



Bidston Village CE Primary School
'Love Faith. Love People. Love Learning.'

Health and Safety Risk Assessment



Establishment: Bidston Village CE Primary School
Risk Assessment for: Gymnastics
Carried out by: O Jones and S Abraham
Date: Jan 23

Hazard	Risk H M L	Persons at Risk	Control Measures	Comments / Action	Residual Risk Rating H L M
Safe environment	M	Children and staff	<ul style="list-style-type: none"> • Check perimeter of learning area for unsafe immovable objects (walls, apparatus, heaters etc.) • Check perimeter for unsafe moveable objects (benches, apparatus, tables, chairs, shoes/coats) • Check learning area surfaces, ensuring it is clear of objects and children know how to move around the space safely. • All gymnastics should be ideally done indoors (e.g. hall). Ensure the space is large enough for this – classrooms should not be used. 	<ul style="list-style-type: none"> • Clearly indicate no go areas during lesson introduction, using markers if necessary. • Ensure area is properly tidied before lesson takes place. • Adjust area size for number in group 	L

			<ul style="list-style-type: none"> • Floor covering (gymnastics mats) should be used wherever possible. • All medical equipment (inhalers etc.) should be close-by. 	<ul style="list-style-type: none"> • Use spare kits for children who have not got appropriate clothing. 	
Equipment	H	Children and staff	<ul style="list-style-type: none"> • All equipment should be checked prior to use. • Any equipment which has been condemned (Red sticker/ Cross) should not be used. • Always check for the following: <ul style="list-style-type: none"> - Tables - check that all rubber stoppers are present and that legs are not bent. - Benches – check condition before use. Do hooks have rubber/ non-slip coating before hooking to any equipment. Are the feet all secure? Is middle section stable? - Mats – Check for tares. Do mats lay flay to the floor? If not, do not use. • Wall mounted climbing equipment: <ul style="list-style-type: none"> - School staff/ site manager to always be consulted before use. Many have now been condemned as unsafe, but sticker to show this may not be there. 	<ul style="list-style-type: none"> - Ensure that children are only moving around the hall when necessary to avoid tripping over mats. If children are moving around the hall, ensure that this is controlled. - All equipment to be checked prior to use. - Bare feet where possible to allow children to 'feel' the equipment. - Ensure use of equipment is clearly modelled. - Children should be aware that floor coverings (mats) do 	M

			<ul style="list-style-type: none"> - Many require training for how to be set up safely. A member of staff who has been trained should set this up for you if you do choose to use it. - Adequate floor covering (mats) should be placed whenever it is in use. Small groups at a time. - Clear modelling of how to use any equipment, including carrying and moving mats. • Where possible, children should not move equipment other than mats. • Children should be encouraged to only use equipment they are comfortable with using. 	not indicate unsafe activity is ok.	
Minor accidental injuries (slips, trips, falls, bumps)	M	Children and staff	<ul style="list-style-type: none"> • Remove potential hazards that may cause trips/slips/falls. • Check condition of mats (as above). They should lay flat to the floor. • Children to dress appropriately for indoor P.E. (trainers, pumps or bare feet) to reduce risk of falling • Bare feet wherever possible to allow children to 'feel' the equipment beneath them. • Shoes should be removed for all rolls, cartwheels, handstands. • Remove jewellery. • Cover earrings. 	<ul style="list-style-type: none"> • Clearly mark off potential hazards using cones/signs and make children aware. • Use spare kits for children who have not got appropriate clothing. • Adjust lesson accordingly for children not dressed correctly. 	L

