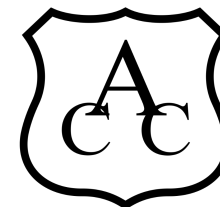


## Risk Assessment – Gym Usage



Date of risk assessment completion	12/01/2026
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Assessor's name	Wendy Dodson	Date of next review	28/02/2027
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Description of risk assessment	Gym usage
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Location / environment details	Gym upstairs at Addlestone Canoe Club
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What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks, and who is responsible for this?	Risk level (L/M/H)	Are further controls necessary?
Slips, trips and falls	Gym Users: <ul style="list-style-type: none"> <li>Strains, sprains &amp; breaks</li> </ul>	Gym Users to ensure that the gym is free of clutter at the beginning, during, and at the end of the session. Gym Users to ensure that training bags and additional kit are not brought into the gym. Gym Users to ensure that all training and weights equipment is stowed away from the training area and entrance to stairs when not in use. Gym Users to ensure that unused equipment is not left in the lifting or circuit areas. Gym Users to avoid stepping over bars. Gym Users to ensure that no food is taken into the gym, that any drinks are kept in sealed water bottles, and that any liquid spillages are cleared immediately.	L	No

Injury	<p>Gym Users:</p> <ul style="list-style-type: none"> <li>• Muscle fatigue</li> <li>• Cramp</li> <li>• Sore / stiff joints</li> <li>• Pulled muscles, ligaments and tendons</li> <li>• Dizziness or exhaustion</li> <li>• Strains, sprains &amp; breaks</li> </ul>	<p>No-one to use the gym unless: a) there is a coach present; or b) they have been given appropriate training and permission by a coach.</p> <p>Coaches to ensure that Gym Users have training in:</p> <ul style="list-style-type: none"> <li>• how to use equipment correctly;</li> <li>• how to lift and lower weights correctly;</li> <li>• when spotters need to be used for a bench press;</li> <li>• selection of appropriate weights within their capabilities; and</li> <li>• ability to judge their capability and the importance of regular rests.</li> </ul> <p>Bench press spotters to ensure that they are capable of supporting Gym Users.</p> <p>Gym Users to ensure that they participate in warm up and stretching before sessions begin.</p> <p>Gym Users to ensure that jewellery is removed, and that appropriate footwear and clothing is worn.</p> <p>Club Safety Officer to ensure that there is a first aid kit located in the club building (located in the entrance hall of the club building, next to the door to the Reeves Room).</p>	M	No
Dehydration	<p>Gym Users:</p> <ul style="list-style-type: none"> <li>• Dehydration</li> </ul>	<p>Gym Users to bring a filled water bottle to the session, drink it regularly, and rehydrate after the session – these can be refilled from the tap in the kitchen downstairs in the club building.</p>	L	No
Collisions with other persons in the gym area	<p>Gym Users:</p> <ul style="list-style-type: none"> <li>• Strains, sprains &amp; breaks</li> </ul>	<p>For coached sessions, Coaches to ensure that the gym is not overcrowded depending on the session type.</p> <p>For non-coached sessions, Gym Users to ensure that there are no more than 6 people in the gym.</p> <p>Gym Users to ensure that there are no spectators in the gym area.</p> <p>Gym Users to maintain awareness of the locations of other Gym Users and give appropriate space.</p>	L	No
Participants with existing medical conditions	<p>Gym Users:</p> <ul style="list-style-type: none"> <li>• Injury or ill health</li> </ul>	<p>Gym Users to have completed membership form including medical information.</p> <p>Coaches to have discussed any existing medical conditions with Gym Users before allowing usage of the gym.</p>		No

Faulty equipment	Gym Users: <ul style="list-style-type: none"> <li>• Strains, sprains &amp; breaks</li> </ul>	Coaches to regularly check equipment and ensure that machines are cleaned and serviced regularly. Gym Users to ensure that any issues with equipment are reported via TeamApp immediately.	L	No
Unauthorised usage of facility	Gym Users: <ul style="list-style-type: none"> <li>• Strains, sprains &amp; breaks</li> </ul>	All Club Members to ensure that barrier tape is placed across the bottom of the stairs when the gym is not in use. All Club Members to be made aware in the gym rules that no non-members or untrained members are allowed to use the gym without the direct supervision of a Coach. All Gym Users to ensure that they have filled in the Gym Usage Waiver form (which includes the gym rules) and had a training session before using the gym. Club Users to ensure that no young people or vulnerable adults are left unsupervised in the club building.	L	No
Risk of infection	Gym Users: <ul style="list-style-type: none"> <li>• Illness</li> </ul>	Gym Users to ensure that they do not enter the gym if they are feeling ill. Gym Users to ensure that the doors to the balcony and windows / skylights are opened when possible during exercise. Gym Users to take their own sweat towels to assist with hygiene.	M	No
Fire	Gym Users: <ul style="list-style-type: none"> <li>• Burns or trips</li> </ul>	Gym Users to ensure that all exits are kept clear of obstructions at all times. Gym Users to ensure that they are aware of ACC Fire Policy and Risk Assessment.	L	No
Damage to gym floors / walls	Gym Users: <ul style="list-style-type: none"> <li>• Damage</li> </ul>	Gym Users to ensure that heavy weights are used with appropriate matting in the assigned area. Gym Users to ensure that weights are lifted and lowered correctly. Gym Users to ensure that they report any damage to a coach or committee member immediately.	L	No
Accidents and injury due to use of weights	Gym Users: <ul style="list-style-type: none"> <li>• Strains, sprains &amp; breaks</li> </ul>	Gym Users to not use heavy weights when in the gym on their own.	M	No

Accidents and injury due to moving heavy equipment	Equipment movers: <ul style="list-style-type: none"> <li>• Strains, sprains &amp; breaks</li> </ul>	Equipment movers to ensure that when moving heavy equipment enough people are involved to comfortably lift the load, with a minimum of 2 people. Equipment movers to ensure that the path of transit of the equipment is clear of obstructions and trip hazards before starting to move. Equipment movers to identify interim resting points if needed.	L	No
Water ingress or burglary		Gym Users to ensure that the windows and doors to the balcony are closed and locked at the end of the session.	L	No

Notes: