

RISK ASSESSMENT

Risk Assessment No.	Date of Next Review
MYS 001	August 2023

I m p a c t	4	8	12	16
	3	6	9	12
	2	4	6	8
	1	2	3	4
	Likelihood			

Date of Assessment:	August 2022	Last review:	August 2021
Department:	Mystique Cheer and Dance		
Assessment By:	Fiona Tyacke		
Project Ref:	Gym training		
Address:	Unit 20, Sherdley Road Industrial Estate, Preston, PR5 5JF		

Risk Assessment Key

Impact	(Insignificant)	1	Minor Injury or discomfort
	(Minor)	2	Severe injury
	(Serious)	3	Major Injury or ill health
	(Death)	4	Death or severe disabling
Likelihood	(Rare)	1	May occur under exceptional circumstances
	(Unlikely)	2	Could occur at some time
	(Likely)	3	Should occur at some time
	(Highly Likely)	4	Is expected to occur in most instances
Risk Rating	1-4	Further control measures required. Incorporate into long term plans	
	5-10	Identified risks not acceptable, controls to be included in current plans	
	11-16	Immediate control measures required	

NATURE OF HAZARD	WHO IS AT RISK	EVALUATION			RECOMMENDED CONTROL MEASURES	REDUCED RISK		
		Imp	L	RR		Imp	L	RR
Tumbling – alone, in a group and with use of training aids	All athletes	4	1	4	All coaching staff have had adequate training and are BGU certified. Training aids and tumble drills are used where needed to help athletes achieve necessary techniques before appropriate progression. Tumbling in groups will be given appropriate space to avoid collisions. All athletes will take part in a full warm up to help prevent any muscle strains.	3	2	4
Stunting in a group and along side other groups	All athletes	4	1	3	All coaching staff have adequate training and are BGU certified. Athletes will not be pushed beyond their capabilities and will complete step wise progressions for all stunting technique. All athletes will take part in a full warm up prior to any stunting to help reduced any muscle strains	4	1	4
Dancing – alone and in a group	All athletes	2	2	1	All athletes will take part in a warm up to help prevent and muscle aches and strains. Adequate space will be given to all athletes to help avoid any collisions.	1	2	2

Organisation:Mystique Cheer and Dance.....

Signed:Fiona Tyacke.....

Date:01-08-2022.....