

## BCSR Pilates Class: Risk Assessment

Activity	Risk	Who may be harmed and how?	Control Measures	Action by Whom?
Pilates Mat Class	Tripping on mats/blocks	Participants/ Instructor, may trip and injure themselves and others	<ul style="list-style-type: none"> <li>• Ensure mats are removed after use</li> <li>• Ensure there is adequate room for individuals to walk around</li> <li>• Ensure mats are free from wear and tear</li> <li>• Ensure correct footwear</li> </ul>	Instructor/ Participants
	Participants get too hot	Participants, may overheat	<ul style="list-style-type: none"> <li>• Ensure there is adequate ventilation within the room</li> <li>• Encourage participants to wear layers so they can remove layers as they become warmer</li> <li>• Advise participants to bring water bottles to sessions</li> </ul>	Instructor/ Participants
	Slipping on spilt water	Participants/ Instructor, may slip and injure themselves and others	<ul style="list-style-type: none"> <li>• Ensure towels are readily available in case spillages occur</li> <li>• Ensure water bottles have lids and are sealed to avoid accidental spillages</li> <li>• Check floors are free from spillages before beginning class</li> <li>• Clean any spills promptly and make others aware</li> </ul>	Instructor/ Participants
	Obstructions to floor/ training area	Participants/ Instructor, may trip over hazards/ obstacles/ bags on floor	<ul style="list-style-type: none"> <li>• Ensure area is cleared of any obstacles/bags/chairs before session</li> <li>• Ask participants to keep bags in a designated area: on the ground floor, away from training space</li> </ul>	Instructor/ Participants
	Inappropriate clothing and jewellery worn by participants	<p>Clothing worn by Participants may not be breathable or flexible enough and may cause injury</p> <p>Jewellery catching on clothing and mats may cause injury to skin</p>	<ul style="list-style-type: none"> <li>• Ensure jewellery is removed before sessions</li> <li>• Ensure participants wear comfortable and appropriate clothing for activity.</li> <li>• Prevent any participant with inappropriate clothing from joining the class</li> </ul>	Instructor/ Participants

	Overcrowding of room	Participants that are placed too close together may fall into each other/ collide causing bruising or injury	<ul style="list-style-type: none"> <li>• Ensure capacity is set for sessions which fits the space in use</li> <li>• Ensure participants set out mats correctly with adequate room between participants</li> </ul>	Instructor/ Participants
	Performing Pilates exercises	Participants may overexert themselves creating risk of injury to muscles, tendons, etc	<ul style="list-style-type: none"> <li>• Ensure instructor is formally trained and experienced</li> <li>• Ensure all participants engage in an adequate warm up prior to undertaking more advanced moves</li> <li>• Provide moderations for higher level exercises</li> </ul>	Instructor/ Participants
	Pre-existing medical conditions	Participants may cause a worsening of any associated medical condition due to activity	<ul style="list-style-type: none"> <li>• All participants acknowledge they are medically fit to take part and are not going against any advice given by their health professional. They are not putting themselves and others at risk</li> </ul>	Instructor/ Participants
Pilates Mat Class	Building Fire – entrapment	Participants may not know the appropriate escape route	<ul style="list-style-type: none"> <li>• Ensure all participants are aware of their nearest emergency exit and other fire-risk awareness protocols</li> </ul>	Instructor

Venue: All Aboard Watersports Center

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