



GYMNASTICS RISK ASSESSMENT

Next Review Date: 29 September 2027

Last Reviewed: 29 September 2026

Description	What is the Risk	Who is at Risk	Associated Hazard	Control Measures	Comments/Actions	Risk Rating (L/M/H) Likelihood Rating (1/2/3) 1 = Not very likely 2= Medium Likelihood 3 = Very Likely	Managed by	In place (Y/N)
Qualification of staff	Improper or no training given	ASM Staff/ Participants	Injury to Participants	All Supervised Gymnastic Coached Sessions – Coaches must have achieved a minimum NGB level 2 qualification or above, or sports specific degree (Level 4 qualification) or be working towards. All staff will have gone through ASM Sports safer recruitment process and have Enhanced	Extra training to be given to those that require it. Advisable that newer staff spend an amount of time shadowing senior staff members	M/1	ASM Sports Health and Safety leader/Staff/ Managing Director who will also liaise with the school	Y

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				DBS Status as required to work in schools. All staff will have gone through ASM Sports specific gymnastics CPD training which will also include all the risks mentioned below.				
Clothing and personal effects	Not following Guidance	ASM Staff/ Participants	Injury to Participants	SEE afPE Safe Practice in Physical Education, School Sport and Physical Activity (2024 edition/current online guidance) PAGE 189 Pupils should change out of their normal school clothes and into clothing that allows free unrestricted movement without being loose. Extra clothing may be worn during warm up. Pupils may either wear gymnastics slippers or be in bare feet. Footwear may be considered appropriate for activities that involve high-momentum landings or rope climbing. When worn it should be flexible and close fitting with soles that provide good attraction and feel for the apparatus. Trainers with thick and inflexible soles should	If a child participates wearing or does any of the aforementioned the This is a safety requirement; staff must not permit unsafe participation and the activity must be adapted or stopped where necessary. The previous guidance has been taken from AFPE Safe Practice in Physical Education, School Sport and Physical Activity - 2024 Photo Competition -	H/3	ASM Sports Health and Safety leader/Staff/ Managing Director who will also liaise with the school	Y



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				not be worn. Pupils must never work in socks, grip sock or stockinged feet as the risk of slipping in this is unacceptable. Before gymnastic sessions start long hair should be tied back and all personal effects – jewellery, watches etc - should be removed. If personal effects cannot be removed, or the person relies on them (e.g. spectacle, hearing aid) the situation should be made safe.	Association for Physical Education			
Clothing and personal effects	Not following Guidance	Participants	Injury to Participants	The Association for PE strongly recommends the practice of removing all personal effects at the commencement of every lesson to establish a safe working environment. This applies to all ear and body piercings, including retainer and expander earrings. Schools have a duty of care to ensure students can participate actively without unnecessarily endangering themselves or those working around them.	If a child participates wearing or does any of the aforementioned the This is a safety requirement; staff must not permit unsafe participation and the activity must be adapted or stopped where necessary. The previous guidance has been taken from AFPE	H/3	ASM Sports Health and Safety leader/Staff/ Managing Director who will also liaise with the school	Y



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				Many schools simplify the situation by having a no jewellery policy across the school. This means that active lunchtimes and extra – curricular activities are not a problem as there is no jewellery present.	JEWELLERY_October_2024_HS_Ne.pdf			
After School Club/Class numbers	Too many participants	ASM Staff/ Participants	To larger numbers can create issues with equipment usage and supervision Class sizes must not exceed 30 (Advisable 24 for ASC's)	During all sessions a staff member must always be present – ASM Coaches to utilise school staff to support with any issues leading to safeguarding/injury/first aid/behaviour management	Important that school staff support the previously mentioned issues.	L/1	ASM Sports Health and Safety leader/Staff/ Managing Director who will also liaise with the school	Y
Participants are not medically fit or have pre-existing injuries	Legal liability & Unknown Medical conditions	ASM Staff/ Participants	Preinjury could be made worse or if there is a serve medical condition then it could cause huge issues	Ensure participants are eligible to participate – age, ability etc relevant to the session. Ensure participants are medically fit to participate, enquire in sensitive and confidential manner. Only recognised Coaching methods used	Important that school staff support the previously mentioned issues, coach must be made aware of this.	L/2	ASM Sports Health and Safety leader/Staff/ Managing Director who will also liaise with the school	Y



