

RISK ASSESSMENT FOR YUMMY MUMMY FITNESS CLASS IN THE PARK

Activity – fitness class

Location – Play Park

Date Friday TBC

WORK/ACTIVITY	RISK TO	RISK LEVEL L M H	ACTION TO REDUCE RISK	ACTION BY
Slips, trips and falls	All	L	Ensure area where working is free from debris. If the grass is wet modify class reduce running and avoid turning work and quick change of direction	Emma Leonard
Sunburn	All	L	Ensure all clients have used appropriate sun screen and remind them after each session to always bring it	Emma Leonard
Dehydration	All	L	Ensure clients have water breaks, modify programme intensity if very hot Bring extra water incase someone forgets	Emma Leonard
Physical activity	All	L	Client cannot participate in class till they have had their 6 week or 8 week check from dr after giving birth. All clients will have written health screen check to ensure all health conditions are known and taken into account.	Emma Leonard