

Risk Assessment – Land based training- Ergo, Circuits & Gym.

Date:	23.6.25	Doc No	SOUCC-H&S-RA002 Rev 04 - 21.11.25
--------------	---------	---------------	--------------------------------------

Assessors Name:	Russell Meyer	Review Date:	June 2026
------------------------	---------------	---------------------	-----------

Description of assessment	Club Risk Assessment for Land based activities delivered by Southampton Canoe Club. This RA covers kayak ergo sessions, circuit training sessions delivered by the SOU CC club and use of SOU CC Gym. Risk assessment to be read in conjunction with the Standard Operating Procedures & Code of Conduct, First Aid policy & Health and Safety policy.
----------------------------------	--

Location Details	Woodmill Activity Centre, Woodmill Lane Southampton. Gym container. Classroom and outdoor space used for circuits. & Workmobility, 1 Belvidere Terrace, Southampton SO14 5QR
-------------------------	--

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
Pre-existing medical issues & injuries.	All users	All members to complete medical questionnaire prior to attending training sessions.	Ongoing monitoring of any relevant users.	Session leader & users.	Every session	

		If users have any medical issue or injury, they should discuss with the session leader who through discussion will evaluate if the person should undertake the activity or if activity modifications are required for the individual.				
Incorrect use of equipment and or horseplay	All users Physical injury including crush, strains , sprains, fracture, cuts and bruises.	Gym only to be used by people who have undergone a gym induction and training delivered by a qualified strength and conditioning coach. Gym secured against unauthorised access when not in use. All coached session with juniors to be supervised by a S & C Coach.	Reckless or improper gym use by anyone should be reported to a committee member. Action taken to ensure misused are not repeated. Incidents involving juniors reported to the welfare office.			
Defective Gym equipment.	All users. Physical injury including crush, strains , sprains, fracture, cuts and bruises.	Visual inspection of gym equipment by user prior to use.	Annual thorough inspection. Any defective equipment reported to the quartermaster.	Qualified Strength and conditioning coach / quartermaster.		
Manual handling Ergos	All users. Physical injury including crush, strains , sprains, fracture, cuts and bruises.	Ergo sessions to be run by a qualified coach. Ergos to be moved from the storage shed to the classroom by trolleys provided. Ergos lifted into an upright position using proper lifting form by stronger people capable of the lift. Ergos assembly and dismantling to be supervised by a competent adult coach. User to check all locking bolts in position before session starts.	Annual thorough inspection.	Quartermaster.		

		User to make a visual check of ropes and extending paddle shaft prior to using the ergo.				
Hypothermia / Hyperthermia.	All users	Gym container can get hot and be cold. Classroom can get hot during circuits and ergo sessions. Users to bring relevant clothing applicable for the conditions to each session. All users bring water to land based sessions. Class room and gym to be vented by opening windows & doors as required.	Dynamic risk assessment monitor conditions and users.	Session leader.	Every session.	
Fire	All users, coaches, parents and volunteers in attendance.	All users to be inducted. Induction to include fire evacuation procedure and muster points.				
Manual handling Gym Equipment.	All users. Physical injury including crush, strains , sprains, fracture, cuts and bruises.	All users to be inducted. Induction to include correct lifting technique by gym coach / personal trainer.	Annual review of induction process.	S & C coach		
Circuits, Gym & ergo slip trips and falls.	All users Physical injury including crush, strains , sprains, fracture, cuts and bruises.	All users to be inducted. Induction to include good housekeeping. All equipment to be put away as soon as it is finished with. Coats and bags hung up out of the way. Due to limited space maximum of two people (+ spotters) to use the Gym.				

		No food to be consumed during land-based training. Any spilt liquid to be mopped up immediately.				
Strains and injuries from physical training.	All users Physical injury including crush, strains, sprains, fracture, cuts and bruises. Heart attack.	All users to be inducted. Gym Induction to include correct lifting form by Qualified Strength and conditioning coach. Spotters are required where a lift fail is possible and would result in the weight falling on the lifter. Circuit training and ergo session supervised by a competent adult. Adult supervisors to be trained first aiders. Available means of communication is mandatory for land based sessions. (mobile phone) Defibrillator AED is mounted on Woodmill lodge external wall outside the classroom.				
Container doors.	All users, coaches, parents and volunteers in attendance. Doors are heavy and prone to blown by wind. Possible injury.	Induction to include strapping doors in high winds.				
Unsupervised use.		Only inducted people to use gym. Ergo Session to be supervised by club coach.				

		Circuits to be run by competent adult session leader. Gym to be used by two people at the same time. Gym locked when not in use.				
Infection transmission (e.g. sweat, shared surfaces)	All users	Clean stations with sprays and paper towels Encouraged wiping down after use Shower after use.				
Overcrowding	All users	Occupancy limits = 2No exercising at any time. Booking system in place during busy periods Adequate ventilation to be maintained.				
Cardiac or medical incidents	All users, coaches, parents and volunteers in attendance	All club sessions lead by qualified First aider. AED is located on the Woodmil Lodge Building. FA kit is located in club locker adjacent to the Woodmill Lodge Building. Session leader to carry mobile phone. All participants to declare any medical issues on their club membership form – session leaders to review.				
Slips trips and falls.	All users, coaches, parents and volunteers in attendance	Gym to be kept clean and tidy. Return equipment to rack and Rack all weights after use.				

Office use only (to be completed by a risk assessment checker if selected for sampling)

Checked by:		Position:		Date:	
--------------------	--	------------------	--	--------------	--

--