

## Physical Education Risk Assessment


RAA20

**IMPORTANT** – please read this information before completing this risk assessment

This is a generic risk assessment and **MUST** be adapted to reflect the significant hazards and control measures present in your establishment.

The control measures listed will not necessarily reflect those in all establishments and you **MUST** adapt it by adding (or removing) control measures as appropriate to your establishment.

If you need help to complete this risk assessment, please refer to HS47 (Risk Assessment Arrangements) or telephone the Devon Health & Safety Service on 01392 382027.

	<b>Establishment/Department: Kings Ash Academy</b>	<b>Physical Education Risk Assessment</b>	<b>RAA20</b>
	<b>Address:</b> <b>Pimm Road</b> <b>Paignton</b> <b>TQ3 1XA</b>		
<b>Person(s)/Group at Risk</b> <b>Pupils and staff</b>	<b>Date assessment completed:</b> 12/07/2018, 19.07.2019  <b>Dates reviewed:</b> 12.07.2019, 21.05.2020, 21.05.21, 21.05.2022, 21.05.2023, 22.05.24  <b>Next review:</b> 21.05.2025		
<b>Activity/Task/Process/Equipment</b> All physical Education areas and activities	<b>Assessor(s):</b> Luke Jeffrey/Harvey Veysey		

Significant hazard and possible outcomes/injuries	Control measures in place  <i>Additional measures or actions not included in this column below should be put in the assessor's recommendations at the end of this document</i>
<b>General Safety Management Issues Section</b>	<p><b>TRAINING</b></p> <ul style="list-style-type: none"> <li>▪ Departmental teaching staff are trained PE specialists.</li> <li>▪ Non-specialist teaching staff, or HLTA staff, will <b>always</b> be under the supervision and direction of a qualified PE specialist.</li> <li>▪ Where sporting Governing Bodies make requirements for specific training/competencies, this training will be undertaken prior to these activities being undertaken - <i>Harvey Veysey, Luke Jeffery and Andy Saunders as well as class teachers.</i></li> <li>▪ External coaches' qualifications checked ahead of being engaged to deliver curriculum activities - <i>On site coaches/teachers – Harvey Veysey, Luke Jeffery and Andy Saunders</i></li> <li>▪ On-going staff competencies assessed by the Head of Department as an integral part of performance management.</li> <li>▪ Training certificates and in-house assessment records maintained by <i>Emma Varney.</i></li> <li>▪ Pupils briefed before using equipment or undertaking a new activity for the first time.</li> </ul> <p><b>SUPERVISION/GYM/SPORTS HALL MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>▪ No pupils allowed in the gym, sports hall or fitness suite without supervision.</li> <li>▪ Gym or sports hall locked at all times when not in use.</li> <li>▪ Students should be supervised when using PE facilities.</li> <li>▪ Safety rules are made clear to all pupils and pupils encouraged to report unacceptable behaviour.</li> </ul>

	<ul style="list-style-type: none"> <li>▪ Disciplinary procedures for pupils who fail to follow safety rules.</li> </ul> <p><b>HEALTH / WELFARE / ACCIDENTS / GENERAL</b></p> <ul style="list-style-type: none"> <li>▪ Pupils with physical or learning disabilities or those with specific medical conditions, are identified by the <i>class teacher informing PE specialists prior to any PE delivery</i> and an individual programme of activities developed that ensures they will not be exposed to an activity beyond their capabilities.</li> <li>▪ First aid supplies and trained staff readily available. <i>Andy Saunders and several TAs/HLTAs are emergency first aid qualified (Andy PFA and FAW)</i></li> <li>▪ First Aid kits located in the <i>Main Reception and Medical Room next to the main school hall.</i></li> <li>▪ Specific medicinal requirements for individual pupils are made known to teaching staff via <i>parents or carers informing class teachers and then class teachers to inform PE specialists before any PE delivery takes place.</i></li> <li>▪ All accidents reported to the Head of Department and recorded in the accident log book. Work related accidents logged on <i>an accident form and then sent to Emma Varney to add to Devon Health and Safety OSHENS</i> and where necessary reported to the HSE via this means.</li> <li>▪ Health and Safety discussed at the departmental meeting at least once a term.</li> </ul>
<p><b>Environment and Services Section</b></p>	<p><b>FIRE / EVACUATION</b></p> <ul style="list-style-type: none"> <li>▪ Separate Fire Risk Assessment (FRA) and associated documentation in place.</li> <li>▪ Fire Emergency Evacuation Plan drawn up and shared with all employees, including PE staff. Department staff briefed accordingly and in specific arrangements for fire evacuation when pupils are located on playing fields.</li> <li>▪ <i>Children to line up on the relevant playground and to be registered by the class teacher.</i></li> </ul> <p><b>SERVICES</b></p> <ul style="list-style-type: none"> <li>▪ Electrical installation inspected every five years.</li> <li>▪ Staff to report any defects or damage to <i>Site Supervisor via Spiceworks ticketing system. Any urgent items must be reported to the site supervisor immediately by phone/in person.</i></li> </ul> <p><b>ENVIRONMENT</b></p>

