

Risk Assessment

Activity: Trampoline Gymnastics				Location: Sports Hall, CSE, pleasance	Date: 05/05/2024			Completed by: Mathilda Ellis			
Hazard	Who is at risk			Existing controls	Risk level			Further actions	Target date	Responsibility	Completion date
	Gymnast	Spotter/ Coach	Public		Probability	Severity	Rating				
Training taking place with unsuitable coaches.	Y	Y	Y	Trampolines are kept in secure cupboards, and the secretary ensures the correct level coaches will attend each session. If there are not the correct level of coaches, the session will be cancelled.	1	4	L	Only start to set up the trampolines when a Level 2 coach is present in the room.	Ongoing	Secretary/ President	
Coaches coaching outside their qualification.	Y	Y	Y	All coaches are put through official governing body courses which highlight the responsibility in coaching. Less experienced coaches are supervised by more experienced ones and are responsible for overseeing them at training.	2	3	L	Continued mentoring	Ongoing	All level 2 or above coaches	
Power cut during training	Y	Y	Y	All participants are taught how to stop jumping in a safe manner, in order to prevent any injuries should the light go out	1	3	L	Continue coaching how to stop bouncing safely.	Ongoing	All coaches and gym staff	
Light from windows dazzling the gymnasts/others' eyes.	Y	Y		There are only artificial lights in the room.	1	1	VL	N/A			
Projectiles flying onto the trampoline area.	Y	Y		Training will only take place in a half hall when the curtain in the middle is pulled across.	2	3	L	Ensure trampolines are set up as far away from centre curtain as possible, maintaining a safe distance to the wall on all sides. Ask anyone using a ball/shuttlecock etc in our allocated section of the hall to remain on their side.	Ongoing	Secretary/ President	
Twisting ankles when disembarking from trampoline onto floor.	Y	Y		Gymnasts are told to ensure they do not jump off the trampoline, and floor matting is placed around all trampolines.	2	3	L	Continue to discourage jumping off trampolines, explain safety concerns if not listened to.	Ongoing	All coaches	
Roller stands coming out when moving a trampoline/DMT.	Y	Y		Only suitably competent individuals are allowed to move trampolines. Trampolines are serviced annually to ensure parts are all safe.	2	4	L	Continue to encourage people to push the trampoline beds, and if needed to pull, they do so by the frame not the roller stand.	Ongoing	All level 2 or above coaches	

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Leg braces not being fully inserted into their attachment.	Y	Y	Only suitably competent individuals are allowed to unfold and position legs. A coach must check the trampolines before anybody is allowed on them.	2	4	L	Continued checking. Training for new members in appropriate technique.	Ongoing	All level 2 or above coaches
Round pin on wheels not being placed in the hole properly when packing away the trampoline and the lever pinging up when it shouldn't do	Y	Y	Only competent individuals are allowed to fold trampolines back up again and each pair must check their partner's wheels are in correctly.	2	2	M	Continued checking from anyone who is folding away trampolines and putting them in the cupboard that the pin is placed correctly and securely. Continued education on packing away of the trampolines and continued monitoring.	Ongoing	All coaches and experienced members
Chains are not attached and the trampoline is lowered.	Y	Y	Only competent individuals are allowed to lower trampolines. This is done in pairs, so the partner checks the other side before lowering.	1	4	L	Continued checking. Training for new members in appropriate technique.	Ongoing	All level 2 or above coaches
Elbows caught in trampoline/DMT when folding the trampoline to pack away.	Y	Y	All trampolines are packed away under the supervision and direction of adequately qualified coaches and experienced members to ensure proper form. New members are taught how to safely pack away and a video is shown detailing how to do so.	2	3	L	Continued education on packing away of trampoline and continued monitoring.	Ongoing	All coaches and experienced members
Frame pads being loose and somebody landing on springs when participating.	Y		The annual safety check has a thorough check for this, however if a frame pad looks insecure, the coach responsible will stop training and investigate.	1	3	VL	Continued checking.	Ongoing	All level 2 or above coaches
End decks not securely attached and may collapse.	Y		The annual safety check ensures these fittings are suitable, as well as at training, only suitable trained individuals putting them up. Coach or committee member double checks all end decks during gymnast warm up to ensure they are secure	2	2	L	Continued monitoring. As end decks are replaced, newer styles with safer attachments are purchased.	Ongoing	All level 2 or above coaches