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				Ensure adequate Warmups and Cool Down's are done. All participants Wearing Suitable Clothing and only approved gymnastics footwear/shoes are used otherwise participants must be bare foot Access to Qualified First Aider, First Aid Kit and telephone				
Manual Handling	Injury due to unsafe lifting techniques	ASM Staff/ Participants	Slips, Trips, or falls with equipment	Appropriate instructions are given on how to lift or move specialist items of equipment. Ensure enough staff are available to move heavy objects as require. Correct instruction and supervision given to the children of safe lifting techniques.	Ensure that staff have received appropriate instruction on manual handling	L/1	ASM Sports Health and Safety leader/Staff/ Managing Director who will also liaise with the school	Y
Condition and access of gymnastics area/hall. i.e. Slippery, wet, uneven flooring etc...	Injury due to Slips, Trips, Falls and Obstruction of access	ASM Staff/ Participants	Slips, Trips, Falls and obstruction of access	Inspection of the floor surface to ensure it is safe for the session to take place Access to Qualified First Aider, First Aid Kit and Telephone	Ensure that staff have received appropriate training on manual handling, Health, and Safety and First aid.	L/2	ASM Sports Health and Safety leader/Staff/ Managing Director who will also liaise with the school	Y

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				Discuss with school what access is available, e.g. Wheelchair/disability access				
Any obstructions i.e. Benches, Chairs, Equipment, Bags surrounding the Hall/gymnastics area	Injury due to Slips, Trips, Falls	ASM Staff/ Participants	Slips, Trips, Falls and	Removal of any items and ensure there is a safe distance from around the sides of the delivery area. Access to Qualified First Aider, First Aid Kit, and telephone.	Discuss with the school if required to, about any unsafe area due to cluttering. Ensure all unused equipment is safely secured away.	L/2	ASM Sports Health and Safety leader/Staff/ Managing Director who will also liaise with the school	Y
Child protection/Safeguarding	Protection of Vulnerable participants as required under child welfare and safety	ASM Staff/ Participants	Disclosure of any related welfare or safeguarding issue	Upon dismissal ensure all children go with the appropriate person on collection. Ensure you are aware of any child safety issues specific to the class or the ASC. Ensure that participants are toileted before the session so they don't require to leave the Hall area.	ASM Sports Health and Safety leader/Staff/ Managing Director to make appropriate enquiries with the school to be aware of prementioned issues	L/1	ASM Sports Health and Safety leader/Staff/ Managing Director who will also liaise with the school	Y
Equipment and apparatus	Injury due to Slips, Trips, Falls	ASM Staff/ Participants	Injury due to Slips, Trips, Falls (specifically on dismounting and carrying the equipment around).	Ensure adequate matting is in place and secured where necessary (used for mounting and dismounting apparatus above knee height) and has had an annual safety audit.	ASM Sports Health and Safety leader/Staff/ Managing Director to make appropriate enquiries with the	M/2	ASM Sports Health and Safety leader/Staff/ Managing Director who will also liaise	Y

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				Ensure all benches, beams, horizontal floor bars and any other floor-based apparatus is fit for purpose and has had an annual safety audit. Ensure all Large fixed apparatus is fit for purpose and has had an annual safety audit. NB. All apparatus is to be used no more than 1 person per piece of equipment at any given time and there must be constant supervision. However, if the skill level of the participants dictates small group work can take place but this must be managed by the coach at the discretion of them. Safe lifting techniques and manual Handling must be used at all times.	school to consider their policy on this.		with the school	
Fire Evacuation procedures	Injury/death by heat/ smoke or panic	ASM Staff/ Participants	Injury or worse relating to poor fire procedures	Follow the schools Fire evacuation procedures in place on site and ensure all participants are fully briefed on fire evacuation processes.	ASM Staff to familiarise themselves with evacuation procedures and	H/1	ASM Sports Health and Safety leader/Staff/ Managing	Y

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					exits, and brief group if necessary		Director who will also liaise with the school	
This is ASM Sports generic gymnastics risk assessment identifies the common hazards and control measures associated with this type of activity. It is prevalent that ASM Sports Health and Safety leader/Staff/ or Managing Director will also liaise with the school to discuss any associated site-specific risks to ensure that all hazards and risks are managed.								
Safeguarding and child protection	Safeguarding concern, abuse, neglect, child-on-child abuse, harassment or inappropriate staff conduct	ASM staff/participants	Safeguarding concern, abuse, neglect, child-on-child abuse, harassment or inappropriate staff conduct	All ASM staff/volunteers/contractors working with children must follow ASM and the host school's safeguarding arrangements and know how to contact the DSL/deputy. Concerns must be reported without delay, including low-level concerns and concerns about staff/contractors. Staff must maintain professional boundaries, appropriate supervision and safe collection arrangements. Child-on-child abuse, discriminatory/derogatory behaviour, sexual harassment/violence and serious violence are safeguarding matters and must be acted upon in line with the safeguarding procedure.	2026 update	M/1	ASM Sports Health and Safety Leader / Managing Director / Lead Coach in liaison with host school	Y

