



RISK ASSESSMENT ROCHDALE RUFC

Activity Assessed: Use of Gymnasium with particular reference to the use of weights
Reference:RA09

Assessment Date: 12/02/2019

Name of Assessor: R G Fitton CMIOSH

Review Date: 12/02/2020

Ref No.	Hazard	Persons at Risk and How They Might be Harmed	Controls Currently in Place	Further Controls Recommended	Risk Rating	Action by Whom	Action by Date	Completed Date
	Slips Trips and Falls	Registered Gym Users Injury from cuts and bruises	Non slip surface within the gym area by the use of imported rubber mats supplied specifically for gym use. .		Low	New mats have been introduced door to be reversed to allow full coverage		
	Lifting weights beyond trainee's capacity and lifting in an incorrect manner	Registered Gym Users Musculoskeletal injuries	Only trainees who have been inducted can use the gym and its equipment. Knowledge to be imparted will include indication of individual weight limits.		Medium	All trainees to receive induction imparted by trained instructor		
	Manual Handling	Registered Gym Users Musculoskeletal injuries	Only trainees who have been inducted can use the gym and its equipment. Knowledge to be imparted will include individual weight limit		Medium	All trainees to receive induction imparted by trained instructor		
	Lone use of the gym	Registered Gym Users Trapped by weight lifting equipment	No lone training will be permitted. At least two trainees must be present at any time	There may be scope here for personnel to present in the club during lone training, whereby safety may be monitored.	Low	Gym rules to emphasise no lone gym use		
	Weights dropping	Registered Gym Users Musculoskeletal injuries and possible fractures and concussion	All trainees to be inducted in the correct use of equipment.		Medium	All trainees to receive induction imparted by trained instructor		

	Failure of equipment	Registered Gym Users Musculoskeletal injuries	The equipment will be checked on a weekly basis and registered on a spread sheet. Equipment must only be used in the manner for which it has been designed. Any faulty or damaged equipment must be reported to the facilities manager.		Low	Spread sheet to record weekly equipment checks		
	Unfamiliarity with gym equipment	Personnel who have not been inducted. Musculoskeletal injuries	All trainees must be inducted to use the equipment by a qualified trainer. Only fully paid up members of Rochdale Rugby Union Football Club will be allowed to use the gym and its equipment		Medium	All trainees to receive induction imparted by trained instructor		
	Use of the gym by Under 18's	Under 18's Musculoskeletal injuries	Under 18's may only use the gym once they have been inducted and only under the strict supervision of a qualified instructor. They must have no medical contra-indications. They must only use equipment that is appropriate for their age size and experience. The RFU's policy and procedures for the welfare of young people in rugby union must be followed. They must demonstrate the ability to accept and respond to instruction. A parent or legal guardian must sign the induction form.		Medium	Under 18's team managers to ensure procedures are followed		
	Abuse of gym and ancillary equipment	Registered Gym Users Musculoskeletal injuries	All personnel using the gym and its equipment must undergo and sign up to a thorough induction. A set of rules will be made available at the induction and will be posted on the gym wall. Any abuse of these rules will result in expulsion from further use of the gym		Medium	Gym rules to be introduced at induction and posted on gym walls		
	Ongoing medical conditions	Registered Gym Users. Musculoskeletal injuries Aggravation to existing injuries or further risk of serious health deterioration	Any trainee who has any injury that can be aggravated by use of the equipment must not use the gym likewise if a trainee has a medical condition which can be worsened by undergoing physical exertion they must not use the equipment. Physiotherapists are available at training on Tuesday and Thursday nights during the season.		Medium	This to be reinforced at induction		
	Over exertion leading to heart failure	Registered Gym Users. Heart failure	A defibrillator is available in the club.		Low	Defibrillator to be checked weekly and first aid kit to be made available		

Risk Rating Key

High	Death or permanent disability likely
Medium	Serious but reversible injury or health effect likely
Low	Minor injury or health effect likely