



RISK ASSESSMENT

ROWING (INDOOR)

<i>HAZARD</i> (Situation or activity to be undertaken)	<i>POTENTIAL RISK</i>	<i>RISK RATING</i> A=High B=Medium C=Low	<i>LIKELIHOOD</i> 1=High 2-Medium 3=Low	<i>PREVENTION</i> (Action taken to control potential risk/hazard)
Activity in v. hot weather	Dehydration	C	3	Drinking water pre & during activity. Keeping door and window open to ensure air flow
Activity in v. cold weather	Muscle strain	C	3	Warm up thoroughly before activity. Use heating system to warm room
Asthma attack	Breathlessness	C	3	Check asthmatic children – children to be encouraged to take inhaler to lesson
Rowing activity	Muscle strain	C	3	Correct technique to be taught to all pupils. All pupils encouraged to focus on correct technique, even in competition
Equipment failure	Muscle strain/Injury	C	3	Teaching staff to check machines at start of lesson. Pupils to be encouraged to check fan setting on individual machines to ensure they are set at appropriate level
Fall on stairs	Injury	C	3	Pupils to be instructed not to run on stairs
Fall in room	Injury	C	3	Pupils to be instructed not to run in room. All cables to be secured and run under purpose mats
				First aid kit available

JEB/RMP

FULL Date of Policy; 27th February 2019

Date of policy renewal: 20 February 2020