



Year 8 Health Related Fitness: Lesson 2 – Risk Assessment and Safety

Big Question

How do we safely take part in training? What is a Risk assessment?

The Principle of Risk Assessment

The general principles of a risk assessment are to:

- identify any hazards
- decide who might be harmed
- decide whether something needs to be changed to minimise the risks
- record findings

In the planning of a training session you must look at the risks that could occur due to:

The Environment – where the training is taking place

Any equipment you are using

The participants – who is doing the training?



Watch the video to inform your work in this lesson.

<https://www.youtube.com/watch?v=YONfzSbmMDc>

Activity 1 :

Choose an area that you can/have been training in. This could be the park or garden or if you are isolating then it may even be inside the home.

Use the form at the end of this sheet to do a risk assessment on the area/equipment you will use/yourself (things like clothing) using the titles given on the sheet. Put in some control measures to minimise any hazards you find.

Activity 2:

Do a short training session. This could be a run round the park, a mini circuit training session in the garden. Think about the safety elements as you are doing the training session

Activity 3:

Look back at your Risk Assessment sheet, is there anything you need to add to this? A Hazard that you didn't notice? Something you need to make sure you do in future to ensure safety?

Get inspired

If you want to take this area of work further find a different area/facility nearby. This could be a park/outdoor area. Produce a full Risk Assessment of this area, take photos of any hazards found, write about how these hazards can be controlled or reduced.

Risk assessment – Form to complete

Area	Environmental conditions	Equipment and facilities	Participants
Hazard			
Control measure			