**Cheerleading Weekly Training Session**

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| Location: | Activity Studio 2 |
| Assessor: | Hollie Walker - President |
| Persons at risk: | Cheerleaders / Club Members |

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| Hazard (H)  Hazardous Event (HE)  Consequence (C) | Pre-Control Risk Rating | | | Control Measures | Post Control Risk Ratings | | | Comments |
| L | S | Risk Score |  | L | S | Risk Score |
| H – Dancing / Activity  HE – Inadequate warming up  C – Injuries such as strained muscles | 5 | 5 | 25 | Appropriate warming up for each session. The qualified coaches will be in charge of ensuring all team members are fully warmed up. | 2 | 5 | 10 | Any pre-existing injuries should be made aware of to the coaches at the start of the session |
| H – Flying (Stunting)  HE – Incorrect technique  C – Injuries such as head, face, neck and back injuries | 6 | 5 | 30 | Flyers will be taught the correct technique and their duty is to carry this out in the air.  Flyers must also ensure they wear the correct shoes to training to enable them to go up in stunts.  Coaches will not let stunts go up until they feel the stunt group is prepared enough and able to put up a stunt safely.  When attempting new stunts there will be a “safety circle” of spotters to catch/help. | 2 | 5 | 10 | Level 1 must only attempt level 1 stunts.  Level 2 must only attempt level 1 and 2 stunts.  Dance clubs may attempt lifts covered in their coach’s qualification level.  Gameday can attempt stunts done in the coach’s qualification level. |
| H – Basing (Stunting)  HE – Incorrect Technique  C – Injuries – such as head, neck and back injuries | 6 | 5 | 30 | Bases will be taught the correct technique, how to load, prep and dismount their flyers safely.  Coaches will not let stunts go up until they feel the stunt group is prepared enough and able to put up a stunt safely.  When attempting new stunts there will be a “safety circle” of spotters to catch/help. | 2 | 5 | 10 | Level 1 must only attempt level 1 stunts.  Level 2 must only attempt level 1 and 2 stunts.  Dance clubs may attempt lifts covered in their coach’s qualification level.  Gameday can attempt stunts done in the coach’s qualification level. |
| H - Improper warming up of tumbles  HE – Tumbling  C – Full body injuries | 6 | 6 | 36 | All tumbles are to be warmed up at the start of the session if they are expected to be done full out in the training.  Level 2 tumbles are not expected to be done on a dead floor and must be done on appropriate flooring.  Tumblers are expected to wear the correct shoes for training to enable safe tumbling. | 3 | 6 | 18 | Tumbling will be allowed at the discretion of the team’s coach. If they do not feel comfortable in the athlete tumbling, then they must not allow them to attempt it. |
| H – Dead Floor  He – Jumping  C – Shin Splints | 6 | 5 | 30 | All members are expected to wear the correct shoes at training.  Jumps should only be done on the mats or a sprung gymnastics floor.  If a member has prior injuries they must inform the welfare officer, president or coach and they will not be expected to perform the jumps full out. | 3 | 6 | 18 | Any pre-existing injuries should be made aware of to the coaches at the start of the session |
| H – Hostile environment  HE – Aggressive behaviour, Bad language, offensive language  C- Emotional Distress | 5 | 2 | 10 | Should the coach, committee or those leading the activity notice irresponsible or aggressive behaviour they will be required to speak to the individual(s) involved to address the behaviour.  Participants can be asked to leave the session if required.  Supervising staff on site will be available should the situation escalate further.  The welfare officer will be on hand for all members to speak to in confidence | 1 | 2 | 2 |  |
| H – Being Intoxicated at training  HE – Taking Drugs or Alcohol  C – Slower reaction times and clumsiness causing injuries and inappropriate behaviour | 3 | 5 | 15 | Alcohol and drug use is prohibited during training.  Members should also not be hungover for any early morning training sessions or comp. | 1 | 5 | 5 | Any individuals using drugs or alcohol whilst participating in club activity will be asked to leave immediately and will be subject to disciplinary action by the club.  Alcohol is banned the week of competitions to ensure all members are in peak condition. |
| H – untidy studio  HE – leaving bags / unused equipment out or in the way  C – Slips Trips and falls | 4 | 5 | 20 | Unused equipment and personal bags should be kept out of the playing area where they are not a trip hazard.  It is down to the individual to assess whether they have enough space to carry out a stunt, move or tumble. | 1 | 5 | 5 |  |
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| H Jewellery  HE Jewellery being worn by a class attendee falling/flying off during class  C Jewellery hitting another attendee or causing another attendee to slip/trip/fall | 4 | 5 | 20 | Remind class attendees to remove jewellery before class starts | 1 | 3 | 3 | Exceptions may be allowed for items such as wedding rings, religious items etc |
| H – Players  HE – Participants who have medical conditions (asthma)  C- Inability to breathe and find the exercise more difficult | 4 | 5 | 20 | Session leads to inform group of their requirement to tell of him any medical conditions, prior to the session.  Session leads verifies that the player has the appropriate medical equipment.  Participant opts out of any part of the session when the need arises. | 3 | 2 | 6 |  |
| H – players  HE – Participants carrying injuries  C - Exacerbation of injuries | 3 | 6 | 18 | Inform session leads of condition. Participant to opt out of any section of the training if this might worsen their injuries. | 2 | 4 | 8 |  |
| H – Clothing  HE - Inappropriate clothing  C - Injury | 3 | 2 | 6 | All participants informed of what not to wear in email sent day before session. | 2 | 2 | 4 |  |
| H – Participant  HE – Hot/humid temperatures  C - Dehydration, exhaustion | 6 | 5 | 30 | Large quantities of fluid can be lost from the body during strenuous exercise; players are responsible for bringing sufficient water to the session.  Participants to drink water as and when they need to during a session. | 4 | 4 | 16 |  |

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| **The person signing this assessment must check the information above to ensure it is relevant to this operation on this site. Additionally, any additional controls measures deemed necessary must be included.** | | |
| **Signed Author** | **H. Walker** | **Date: 30/09/22** |
| **Signed Checked By** | **R .Neale** | **Date: 30/01/23** |

**Action Plan**

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| **Hazard No.** | **Details of Action to be Taken** | **Action by who** | **Target Date** | **Completion Date** | **Signature** |
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