

KENNYLANDS GYMNASTICS

RISK ASSESSMENT – CONDITIONING Women's Artistic squads

Date of Assessment	09/06/2026	Carried out by:	Jade Sheppard
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Worst Case Outcome					Likelihood					Risk Rating		
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
Gymnasts	Conditioning exercises - Risk of injury - Overuse injury Weights and medicine balls - Risk of injury	- Exercises are done in a controlled environment with supervision from a qualified 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 a suitably qualified 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 on these factors to help ensure the safety wellbeing of the gymnast - Protective equipment and safety modules used whenever necessary	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 and Coaches	Heavy kettlebells & weight-bag	- 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 by coaches or gymnasts under the supervision of a qualified coach and are moved in a slow and controlled manner - Size of the weight is appropriate to the gymnasts physical ability and maturity - Level of weight is progressed slowly - Exercises are done in a controlled environment with supervision from a qualified 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 a qualified 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 and 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	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 and Coaches	Heat with poor ventilation	- 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 - Gymnasts ability to hold weights safely may be different if hands are sweaty – coach to take this into consideration when selecting exercises - Additional breaks given to allow gymnasts to cool down	2 Minor Injury	2 Unlikely	4 Low	No

Further Control Measures	Further Control Measures Follow Up		
	Allocated to (name)	Target Date	Date Completed
Risk Assessment Reviews			
Suggested Review Date:	December 2026		