

# Tai Chi For You LTD



## Risk Assessment Record

<b>Venue:</b>		<b>Assessment Date:</b>	
---------------	--	-------------------------	--

<b>Overview of activity being provided:</b>	
---	--

<b>Type of assessment: (Circle as appropriate or provide)</b>	Planning stage , site visit , taught class
---	--

Risk	Persons affected	Further Comments	Yes / No:	Advised Actions
Injury	Learners	Knowledge of any health issues of participants		
		Matching the level of exercise to the learners needs and any health issues		Instructor guidance on learners working at own ability and make chairs available
		First Aider at venue*		
		First Aid Kit*		
		Telephone		
		Knowledge of full address of venue (including postcode)		
Dehydration	Learners	Access to water		Instructor advises bringing own water bottle.
Toilet facilities	Learners	Access to facilities		
Temperature	All	Ventilation and Heating		Ventilation and Heating to be checked depending on time of year

Lighting	All	Adequate lighting to carry out exercise		
Flooring		Surface of flooring appropriate to class (non-slip)		Instructor to routinely check surface of flooring appropriate to class (non-slip) Liaise with caretakers on floors swept/polished/clean etc.
Obstacles	All	manufacturers guidelines, visual checks done prior to start of each session		All bags/coats to be placed to sides of exercise area Any chairs/tables stacked to sides of exercise area to
Personal injury/ Electrical fault (music player)	All	No trip hazards All equipment is safe to use.		PAT tested annually. Cables or wiring secured and not a trip hazard. Prior to start of each class visual check of cables/sockets.
Fixtures/Fittings/ Walls/Doors	All	All fixtures and fittings are secure		Prior to start of class, visual checks of any areas to be used are secure and fit for purpose. That no objects could be dislodged to cause possible injury.
Fire and/or evacuation of premises	All	Fire exits are accessible		Visual checks at start of session to ensure fire exits are clear and there are no obvious fire hazards. Movement of any obstructions and if not, are reported to the curriculum manager.
Other specific to venue				

\*All Tai Chi For You LTD instructors possess up to date First Aid Certification and always carry a first aid box. These are featured in the Service Level Agreement and Health and Safety Policy for the company.