	<ul style="list-style-type: none"> <li>▪ Hot and cold water and showers available at all times.</li> <li>▪ Mixing valves to ensure that the water temperature does not exceed 45°C.</li> <li>▪ Internal floor surfaces inspected to maintain safe condition. Courts/indoor playing surfaces inspected ahead of each use. Formal inspections are undertaken by <i>Steve Apps/Harvey Veysey/Andy Saunders and Site Supervisor</i>.</li> <li>▪ Staples and not drawing pins are used in notice boards in departmental corridors.</li> <li>▪ Appropriate cleaning or mopping used to prevent slippery surfaces and dust.</li> <li>▪ Any artificial lighting not manufactured from unbreakable material protected by cages.</li> </ul> <p><b>PITCHES / SPORTSFIELDS / COURTS</b></p> <ul style="list-style-type: none"> <li>▪ External court/pitch surfaces inspected to maintain safe condition. Courts/indoor playing surfaces inspected ahead of each use. Formal annual inspections are undertaken by-<i>REJB Sport Services (2021) &amp; Eco Playground (2022)</i>.</li> <li>▪ All posts are stable, appropriately erected by <i>PE specialists</i> and regularly inspected by <i>Harvey Veysey / Luke Jeffery, Andy Saunders and supervisor</i>.</li> <li>▪ Post holes will be capped during the summer months to prevent trip/fall hazards.</li> <li>▪ All mobile posts are anchored before use by <i>guidelines provided</i>.</li> <li>▪ Mobile goal posts are also secured when stored.</li> <li>▪ <i>Pupils are escorted to the playing area via the Hive but are sometimes taken through Reception. When this happens, one teacher will lead and indicate to the supporting teacher that the gate padlock has been released. It is the responsibility of the supporting teacher to re-attach the padlock.</i></li> </ul>
<p><b>Work Equipment section</b></p>	<p><b>EQUIPMENT (GENERAL)</b></p> <ul style="list-style-type: none"> <li>▪ Equipment is sourced so that it is appropriate for the age, size and competency of the pupils concerned.</li> <li>▪ Only staff deemed competent by the head of department, and in accordance with any specific competency requirements dictated by sporting Governing Bodies, may operate equipment</li> <li>▪ Pupils are briefed by supervising staff in the safe use of any equipment used.</li> </ul>

