



Risk Assessment: Circuit Training Session

Date:	Assessed by:	Location :	Review :
March 2025	Tom Greaves/Julian Field	Victoria Park, Warrington	March 2026

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom
Injury to participating athlete through body weight exercises	Athletes	<ul style="list-style-type: none">Active engagement by coaches leading the session, who are committed to closely watching the athletes and ensuring that the correct and safe technique is being followed by each athlete at each exercise station.Providing a visual demonstration and vocal description of the correct technique to be followed at each exercise station prior to the beginning of each session.Communicating to the athletes the risks to themselves and others of the application of improper technique.	L	<ul style="list-style-type: none">Coaches to actively monitor athlete technique throughout.	L	Coach(es)
Injury to participating athlete through weight-bearing exercises	Athletes	<ul style="list-style-type: none">Active engagement by coaches leading the session, who are committed to closely watching and offering extra guidance to the athletes completing these higher-level exercises.Ensuring that the athletes participating in these exercises are only those that are ascertained to be old enough and of sufficient physical capability to engage in the safe participation of weight training.	M	<ul style="list-style-type: none">Providing a visual demonstration and vocal description of the correct technique to be followed at each exercise station prior to the beginning of each session.Communicating to the applicable athletes the risks to themselves and	L	Coach(es)

				others of the application of improper technique		
Injury to non-participating athletes via use of weights unsupervised	Athletes Coaches Other facility users	<ul style="list-style-type: none"> Equipment is appropriately stored and controlled outside of the supervised training session. 	L		L	Coach(es)
Injury to athlete through faulty equipment	Athletes	<ul style="list-style-type: none"> All equipment used to be set up and checked by supervising coaches to ensure it is functional and fit for purpose. 	L		L	Coach(es)
Injury to athlete through inappropriate technique	Athletes	<ul style="list-style-type: none"> Coaches are only to undertake exercises and activity which is within their coaching knowledge and competence. Coaches to provide explanation and demonstration of exercises where appropriate. Coach to athlete ratios to be appropriate given the nature of exercises and the level of skill/development of the athletes involved. 	L	<ul style="list-style-type: none"> Coaches to actively monitor athlete technique throughout. 	L	Coach(es)
Danger to athlete through undertaking activity with an existing injury	Athlete	<ul style="list-style-type: none"> Coaches to actively communicate and monitor their athletes to understand if there are any injuries. Coaches to ask athletes if they are carrying any injury before the session. 	L	<ul style="list-style-type: none"> Coaches to be prepared to alter the activity if necessary due to a pre-existing injury. 	L	Coach(es)
Safeguarding incident	Athlete, parent, coach, member of the public Injury to person, mental distress, indecent assault	<ul style="list-style-type: none"> Coaches and responsible adults to be certified by UKA, or in the case of unqualified assistance, have the relevant DBS checks. Dynamic risk assessment to be undertaken before and throughout the session to check who is in proximity of the session. Coach to have contact details for parents of all participants to contact them in the case of a session needing to be shortened or cancelled. Coach to check that athletes are fit and able to participate and change activity if needed. 	L		L	Coach, Athlete, Parents



		<ul style="list-style-type: none">• Athletes to report activity they find concerning to the coach.• Athletes and coaches to report incidents to the club safeguarding officer when necessary.				
Danger to all from attack/terrorist incident	All	<ul style="list-style-type: none">• In the event of bomb threat, all to follow WAC evacuation procedures.• In the event of other incident/violent attack, UK Government 'Run, Hide, Tell' guidance to be followed	L		L	

NB Copy and paste rows as required