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Catching skin/clothing on trampoline spring hooks.	Y	Y	Trampolines are checked annually to ensure this does not happen. Fabric covers all springs to limit chances of skin/clothing catching. Springs should never be removed unless by a suitable qualified coach who will check these are put the correct way, facing downwards.	1	2	VL	Continued monitoring.	Ongoing	All level 2 or above coaches	
Falling off the trampoline/DMT onto a coach/spotter.	Y	Y	Coaches coach skills appropriate to the level of the gymnast and their qualifications. Additional mats are used where required and appropriate coaching. All spotters are trained on how to spot effectively, as well as participants taught how to fall correctly and safely.	3	4	M	Continuing to promote safe practice and use appropriate progressions for coaches. Continue to teach how to spot, once each semester.	Ongoing	All coaches	
Falling off the trampoline/DMT onto the floor	Y	Y	Coaches coach skills appropriate to the level of the gymnast and their qualifications. Additional mats are used where possible/required and appropriate coaching. All spotters are trained on how to spot effectively, to prevent this, as well as participants taught how to fall safely. There will always be additional floor matting surrounding the trampoline and thicker matting on the end of end decks where possible/required in-line with the British Gymnastics' matting policy. Coaches are train in how to catch participants.	3	5	M	Continuing to promote safe practice and use appropriate progressions for coaches. Continue to teach how to spot, once each semester. Coaches ensure adequate spotters per trampoline.	Ongoing	All coaches	
A spring breaking, creating a pull of the trampoline	Y		All trampolines and double mini trampoline are visually inspected when unfolding to ensure there are no obvious defects such as this. If it is noticed a spring is missing, or broken during a session, a new one is used to replace the old in a suitable place to avoid a pull. This is also analysed by looking at the red lines during training.	3	2	L	Continued monitoring. Ensure that replacement springs are regularly purchased and kept in cupboard storage with trampolines.	Ongoing	All coaches	

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Toes/fingers/limbs falling through the trampoline bed webbing	Y	Y	All trampoline webbing is checked during our annual safety check and any slippages of webbing seen by coaches prevent the trampoline from being used. We plan to replace our webbing before any issues are likely to arise. Participants remove all jewellery before jumping and socks required at training.	2	2	VL	Continued to monitor condition of trampoline beds	Ongoing	All coaches
A coach or appropriate person may miss throwing in a mat, creating unexpected rebound for the gymnast	Y		Mats are checked for safety during our annual safety check and any unsuitable are replaced/repared. Those who are pushing the mat in are given guidance by coaches, and any skills attempted should not be done without the appropriately qualified coach if the mat is deemed fully necessary.	3	3	M	Continue to ensure only appropriate people push in a mat and continually monitor the condition of them. New mats to be purchased prior to mats being deemed unfit for purpose.	Ongoing	All coaches
Trampolines may be dropped on feet, causing injury, when folding/unfolding.	Y	Y	Ensure only suitably trained people are doing this. Suitable shoes must be worn when doing this to protect feet and ensure a suitable grip on the floor. Every semester a set-up the trampoline video and demonstration are shown to help advise people to learn at their own pace and coaches will be supervising. Everyone is encouraged to not do this unless they are competent.	2	4	L	Continue to educate members.	Ongoing	All coaches
Water may create a slippery surface on the floor.	Y	Y	Water can only be drank away from the trampoline. The 2m perimeter around the trampoline must not contain water. Any spillages are mopped up immediately.	2	2	L	Continued monitoring.	Ongoing	All coaches