	<ul style="list-style-type: none"> <li>▪ Departmental work equipment is maintained in a safe and efficient state. Equipment is inspected ahead of each use. Formal inspections are undertaken <i>Harvey Veysey / Luke Jeffery / Andy Saunders</i></li> <li>▪ Annual independent inspections of equipment carried out by a competent contractor and records maintained. The following contracts are currently in place: <i>REJB Sport Services (2021) &amp; Eco Playground (2022)</i>.</li> <li>▪ All equipment that fails any inspection is taken out of use immediately.</li> <li>▪ All portable electrical equipment is <i>PAT tested annually by an external contractor - Organised by Operations Department</i></li> <li>▪ All personal protective equipment (PPE) is regularly checked, cleaned and hygienically stored</li> <li>▪ When not in use, equipment is secured in locked stores.</li> <li>▪ Adequate racking provided to allow safe access and not block circulation spaces in stores.</li> <li>▪ Heavy items never stored on high shelves.</li> <li>▪ Mobile goal posts are secured when stored.</li> </ul>
<b>KEY ACTIVITIES AND PROCESSES</b>	
<b>Activities - General section</b>	<p><i>[The following is a guide only for the most common activities offered by PE departments. The list is not exhaustive. The controls for additional activities undertaken which are not featured below will need to be added. Review the following section thoroughly and amend it accordingly. Where there are gaps in provision, add these to the Action Plan at the document's end]</i></p> <ul style="list-style-type: none"> <li>▪ All jewellery removed or made safe before commencing any physical activity.</li> <li>▪ Long hair will be tied back.</li> <li>▪ Suitable clothing and footwear are worn. Pupils who are not properly equipped will not be permitted to undertake the activity as originally planned. Activities will be modified to include students ensuring the activity is made "safe".</li> <li>▪ Socks will never be worn as footwear on gymnasias or sports hall floors.</li> <li>▪ Mixed footwear will be avoided and will only be sanctioned by the supervising teacher if it is deemed safe to continue.</li> </ul>

	<ul style="list-style-type: none"> <li>▪ Games not to be played when snow, rain, frost, etc is affecting the playing surface to a degree which represents a significant hazard.</li> <li>▪ Suitable warm-up exercises to precede each activity.</li> <li>▪ AfPE and/or appropriate Governing Body and Devon CC procedures to be followed for all activities.</li> <li>▪ Adults never compete alongside students in any activities where contact is possible (including non-contact sports where the potential for contact still exists).</li> <li>▪ PPE provided to meet AfPE/Governing Body requirements.</li> <li>▪ Students are informed of the correct fit, purpose and limitations of PPE provided.</li> <li>▪ Parents are informed <i>by letter and by email</i> if they need to provide items of PPE for the following activities.</li> <li>▪ The following strategy will be employed to include, as far as is safely possible, students who arrive without the required PPE or clothing/footwear <i>Children may take part in a non-contact role such as referee or score taker.</i></li> </ul>
<p><b>Track and field activities section</b></p>	<p><b>THROWING ACTIVITIES: JAVELIN, DISCUS, SHOT &amp; HAMMER</b></p> <ul style="list-style-type: none"> <li>▪ Basic techniques are taught progressively starting with stranding throws.</li> <li>▪ Pupils are reminded of safety procedures at the start of each lesson or event.</li> <li>▪ Equipment to be appropriate for the age, strength, maturity and competence of the group.</li> <li>▪ All throwing activities will be <b>directly</b> supervised by teaching staff.</li> <li>▪ Equipment will be retrieved at a walking pace and never returned by throwing. All implements are retrieved only on the set order of the teacher.</li> <li>▪ Equipment will be carried with both hands with javelins carried vertically.</li> <li>▪ Javelins will be stored in racks or laid flat on the ground when not in use.</li> <li>▪ All throwing is from a clearly defined throwing line.</li> <li>▪ Those waiting to throw will be positioned well behind the throwing line. After throwing the thrower must retire back to this position behind the throwing line until clearance is given to retrieve their implement.</li> <li>▪ Throwers should throw sequentially and in a predetermined order.</li> <li>▪ Wide margins of error should be given for the release and direction of throws.</li> </ul>

- Supervising staff must check that all lines of flight are clear before giving the clearance to throw.

### **COMPETITIVE THROWING ACTIVITIES ONLY**

- Qualified physical education staff or athletics judges control javelin, discus and hammer events.
- Throwing implements stored *in a locked PE room* to prevent unauthorised use.
- Throwing sectors are clearly demarcated by the *use of cones and measuring equipment* and are supervised by PE specialists.
- Officials and competitors are warned to keep clear of the demarcated areas whilst throwing events are in progress.
- For all throwing events, the official marking and measuring the throw has a red flag, and, whilst this is shown, no throws are made.
- An audible warning, *a whistle or vocal warning*, is sounded before each throw.
- Officials stand at the demarcated edge of the landing area and move in only after the last implement has landed.
- The referee or other appropriate official shall disqualify from competing in the event any athlete who wilfully disobeys the instructions after having his attention drawn to them.