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Staff competence, safer recruitment and DBS	Inappropriate or insufficiently competent person working with children	ASM Staff/Volunteers/Contractors	Inappropriate or insufficiently competent person working with children	Staff must be appropriately trained, competent and briefed for the activity and age group. DBS eligibility/check requirements must be determined before deployment in accordance with current KCSIE 2026/DBS rules and the school's/ASM safer recruitment arrangements. Staff must complete required safeguarding and activity-specific training and understand their responsibilities. Where a role is regulated activity, required checks must be completed before the person starts that regulated work.	2026 update	M/1	ASM Sports Health and Safety Leader / Managing Director / Lead Coach in liaison with host school	Y
Medical needs, allergies, medication and SEND	Medical emergency, deterioration of condition, allergic reaction, exclusion or unsafe participation	ASM Staff/Participants	Medical emergency, deterioration of condition, allergic reaction, exclusion or unsafe participation	Obtain and use relevant medical, allergy, dietary, medication and SEND information through the school's/ASM agreed secure process. Follow individual healthcare plans and emergency medication arrangements. Staff must know how to respond to asthma, anaphylaxis, diabetes, epilepsy and other disclosed conditions relevant to the activity. Make reasonable adjustments and adapt	2026 update	H/1	ASM Sports Health and Safety Leader / Managing Director / Lead Coach in liaison with host school	Y



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				equipment, space, instructions, intensity or participation where reasonably practicable; do not impose blanket restrictions solely because a child has SEND or a disability. Carry out an individual dynamic risk assessment where needs create activity-specific risks.				
First aid, emergency response and incident reporting	Injury, illness, delayed emergency response or failure to learn from an incident	ASM Staff/Participants/Visitors	Injury, illness, delayed emergency response or failure to learn from an incident	A suitable first-aid needs assessment must be in place for the setting/activity, including consideration of children and other non-employees. A suitably trained first aider/appointed person and appropriate first-aid equipment must be available as determined by the assessment. Staff must know the emergency address/location, access route, telephone arrangements and evacuation procedure. Record accidents, near misses and safeguarding incidents through the appropriate ASM/school system; assess every incident for RIDDOR reporting and notify the school/parent/carer as required by the relevant procedure.	2026 update	H/1	ASM Sports Health and Safety Leader / Managing Director / Lead Coach in liaison with host school	Y



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Information security, photography and media	Data breach, inappropriate image use or disclosure of personal/safeguarding information	ASM Staff/Participants	Data breach, inappropriate image use or disclosure of personal/safeguarding information	Use only approved ASM/school systems and devices for personal information and images. Collect and share the minimum information necessary. Check the applicable photography/media permissions and restrictions before taking or publishing images; do not use personal devices unless specifically authorised. Safeguarding information must be shared promptly where necessary to protect a child, while records remain secure and access is limited to those who need it. Follow ASM privacy/data-protection procedures and the host school's requirements.	2026 update	M/1	ASM Sports Health and Safety Leader / Managing Director / Lead Coach in liaison with host school	Y
Gymnastics apparatus, matting and supervision	Falls, apparatus movement, unsafe progression or collision	ASM Staff/Participants	Falls, apparatus movement, unsafe progression or collision	Use only suitable, maintained apparatus and adequate landing/protective matting. Apparatus must be checked before use and set up/secured correctly. Coach must assess skill, height, maturity, physical readiness and confidence before progression. Maintain direct supervision and appropriate spacing; higher-risk skills require closer supervision	2026 update	H/1	ASM Sports Health and Safety Leader / Managing Director / Lead Coach in liaison with host school	Y



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				and suitable competency. Stop use immediately if equipment or matting is defective.				
Gymnastics clothing and personal effects	Jewellery, hair, clothing or personal effects causing injury	ASM Staff/Partici pants	Jewellery, hair, clothing or personal effects causing injury	Follow current afPE Safe Practice guidance: clothing must permit unrestricted movement; hair should be secured; jewellery, watches and removable personal effects should be removed. Where an item cannot reasonably be removed, the activity must be adapted or the item made safe in accordance with the school's/ASM procedure. Do not transfer responsibility to the child or school through a 'liability' disclaimer.	2026 update	H/1	ASM Sports Health and Safety Leader / Managing Director / Lead Coach in liaison with host school	Y

2026 Review/Update completed by: N Marren Date: 29-09-26

2026 independent/management spot check: Pending

2026 compliance basis: Health and Safety at Work etc. Act 1974; Management of Health and Safety at Work Regulations 1999; RIDDOR 2013; Health and Safety (First-Aid) Regulations 1981; PUWER 1998 where work equipment applies; Manual Handling Operations Regulations 1992 where applicable; PPE at Work Regulations 1992 (as amended) where applicable; Equality Act 2010 and reasonable-adjustment duties; Children Act 1989/section 175 Education Act 2002 and KCSIE 2026 where applicable; Working Together to Safeguard Children 2026; Data Protection Act 2018, UK GDPR and Data (Use and Access) Act 2025; and afPE Safe Practice in Physical Education, School Sport and Physical Activity (2024 edition/current online guidance). Local school/site safeguarding, emergency, medical, fire and premises procedures also apply. This generic assessment must be supplemented by a site-specific dynamic risk assessment before delivery.

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