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Spotters may trip/fall by the sides of the trampoline, injuring themselves and preventing them spotting.		Y		The surrounding 2m perimeter around the trampoline must be kept clear of anything but the mats. This is ensured by the coaches and gymnasts.	2	2	L	Continued monitoring.	Ongoing	All coaches
Choking when on the trampoline.	Y			It is made clear in the safety policy that gymnasts must not eat/drink when on the trampoline.	1	5	L	This is included in our code of conduct which all members must sign when joining the club. Continued monitoring by coach responsible	Ongoing (ensure this is signed by all new members)	Secretary/ President All coaches
Jewellery catching in the webbing of the trampoline.	Y	Y		No jewellery is allowed during training, unless it cannot be removed. If it cannot be removed, it may be taped at the discretion of the coach.	3	3	M	This is included in our code of conduct which all members must sign when joining the club. Gymnasts are reminded before training to remove any jewellery before participating. Coaches ask	Ongoing (ensure this is signed by all new members)	Secretary/ President All coaches
Tripping on the frame pad when getting off the trampoline.	Y	Y		Coaches will encourage everyone to climb off the trampolines, and not allow anyone to jump off. Getting off the apparatus must be done slowly and calmly.	2	4	L	Continue to discourage jumping off trampolines and explain safety reasons.	Ongoing	All coaches
Hair getting in somebody's face when jumping, causing lack of sight and potential for injury.	Y	Y		Long hair must be tied up.	3	2	L	This is included in our code of conduct which all members must sign when joining the club.	Ongoing (ensure this is signed by all new members)	Secretary/ President/ all coaches
Gymnasts get hurt from attempting skills not advised by a coach and out of their ability.	Y	Y		It is made clear that you must only perform skills in your ability and if you are unsure you must speak to a coach.	3	5	M	This is included in our code of conduct which all members must sign when joining the club.	Ongoing (ensure this is signed by all new members)	Secretary/ President/ all coaches

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Landing on your arms e.g. when doing a front landing.	Y			Every member is taught how to fall, which involves getting their arms in and not landing on them and turning over to their back if possible. When learning the skill, a coach should be present to advise if this appears to be an issue when the mat is on the trampoline.	3	3	M	We will continue to promote training on how to fall.	Ongoing	All coaches
A gymnast or spotter may be cut by any sharp pieces of metal protruding the trampoline frame.	Y	Y		This is checked for in our annual safety check, however if anyone observes anything suspect, it will be looked at by a coach and appropriate action taken.	1	2	VL	Continue to monitor.	Ongoing	All members
Tripping on roller stands left on the floor.	Y	Y	Y	All roller stands are to be put in the cupboard when not in use as common practice. They must be placed face down, to ensure that you the insertion part does not hit anybody. This is ensured by all coaches/experienced members.	3	2	L	Continue to monitor.	Ongoing	All members
Overhead rig falling from ceiling.	Y	Y		The rig has a bi-annual safety check where this is checked. It is installed by trained professionals.	1	5	L	Continue to monitor.	Ongoing	President/Secretary All level 2 or above coaches
Gymnast falling out of the overhead rig belt.	Y			The coach in charge must check the belt is securely fastened when using the overhead spotting rig. Only coaches of the appropriate level are permitted to use the rig.	2	4	L	Continue to monitor.	Ongoing	All level 2 or above coaches

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The rig belt snapping.	Y			The rig belt is inspected as part of the bi-annual checks. Any rips/tears are inspected and the belt disposed off if deemed unsafe.	1	4	L	Continue to monitor.	Ongoing	All level 2 or above coaches	
The rig ropes snapping.	Y	Y		The rig rope is inspected as part of the bi-annual checks. Any rips/tears are inspected and the belt disposed off if deemed unsafe.	1	4	L	Continue to monitor.	Ongoing	All level 2 or above coaches	
The rigger being unable to catch the gymnast due to ropes not running freely in the pulleys	Y	Y		Prior to each gymnast getting into the rig, the coach must check if the rope is running smoothly in the pulleys. If not, this must be rectified or it will not be used.	2	4	L	Continue to monitor. Can ask secondary coach to check the ropes during rigging.	Ongoing	All level 2 or above coaches	
Gymnasts landing on their head when in the overhead rig.	Y			Anyone using the rig must be a minimum of a level 2 coach and have been appropriately trained in rigging the skill being performed. They must ensure they are capable of catching the weight/size of gymnast also	2	4	L	Continue to monitor.	Ongoing	All level 2 or above coaches	
Rope burn for the rigger.		Y		The rigger should have gloves available to use at their own discretion. If not using gloves, they must be confident in catching without them to not put their own, or the gymnasts safety at risk.	4	2	L	Continue to monitor. If it becomes consistent with one coach, look at the quality of the rope and also recommend gloves	Ongoing	All level 2 or above coaches	