### **JUMPING ACTIVITIES: HIGH & LONG JUMP**

- Pupils are reminded of safety procedures at the start of each lesson or event involving jumping activities.
- The uprights for flexi-bars are secured so they will not collapse on jumpers.
- Take off markers used at early stages of teaching high jump.
- Multi-unit high jump beds:
  - Extend beyond uprights
  - Are deep enough to prevent bottoming out
  - Have units linked together and fitted with a coverall
  - Are regularly inspected
  - Conform to UK Athletics standards when used for competitions



	<ul style="list-style-type: none"> <li>▪ Long jump landing areas are regularly dug over and raked.</li> <li>▪ Sharp sand provided to at least 30cm depth and of sufficient surface area to account for all levels of ability.</li> <li>▪ Landing area inspected ahead of each lesson/event to check for fouling.</li> <li>▪ Take off boards flush with runway. Multiple take off boards used to ensure all abilities land in the pit.</li> <li>▪ Raking implements are kept at least 3m away from the activity area and are stored with spikes down.</li> </ul> <p><b>RUNNING ACTIVITIES</b></p> <ul style="list-style-type: none"> <li>▪ Running surfaces are regularly inspected ahead of activity and formally inspected by PE <i>specialists before each activity takes place.</i></li> <li>▪ Hurdles will conform to UK Athletics standards. Students will be instructed never to attempt to hurdle in the wrong direction</li> <li>▪ Cross-country routes selected for ease of observation and supervision, as well as to match the ability of the students</li> <li>▪ Starting points sufficiently wide to accommodate the numbers running. Pinch points or constrictions on the route limited and will have a long, clear approach</li> <li>▪ The slowest runner will be tracked in order to identify injured or distressed runners.</li> <li>▪ Runners will be counted out and back</li> <li>▪ First Aid arrangements for cross-country will be as follows: <i>Registered First aiders to be responsible for bringing first aid kits and administering first aid if necessary.</i></li> </ul>
<p><b>Athletics days and events section</b></p>	<ul style="list-style-type: none"> <li>▪ Spectators and participants will be marshalled by supervising staff <i>to the viewing gallery at Paignton Academy Sports Hub where they will have no direct contact with participants whilst competition is taking place.</i></li> <li>▪ <i>Spectators at Foxhole Community Field (KAA) will be briefed about keeping behind the rope/coned area at all times.</i></li> <li>▪ All staff briefed in safety and First Aid arrangements.</li> <li>▪ Students briefed in arrangements and expectations.</li> </ul>

	<ul style="list-style-type: none"> <li>▪ Events will be based upon students' abilities and experience.</li> <li>▪ First Aid arrangements will be: <i>Registered First aiders to be responsible for bringing first aid kits and administering.</i></li> <li>▪ Water stations provided.</li> <li>▪ Precautions will be taken to protect staff and students from the harmful effects of the sun - <i>rest areas, sun screen, hats.</i></li> <li>▪ Effective communication provided - <i>PA system or vocally by phase leader.</i></li> <li>▪ All equipment, facilities and running surfaces will be inspected ahead of the event.</li> <li>▪ Routine for orderly dispersal established for the eventuality of the abandonment of the event due to foul weather.</li> <li>▪ First Aid kits located in <i>Paignton Academy Sports Hub and also first aid kits will be in possession of registered first aiders.</i> Kits maintained by <i>Jenny Rider or Andy Saunders</i></li> <li>▪ Eye irrigation kits located in <i>First aid kits.</i> Staff briefed in use of these kits</li> </ul>
<p><b>Invasion games section</b></p>	<p><b>GENERAL TO ALL</b></p> <ul style="list-style-type: none"> <li>▪ Games activities will only be led by staff with a working knowledge of governing body rules, techniques and the correct teaching progressions.</li> <li>▪ Non-PE specialists teaching high risk invasion games (rugby, Hockey and Lacrosse) must have an appropriate NGB Qualification.</li> <li>▪ Rules will be applied stringently with clear instructions given to students about expectations. This will include the need for appropriate clothing, footwear and PPE where required.</li> <li>▪ Playing surfaces and where applicable surrounding fences are regularly inspected ahead of activity and formally inspected <i>by Paignton Academy staff organiser and again by PE specialists from KAA upon arrival before each new event takes place.</i></li> <li>▪ Weather conditions such as waterlogged or frozen pitches will be considered, and the activity adjusted accordingly. This is especially important for rugby where the ground will be judged soft enough to accommodate tackles.</li> <li>▪ Adequate run off areas provided around courts and pitches.</li> </ul> <p><b>ADDITIONAL CONTROLS FOR FOOTBALL</b></p>

