in line with British Gymnastics guidelines - 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 - 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 and 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 - Ensure the gymnast has the ability to voice any concerns and that these are listened to	4 Severe Injury	2 Unlikely	8 Medium	No

Gymnasts and Coaches	Heat with poor ventilation	- 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	2 Minor Injury	2 Unlikely	4 Low	No
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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:	December 2026		