

Risk Assessment Hazard Checklist – Outdoor Sport / Fitness Activities

Club/Business Name	Berrylands Boot Camp_____
Assessed By (Name)	Rachel Gorman_____
Location of Assessment:	Green Lane Recreation Ground and Elmbridge Meadows Open Space_____

Assessment Date	__1st November 2025_____
Checked By (name)	__Neil Aitken_____
Brief description of intended activity at this location:	__Fitness boot camp_____

1	ENVIRONMENTAL HAZARDS	Y / N
1.1	Temperature – heat / cold	Y
1.2	Insufficient or unsuitable space	N
1.3	Untidiness – causing trip / fire hazard	Y
1.4	Stairs – dark / steep / no handrail	N
1.5	Slip / trip / fall / hazards	Y
1.6	Inhalation of dust e.g. building sites etc.	N
1.7	Poor surfaces for activities – slips / trips / impact	Y
1.8	Dark mornings and evenings in Autumn & Winter	Y

2	FITNESS ACTIVITY HAZARDS	Y / N
2.1	Uneven activity surface, irrigation holes.	Y
2.2	Activity surface too hard or soft	Y
2.3	Hard or sharp objects on surface	N
2.4	Sliding on Astroturf or tarmac	N
2.5	Collisions / Conflict with surrounding objects or people	Y
2.6	Impact from sports equipment	Y
2.7	Personal injury – fracture / sprains / cuts	Y

3	PEOPLE & ORGANISATIONAL HAZARDS	Y / N
3.1	Lack of information, training or correct instruction	Y
3.2	Poor activity planning, preparation, delivery or organisation	Y
3.3	Poor activity delivery or organisation / set up	Y
3.4	Unsafe behaviour or attitude	Y
3.5	Lack of appropriate first aid equipment and experience	Y
3.6	Medical conditions of participants	Y
3.7	Low level of physical fitness / strength	Y
3.8	Differing skill levels within group	Y

4	EQUIPMENT AND OTHER HAZARDS	Y / N
4.1	Cash handling	N
4.2	Transport to and from your activity	N
4.3	Noise from equipment	Y
4.4	Heavy equipment	Y
4.5	Equipment in unsuitable condition	Y
4.6	Environmental conditions unsuitable for equipment	Y
4.7	Biting Insects	Y
4.8	Off-lead dogs	Y

Risk Assessment – Fitness / Sport Activities

Club/Business Name	Berrylands Boot Camp _____	Number of persons involved	Up to 20 _____
Type of Activity	Fitness Boot Camp _____	Frequency of Activity	8 times a week _____

Assessed By (name)	Rachel Gorman _____	Date	1st November 2025 _____
Checked By (name)	Neil Aitken _____	Date	1st November 2025 _____

Ref.	Potential Effect or Risk	Existing Controls in Place	Score Low/Medium/High Risk	Further Controls Required?	OFFICE USE Who By	OFFICE USE Target date
1.1 1.7	If not dressed appropriately participants could suffer from the effects of being too cold or overheating. If appropriate footwear isn't worn, then there is a risk of slips or trips on muddy or slippery surfaces	Participants will be advised what they should wear and should bring a water bottle with them. If not dressed correctly then they will not participate. In very adverse weather session may be cancelled and/or modified to take into account conditions	Low	No	Session Trainer	Ongoing
1.3 1.5 1.7	If equipment not in use isn't tidied away from area where participants are training, then potential for slips & trips. Equipment itself if not used properly could present a slip/trip hazard as could any uneven ground	Sessions are designed with clearly marked stations associated with each piece of equipment and any additional equipment will be stored neatly away from main training area. When setting up circuits, session trainer will assess suitability of area through a thorough sweep of the area 3 times through and avoid areas with potential hazards. Full instruction given on each piece of equipment /exercise Sign up form includes a written informed consent statement clearly setting out that we train in a natural environment with natural unevenness & condition of ground underfoot. Participants responsibility to be mindful and pay attention and flag any potential hazards they may spot during the session immediately so the area can be made safe	Low	Verbal reminder at each session about the natural environment, being careful, mindful and paying attention and to flag any potential hazards noted in session immediately so area can be made safe	Session Trainer	Every session