- Indoor football played in area with no glazing hazards or internal projections or obstacles
- Goal posts are obtained from recognised sports equipment suppliers and are regularly inspected, maintained and assembled in accordance with manufacturer's instructions - *provided by Paignton Academy and so inspections are carried out by their members of staff as well as KAA members checking equipment before use each time.*
- Free-standing goal posts are anchored when in use - *Goals are free standing at KAA.*
- Netting is well fitted and should not extend beyond the area covered by the base of the posts. Cup hooks are never used to secure nets.
- Staff briefed in safe lifting and carrying techniques for the carrying and positioning of free-standing goal posts
- When not in use, free-standing goal posts are secured through being anchored in their stored positions.
- Shin pads are worn by all players in a competitive context or where there is a significant risk of injury in other contexts.

#### **ADDITIONAL CONTROLS FOR BASKETBALL**

- Students instructed to keep fingernails well-trimmed.
- The court has a safety zone of >1m around the perimeter where there are no hazards or obstacles.
- Backboards have an overhang of >0.75m for practice courts and 1.25m for match courts.
- Free-standing goals are weighted down with sand-bags to maintain stability.

#### **ADDITIONAL CONTROLS FOR HOCKEY**

- Goal posts are obtained from recognised sports equipment suppliers and are regularly inspected, maintained and assembled in accordance with manufacturer's instructions *Provided by Paignton Academy and so inspections are carried out by their members of staff as well as KAA members checking equipment before use each time.*
- Free-standing goal posts are anchored when in use - *Goals are free standing*

- All players should wear shin-pads in a competitive context (using hard balls and wooden sticks) or where there is a significant risk of injury in other contexts.
- Goalkeepers are protected and equipped as follows:
  - Pads and kickers
  - Gauntlet gloves
  - Body protectors
  - Helmet
  - Throat guard
- Students stick and ball control is developed so that controlled pushing is well established ahead of the introduction of hitting. *(In accordance with QuickSticks guidelines, hitting is NOT ALLOWED in hockey activities and sticks must remain below the waist.)*

**ADDITIONAL CONTROLS FOR NETBALL**

- Students' instructed to keep fingernails well-trimmed.
- Tennis court post holes are covered where they intrude onto netball courts.
- There is >2m run off space between adjacent courts.
- Appropriately weighted posts used. Weighted post bases do not project onto the court area.

**ADDITIONAL CONTROLS FOR RUGBY**

- Goal posts are obtained from recognised sports equipment suppliers and are regularly inspected, maintained and assembled in accordance with manufacturer's instructions. *We do not use Rugby posts when taking part in this sport at KAA*
- Goal post uprights are padded.
- Corner flags are flexible and are sufficiently high not to constitute a hazard to falling players.
- Students are progressively taught the fundamental skills using recognised teaching progressions before the contact version of the game is introduced.
- Opposing players are not widely disparate in age, weight and experience. Mixed gender (contact) rugby will not be undertaken.
- Appropriate studded footwear will be worn on grass pitches.
- Mouth guards are worn by all players involved in a competitive contact context.

