# NETTY'S FITNESS FUN

## Children's Fitness Session Risk Assessment

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| **Activity** | Children's fitness and physical activity sessions | **Age** | 6–11 years |
| **Venue** | Worlingham Community Hall, St Peter's Close, Worlingham, NR34 7GA | **Session times** | Monday & Wednesday, 5:00–6:00pm |
| **Maximum group size** | 20 children | **Assessment date** | August 2026 |
| **Review date** | August 2027 | | |

## Risk Rating

**Rating meaning** Low Routine risk controlled by normal procedures

Medium Additional control measures required

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| High | Activity must not proceed until risk is reduced |

| Hazard / Risk | Who may be harmed? | Risk | Control Measures | Further Action |
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| Slips, trips and falls | Children / adults | Medium | Check floor before each session. Remove bags and obstacles. Clean spills immediately. | Check before every session. |
| Children colliding | Children | Medium | Set clear boundaries. Allow enough space between activities. Supervise closely. | Stop activity if space becomes unsafe. |
| Running, jumping or landing incorrectly | Children | Medium | Demonstrate exercises. Use age-appropriate activities. Encourage safe landing and movement. | Adapt activities where necessary. |
| Incorrect use of equipment | Children | Medium | Demonstrate equipment use. Supervise activities. Use age-appropriate equipment. | Remove equipment if used unsafely. |
| Damaged equipment | Children | Medium | Check equipment before use. Remove damaged items immediately. | Replace or repair before reuse. |
| Overexertion / fatigue | Children | Medium | Age-appropriate activities. Provide regular water and rest breaks. Children work at their own ability. | Stop or adapt activity if needed. |
| Existing medical condition / injury | Children | Medium | Obtain relevant health information from parents/carers. Adapt activities where necessary. | Follow information provided by parent/carer. |
| Asthma / allergic reaction | Children | Medium | Record relevant medical information. Parents/carers provide required medication where appropriate. | Follow emergency procedures if required. |

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| Dehydration / overheating | Children | Medium | Encourage children to bring water. Provide regular breaks. Monitor children. | Reduce activity intensity if necessary. |
| Inadequate supervision | Children | Medium | Children supervised throughout sessions. Clear instructions and boundaries provided. | Review supervision if group/activity changes. |
| Child goes missing / leaves session | Children | Medium | Register taken. Children remain within agreed activity area. Follow missing-child procedure. | Contact parent/carer and emergency services where appropriate. |
| Fire / evacuation | Children / adults | Medium | Follow venue fire procedures. Keep exits clear. Take register at assembly point. | Confirm venue assembly point. |
| Serious injury / medical emergency | Children / adults | Medium | First-aid arrangements available. Emergency procedures followed. Call 999 where necessary. | Record incident and review risk if required. |
| Unsafe venue conditions | Children / adults | Medium | Check venue before every session. Report hazards. Stop or relocate activity if necessary. | Do not use unsafe areas. |
| Unauthorised person entering session | Children | Medium | Children remain in agreed session area. Unfamiliar visitors reported to venue where necessary. | Follow safeguarding procedures if appropriate. |
| Bullying / inappropriate behaviour | Children | Medium | Clear behaviour expectations. Concerns dealt with promptly. Safeguarding procedures followed. | Record significant concerns. |

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| Inappropriate physical contact | Children | Medium | Maintain professional boundaries. Physical contact limited to what is necessary for safety/instruction. | Report concerns according to safeguarding policy. |
| Unauthorised photography / video | Children | Low | Only take photographs/videos where appropriate parental/carer consent has been obtained. | Keep consent records securely. |
| Collection of children | Children | Medium | Follow agreed collection arrangements. Children only leave with authorised adults unless prior permission is given. | Report any concern immediately. |
| Poor hygiene | Children / adults | Low | Encourage hand hygiene. Keep equipment clean. | Clean equipment regularly. |
| Severe weather / unsafe travel conditions | Children / adults | Low/ Medium | Monitor conditions. Cancel, postpone or alter session if necessary. | Inform parents/carers of changes. |