			<ul style="list-style-type: none"> • Stud earrings can be worn but children will be advised to remove/ cover. • Hair tied up if it is long • Ensure children are not running around equipment – warmups should be tailored to suit the needs of the environment. • Gymnastics mats should be used whenever possible. Limit numbers of children using a mat as much as possible to prevent collisions. • If children are performing rolls or moving across the mat, only 1 child should be on the mat at a time. • Climbing on/off all equipment must be modelled to children. 	<ul style="list-style-type: none"> • Self treat with cold compresses or inform first aider to apply treatment if necessary. • Ensure first aider is nearby, and available if needed during lesson. • Ensure children are working to their own ability levels. Ensure adequate floor covering is placed around equipment and that it remains in place. 	
Minor sport related injuries	H	Children	<ul style="list-style-type: none"> • Explain techniques and skills clearly to ensure activities are completed correctly and safely. • Children to dress appropriately for indoor P.E. (trainers, pumps or bare feet) to reduce risk of falling • Ensure children are working to their own ability. They should not be attempting 	<ul style="list-style-type: none"> • Make sure that all equipment is in good condition and is being used correctly. • Adjust lesson accordingly for children not dressed correctly. 	L

			<p>skills which may cause injury if they cannot do it safely.</p> <ul style="list-style-type: none"> • Remove jewellery. • Cover earrings. • Stud earrings can be worn but children will be advised to remove/ cover. • Be conscious of children's wrists – if they are performing balances/rolls/ bearing weight on hands – correct technique should be modelled for this. 	<ul style="list-style-type: none"> • Self-treat with cold compresses or inform first aider to apply treatment if necessary. • Ensure first aider is nearby, and available if needed during lesson. • Use spare kits for children who have not got appropriate clothing. • Children should be aware that floor coverings (mats) do not indicate unsafe activity is ok. 	
Major accidental injuries (gashes, sprains, breaks, loss of consciousness, drowning)	H	Children and staff	<ul style="list-style-type: none"> • Remove potential hazards that may cause accidents. • All equipment to be thoroughly checked before use. • Children to dress appropriately for indoor P.E. 	<ul style="list-style-type: none"> • Phone ambulance immediately and stay with injured person. • Contact school if away from building and 	L

			<ul style="list-style-type: none"> • (trainers, pumps or bare feet) to reduce risk of falling • Remove jewellery. • Cover earrings. • Stud earrings can be worn but children will be advised to remove/ cover. • Hair tied up if it is long • Moving around the space should be safe and controlled. • Clear rules/ expectations around the use of equipment should be shared with the children – these must be adhered to. • Rules/ expectations also in place for children who are waiting to use/ near to equipment. • Safety mats should be placed appropriately around the equipment being used. Be vigilant as mats may move throughout the lesson. 	<p>ensure parents are contacted.</p> <ul style="list-style-type: none"> • Ensure first aider is nearby/available for the lesson • Use spare kits for children who have not got appropriate clothing. • Encourage children to be vigilant of any equipment which may have moved within the activity/ lesson • Children should be aware that floor coverings (mats) do not indicate unsafe activity is ok. 	
Major sport related injuries	H	Children	<ul style="list-style-type: none"> • Explain techniques and skills clearly to ensure activities are completed correctly and safely. 	<ul style="list-style-type: none"> • Phone ambulance immediately and stay with injured person. 	L

			<ul style="list-style-type: none"> • Children to dress appropriately for indoor P.E. (trainers, pumps or bare feet) to reduce risk of falling • Bare feet is preferable for gymnastics if possible, to allow children to feel where the equipment is beneath them. • Remove jewellery. • Cover earrings. • Stud earrings can be worn but children will be advised to remove/ cover. • Ensure that skills are modelled to children before they attempt. • Ensure that children are only performing skills which have been modelled to them so they are using correct technique. • Movements which involve a child being upside down (handstands/ headstands etc.) should not be held for prolonged periods. • Children should not push/ pull a partner at any point (e.g. Pushing to “help” them 	<ul style="list-style-type: none"> • Contact school if away from building and ensure parents are contacted. • Ensure first aider is nearby/available for the lesson • Use spare kits for children who have not got appropriate clothing. • Differentiation should be planned to ensure all children are accessing suitable activities. 	
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			do a forward roll). Children should perform all moves independently where possible. If children need support, an adult should provide this, or use equipment to support children. (E.g., wedge to support rolls.)		
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Signed: O Jones & S Abraham	Copies passed to: risk assessment file
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