	<ul style="list-style-type: none"> <li>▪ Studs worn should be rubber or plastic but not plastic with metal tops.</li> </ul>
<p><b>Net/wall and racket games section</b></p>	<p><b>GENERAL TO ALL</b></p> <ul style="list-style-type: none"> <li>▪ Net/wall and racket games activities will only be led by staff with a working knowledge of governing body rules, coaching procedures and the correct teaching progressions.</li> <li>▪ Rules will be applied stringently with clear instructions given to students about expectations. This will include the need for appropriate clothing and footwear.</li> <li>▪ Courts, surrounding fences, nets and portable net posts are regularly inspected ahead of activity and formally inspected - <i>PE specialists check court surfaces and equipment before each new usage.</i></li> <li>▪ Adequate run off areas provided around courts.</li> <li>▪ Courts arranged in the same direction to reduce risk of being hit by a ball from another game.</li> </ul> <p><b>ADDITIONAL CONTROLS FOR BADMINTON</b></p> <ul style="list-style-type: none"> <li>▪ Sufficient lighting provided to allow clear sight of the shuttle in flight.</li> <li>▪ In group practice sufficient space will be provided to avoid risks to students.</li> <li>▪ Trip hazards between courts will be avoided.</li> </ul> <p><b>ADDITIONAL CONTROLS FOR SQUASH</b></p> <ul style="list-style-type: none"> <li>▪ Short-lever rackets provided for beginners. Progression beyond this is based on the teacher/coach's judgement.</li> <li>▪ Maximum of 6 students per court for coaching/practice sessions.</li> <li>▪ Safe procedures in place for entering court.</li> <li>▪ Eye protection is worn by all players in a competitive context or where there is a significant risk of injury in other contexts.</li> <li>▪ Competitive doubles play is not permitted until a high standard of singles play is reached. Progression based on teacher/coach's judgement.</li> <li>▪ <b><i>KAA does not take part in squash as a sport.</i></b></li> </ul>

	<p><b>ADDITIONAL CONTROLS FOR TENNIS</b></p> <ul style="list-style-type: none"> <li>▪ Slighter, shorter rackets and sponge balls used for novices where space is limited. Progression beyond this is based on the teacher/coach’s judgement.</li> <li>▪ For serving practice, no more than 3 students behind each baseline of the court. During doubles play, players instructed not to turn and face the serving player.</li> <li>▪ For practice, feeders should be located well away from the player practising the chosen shot. Waiting players should be located behind the baseline.</li> <li>▪ For general coaching/practice, one court may be used by two groups for rallying purposes.</li> </ul> <p><b>ADDITIONAL CONTROLS FOR VOLLEYBALL</b></p> <ul style="list-style-type: none"> <li>▪ Weighted posts will be supported by retaining wires fixed to the adjacent walls above head height.</li> <li>▪ Free standing posts will not be used in a competitive context.</li> <li>▪ All lights in volleyball courts will have guards fitted.</li> </ul>
<p><b>Striking and fielding games Section</b></p>	<p><b>GENERAL TO ALL</b></p> <ul style="list-style-type: none"> <li>▪ Striking and fielding games activities will only be led by staff with a working knowledge of governing body rules, coaching procedures and the correct teaching progressions.</li> <li>▪ Rules will be applied stringently with clear instructions given to students about expectations. This will include the need for appropriate clothing, footwear and PPE where required.</li> <li>▪ PPE regularly inspected ahead of activity and formally inspected. <i>PE specialists and class teachers check court surfaces and equipment before each new usage.</i></li> <li>▪ Pitches and practice netting are regularly inspected ahead of activity and formally inspected. <i>PE specialists and class teachers check court surfaces and equipment before each new usage.</i></li> </ul> <p><b>ADDITIONAL CONTROLS FOR CRICKET</b></p> <ul style="list-style-type: none"> <li>▪ The ECB rules for PPE (section 19) and for fielding (section 20) are followed.</li> </ul>

