



RAIEBURN CALISTHENICS INC

Risk Assessment Policy

Raieburn Calisthenics Inc (the Club) understands the need to have an event risk management plan in place. This policy is designed to identify, evaluate the likelihood, plan and deal with potential risks in conducting a calisthenics class.

The main areas of risk include that of risk to students, coaches, and volunteers.

Committee and coaches should do a risk assessment, considering every aspect of a calisthenics lesson.

If an identified risk or hazard cannot be eliminated or removed:

- substitute a less hazardous activity/object/substance
- minimise the hazard through re-design
- rearrange the activity/training to reduce exposure/risk
- use personal protective equipment/clothing (e.g. wrist strap, ankle strap).

A coach should know which exercises or movements are safe to teach and which are potentially harmful, particularly if a student is suffering from an injury, a health issue or is at particularly vulnerable stage of physical or psychological development. It is good practice for coaches to ask their students if there are any injuries, they should be aware of before a class commences.

Coaches need to be aware of a range of potential risk factors:

- Has there been adequate warming up time?
- Has the student had enough training to undertake a particular movement?
- Is this exercise or movement potentially harmful?
- How many times has the student executed the movement?
- Have there been adequate rest/drink breaks?
- Is the environment safe/suitable?

If you are working in a potentially dangerous place (e.g. outside or in an unfamiliar environment) and you are concerned, you should ask if a risk assessment has been undertaken. If the company or organisation refuses to do one, or to voluntarily disclose the results, you should contact your committee or representative before proceeding.



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Risk Analysis Matrix

CONSEQUENCES:

Minor: First aid treatment, on-site release, immediately contained, medium financial loss

Moderate: Medical treatment required, on-site release contained with outside assistance, high financial loss

Major: Extensive injuries, loss of production capability, off-site release with no detrimental effects, major financial loss

LIKELIHOOD:

Almost certain Is expected to occur in most circumstances

Likely: Might occur at some time

Possible: Could occur at some time

Unlikely: May occur only in exceptional circumstances

Consequence Rating:

1 = minor

2 = moderate

3 = major

Likelihood Rating:

A = likely

B = possible

C = unlikely

Risk Priority:

1 = High

2 = Medium

3 = Low

The following table indicates a method of analysing risk, taking into consideration the likelihood of the risk occurring and the consequence the risk would have:

Likelihood	Consequence		
	Minor 1	Moderate 2	Major 3
A (likely)	M	H	E
B (possible)	L	H	E
C (unlikely)	L	M	H

LEVEL OF RISK LEGEND:

E: extreme risk; avoidance and/or immediate action required

H: high risk; avoidance and/or management level of risk

M: moderate risk; management, insurance

L: low risk; acceptance or manage by routine procedure



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Risk Register

To be used in conjunction with the Risk Analysis Matrix

Date of risk review.....

Compiled by..... Date.....

Function/activity.....

Reviewed by..... Date.....

The risk: What can happen and how it can happen	The consequences of an event happening		Existing controls in place	Consequence rating	Likelihood rating	Level of risk	Risk priority
	Consequences	Likelihood					
Eg. Tripped over a rod left on the floor resulting in a sprained ankle	Minor	Likely	Yes	1	B	L (low)	2
Eg. Falls during a lift which results in an injury needing an ambulance	Moderate	Likely	Yes	2	B	L (low)	2



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Risk Action Plan

To be used in conjunction with the Risk Analysis Matrix

Date of risk review.....

Compiled by..... Date.....

Function/activity.....

Reviewed by..... Date.....

Risk (from Risk Register)	Actions to treat risk	Person responsible	Timetable for implementation	Monitoring of risk