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Reduced access to fire exits due to trampoline positioning.	Y	Y	Y	Trampolines are placed with adequate distance on all sides to easily reach fire exits in the external wall or in the foyer outside the hall in single file. Equipment and legs are kept clear of these walkways so as to not obstruct access for our participants or participants of activities in the other side of the hall.	1	5	M	Continue to monitor the arrangement of trampolines in the hall during set up to ensure access to both nearby fire exits.	Ongoing	All members
People with dwarfism wishes to participate, which could cause serious injury.	Y			Those wishing to join the club would be permitted to, though we could not let them bounce without a letter from a medical professional, coaches are adequately trained on disability coaching and training is adapted for the individual. This will be communicated to schools/programs we work with for community sessions prior to sign ups being released.	1	4	M	Ensure any person wishing to join has attended and provided medical approval for participation. This information would be kept on file. Ensure coaches continue to attend disability awareness courses to ensure all participants are catered for.	Ongoing	President/Secretary/All level 2 and above coaches
People with Down's syndrome who wishes to participate, which could cause serious injury.	Y			Participants who have Down's syndrome are only allowed to participate after professional medical screening to check for Atlanto-Axial instability in line with BG policy . The correct form must be filled out to enable participation. Information will be sought and disability awareness modules attended to ensure we can cater our coaching appropriately. This will be communicated to schools/programs we work with for community sessions prior to sign ups being released.	1	4	M	Ensure any person wishing to join has attended and provided medical screening to check for the presence of Atlanto-Axial instability. This form would be kept on file. Ensure coaches continue to attend disability awareness courses to ensure all participants are catered for.	Ongoing	President/Secretary/All Level 2 coaches and above

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Dropping the double mini trampoline on feet during set up/take down	Y	Y	Ensure only suitably trained people are doing this. Suitable shoes must be worn when doing this to protect feet and ensure a suitable grip on the floor. Every semester a demonstration is shown to help advise people to learn at their own pace and coaches will be supervising. Everyone is encouraged to not do this unless they are competent.	2	4	L	Continue to educate members.	Ongoing	President/Secretary/DMT Coaches
Poor landing on double mini landing zone.	Y		Extra matting used when learning new skills with potential for poor landings. Gymnasts taught good landing techniques to protect ankles, knees and backs, as well as how to fall safely. Coach holding a mat which can be thrown onto landing zone if skills go wrong.	3	5	M	Continue to educate on good landing/falling technique. Continue to have DMT coach supervising at all times.	Ongoing	President/Secretary/DMT Coaches
Ankle/knee injury from landing on side pad	Y		Coach always spotting with a mat to ensure gymnast is protected from landing directly on side pad. Gymnasts are taught good technique for staying in the middle of the DMT.	3	3	L	Continue to have DMT coach supervising at all times. Continue coaching good technique for avoiding travel.	Ongoing	DMT Coaches
Tripping in the run-up/mount phase of DMT	Y		Members advised to keep water bottles and phones away from run-up mat. Coach checks to ensure run-up area is clear. Gymnasts taught how to run-up and mount the DMT safely to avoid tripping on the bungee.	2	3	L	Continual dynamic risk assessment by coaches to ensure run-up area clear from hazards.	Ongoing	DMT Coaches

Urgency of action: (>20 Very High, (16-20 High), (9-15 Moderate), (4-8 Low), (1-3 Very Low)

Severity: 1. Damage 2. Minor injury 3. Lost time injury 4. Major injury/permanent disability 5. Fatality

Probability: 1. Very unlikely 2. Unlikely 3. Fairly likely 4. Likely 5. Very likely