

Method Statement & Risk Assessment

Gail Nicholls fitness classes, Boot-camps, indoor and outdoor activity and Personal Training



You are the person responsible for your own health and safety at all times

Persons Affected

1) Student

Method Statement	
1	Asses the area of training before activity commencement
2	Pre Self check to be completed before activity commencement
3	All out door activities to be have a verbal safety brief before activity commencement
4	A pre and post warm up and cool down will be completed via a clear demonstration from the instructor
5	Don adequate sports rated footwear
6	Ensure laces are adequately fastened
7	Ensure you seek approval from a qualified physician to ascertain that you are in suitable health
8	For all classes performed you must only use Gail Nicholls fitness classes, Boot-camps, indoor and outdoor activity and Personal Training equipment that will be provided at you session

Required Equipment

Equipment	When Required
Running Trainers	At all times
Sports Clothing	At all times
Drinking Receptacle	At All times

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Generic Risk Assessment Rating

Task Hazard Rating	Low	This activity has been assessed as low risk. Prior to commencing your work out session a pre self check should be completed to identify and control any additional hazards that may need to be considered i.e loose shoe laces or items in your way, in the event of an outdoor activity you will be given a safety brief to highlight any additional risks before the work out is commenced at which point you should consider if you feel this is safe to do, in addition there will also be a nominated individual to support the instructor and ensure everyone is monitored.
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Risk Assessment

Hazards		Controls Measures
1.	Muscle Strain	Whilst you are encouraged to participate in all activities during your session some may find them harder than others, you will always be given a warm up and cool down period during you class and all exercises have the options of a low impact version to reduce the overall impact if at any time you fell the need to stop you must to so immediately and inform your inform instructor
2.	Sprained Ankle	You must attend each session with a sports rated pair of trainers/running shoes as these offer the most stability and support for both you ankle and foot arch, if you fail to attend your session with the right foot wear you will be informed that you are can not participate in the session
3.	Trip Over Laces	Prior to commencing your work out session a pre self check should be completed to identify and control any additional hazards remembering that your foot wear must be adequately secure and laces are tied
4.	Facial or Body Contact	All exercise's are demonstrated for clear guidance surrounding the correct techniques to be adopted, During contact work ie; Boxing fitness, correct boxing equipment ie; pads and gloves are used to reduce impact. Safety demonstration and safety verbal cues are performed at all times with correction if needed. variations are given where required

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5.	Slip/Trip hazards	Prior to commencing your work out session a pre self check should be completed to identify and control any additional hazards that may need to be considered i.e loose shoe laces or items in your way, in the event of an outdoor activity you will be given a safety brief to highlight any additional risks before the work out is commenced at which point you should consider if you feel this is safe to do.
6.	Equipment Failure	All training equipment provided by Gail Nicholls fitness classes, Boot-camps, indoor and outdoor activity and Personal Training is inspected for defects and via a regular 30 day check and defective equipment is placed in a quarantine area until either repaired are replaced
7.	Poor surface/unstable ground	Prior to any outdoor activity you will be given a safety brief for your awareness and consideration, a pre self check should be completed to identify and control any additional hazards that may need to be considered i.e. loose shoe laces, in the even that you feel the ground is to unstable for your footing then walking or stopping is the preventative method ensuring you inform you instructor
8.	Lose of breath/dizziness	Before joining any fitness programme you must seek approval from a qualified physician to ascertain that you are in suitable health and whilst you are encouraged to participate in all activities during your session some may find them harder than others, you will always be given a warm up and cool down period during you class and all exercises have the options of a low impact version to reduce the overall impact if at any time you fell the need to stop you must to so immediately and inform your inform instructor
9.	Heart palpitations/heart attack	Before joining any fitness programme you must seek approval from a qualified physician to ascertain that you are in suitable health and whilst you are encouraged to participate in all activities during your session some may find them harder than others, you will always be given a warm up and cool down period during you class and all exercises have the options of a low impact version to reduce the overall impact if at any time you fell the need to stop you must to so immediately and inform your inform instructor
10	Emergency	In the event of an emergency during any session your instructor will carry a suitably charged mobile telephone to engage either the emergency services or your nominated responsible person stated on you consent form.

Training	Who/When Required
Induction	All students via informed consent documentation
Outdoor Safety Brief	All students verbally before and during the activity

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Training Equipment (multiple items) Brief	All students verbally before and during the activity
First Aid Trained	Gail Nicholls & Vaughan Taylor