		Reminder to existing participants that informed consent is readily available to view at https://www.linktr.ee/coachrachelg as is the latest risk assessment each year				
1.8	If area not lit well then risk of slips, trips or falls or inability for coach to demonstrate or supervise correctly	We move to Elmbridge Meadows Open Space when we lose natural light which is lit by streetlights on one side and I use multiple, powerful floodlights to illuminate the area and participants are encouraged to wear hi-visibility clothing and use a wearable light. Exercise area is kept to a minimum but still be functional and exercise selection is considered carefully - very minimal if any running / travelling based exercises,, no use of steps and regular reminders to move around the area carefully. Brightly coloured cones are used to mark stations where equipment is being used.	Low	Ongoing reminder to wear hi-vis clothing and a wearable light wherever possible	Session Trainer	Every Autumn & Winter Session
2.1 2.2 2.5 2.6 2.7	Potential for injury due to natural unevenness or changes in underfoot conditions e.g.mud in the natural environment of public open space. Potential of injury from impact caused by collision with another participant, member of the public or equipment. Personal injuries can occur without contact – muscle strains or accidental falls may occur; injury can be worsened by failure to receive treatment.	Areas are assessed by session trainer prior to set up (three times a thorough sweep) to avoid any obvious surfaces that are very uneven e.g. holes or divots or areas with mud that poses a slipping hazard or if it is not possible to completely eliminate from area these will be marked with a brightly coloured cone so easily avoided. Participants reminded to be mindful of underfoot conditions as we are on natural ground and alternative exercises used if underfoot conditions are too slippery to safely perform planned exercises Sign up form includes a written informed consent statement clearly setting out that we train in a natural environment with natural unevenness & condition of ground underfoot. Participants responsibility to be mindful and pay attention and flag any potential hazards they may spot during the session immediately so the area can be made safe	Low	As above ongoing verbal reminder of the nature of the environment and conditions we exercise in and responsibility of individuals during the session. Ongoing education at each session on injury reduction measures participants can employ within the sessions e.g. ensuring they arrive in a timely fashion to ensure thorough warm up and are attentive during demonstrations plus things they can do outside of the sessions to ensure they have good mobility and robustness.	Session Trainer	Every session

		<p>Reminder to existing participants that informed consent is readily available to view at https://www.linktr.ee/coachrachelg as is the latest risk assessment each year</p> <p>Participants will be made aware of others in the vicinity prior to session and cautioned of the potential hazard. Session to take place in a self-contained area and clearly marked, avoiding obvious thoroughfares used by the public.</p> <p>Sufficient warm up before and cool down after activity. Any person injured must be taken off activity and given appropriate First Aid. First Aid kit available at all sessions.</p>				
3.1 3.2 3.3 3.5	<p>Activities may be unsafe / unsuitable if not properly planned and prepared and proper instruction given. If participants don't have the right attitude and are willing to follow these instructions could be unsafe for them and others around them</p>	<p>Each session will be thoroughly prepared with plenty of options to ensure that it is suitable for a wide range of participants. It will be delivered in a methodical and clear way with full instructions and additional support and correction where needed. If it is deemed that a participant is not following instructions and has an unsafe attitude the participant will be asked to leave the session</p>	Low	No	Session Trainer	Every session
3.5 3.6 3.7 3.8	<p>Participants may attempt to exercise beyond their limits of strength, capability, experience, current fitness levels or it when not advised due to a medical condition. This could be exacerbated by not having relevant First Aid experience or kit on site</p>	<p>Session Trainer has received First Aid training and a full First Aid kit will be at each session. Each participant is required to fill out a PAR-Q before attending the Boot Camp to state that they are fit to take part and if not, they are advised to seek advice from their doctor first. Options are provided for every exercise so that participants can work to their own ability and at each session I remind them that it is their responsibility to do so. If I witness someone working beyond their skill or strength level, I will advise them to regress the exercise. Each session will be fully coached.</p>	Low	Ongoing participant education about the importance of working to your own level and progressing from there	Session Trainer	Every Session