- No player in the Under 13 age group or younger shall be allowed to field closer than 11 yards (10m) from the middle stump, except behind the wicket on the off side, until the batsman has played at the ball.
- Under 15 and below, the distance shall be 8 yards (7.3m).
- Under 16 to under 18 age range players will wear a helmet and, for boys, an abdominal protector (box) when fielding within 6 yards (5.5m) of the bat, except behind the wicket on the off side. Players will wear appropriate protective equipment whenever they are fielding in a position where they feel at risk.
- A mark is laid down to assist in determining these distances. Supervising staff will not allow a ball to be delivered if a fielder is within the restricted area – *marked with cones*.
- For all under 18 matches *and* practices that involve a hard ball the following regulations apply: no young player is allowed to bat or stand up to the stumps when keeping wicket without a cricket helmet with face guard (to meet BS 7928), pads, gloves and for boys, an abdominal protector (box). This ECB guidance also applies to 18/19-year olds in full/part time education.
- Age groups are based on the age of the player at midnight on the 31st August in the year preceding the current season.
- Bowlers will only bowl when the batsman has signalled they are ready. Waiting batsman will wait at a safe distance.
- Other activities will be kept at a sufficient distance from practice nets to account for the billowing effect when the ball strikes the net. Balls will only be retrieved from nets when all activities have ceased.

**ADDITIONAL CONTROLS FOR ROUNDERS / SOFTBALL / BASEBALL**

- Rounders posts have secure bases and rounded tops. Posts are of sufficient height - *1 metre* not to present a hazard to players.
- The ball will not be pitched until all players are ready.
- The bat will be carried when running and not thrown down.
- Backstops will position themselves to avoid backswing.
- Players waiting to bat will be located at a sufficient distance to avoid backswing.

**Gymnastics and  
trampolining activities  
section**

**GENERAL GYMNASTICS ISSUES**

- Students will be involved in the movement, set up and assembly of apparatus from the earliest opportunity appropriate for their age. This will be judged by the supervising teacher. All students briefed in correct kinetic lifting technique as part of curriculum delivery. The movement of equipment by students will be closely monitored by staff.
- Appropriate clothing will be worn that will allow free movement without being loose. Loose hair will be tied back and jewellery removed/made safe.
- Students will work barefoot or in flexible gymnastics slippers. Socks will never be worn on a polished surface.
- All apparatus and mats are inspected annually by *REJB Sports Services (2021) /Eco Playground (2022)* and a report issued
- On-going monitoring by teaching staff each time the equipment is put out/away. Equipment failing any inspection will be removed from use immediately, repaired or disposed of.
- Floor and equipment surfaces will be clean, free from slip causing contaminants and splinter free.
- Mats will be used to absorb impact for landings on the feet. Students will be taught the protective limitations of mats in terms of their impact attenuation. Mats will not be used as a compensating feature for predicted poor technique – in this instance the activity/equipment will be modified to reflect student capability.
- Trampettes will never be used as a substitute for a take-off board.
- Gymnastics lessons will never be left unsupervised by the qualified teacher.
- Students will always commence gymnastics activities with an appropriate warm up. Students will be taught the importance of body preparation in the prevention of injury.
- Students will be introduced to more complex skills progressively and by the continuous consolidation of existing skills. Care will be taken with students who have missed significant elements of the curriculum.
- Physical support will be provided where there is an injury risk due to under or over rotation in *gymnastics or dance*.

**ADDITIONAL CONTROLS FOR TRAMPOLINING**



	<i>We do not take part in trampolining as a physical activity at KAA.</i>
<b>Health-related physical activities section</b>	<p><b>GENERAL ISSUES</b>  <i>We do not use physical activity equipment such as treadmills or X-trainers at KAA.</i></p> <p><b>ADDITIONAL CONTROLS FOR RESISTANCE EXERCISE</b>  <i>We do not take part in resistance exercise at KAA which involves fixed weight machines or free weights above 3kg.</i></p>

Assessor's Recommendations - Additional Control Measures or Actions			
Section	List Actions / Additional Control Measures	Date action to be carried out	Person Responsible
Infection Control	All staff to be aware of the Infection Control risk assessment. This Physical Education risk assessment should take into account any additional safety and hygiene measures listed in the Infection Control risk assessment.	May 2020 May 2023 and ongoing	CB/AC

**Signed: Headteacher/Head of Department: JESSICA HUMPHREY, Executive Headteacher**



**Date: 6.9.18, updated 19.07.2019, 21.05.2020, 21.05.21, 09.06.2022, 25.05.2023, 22.05.24**

The outcome of this assessment should be shared with the relevant staff

A copy of the completed assessment to be kept on file and copied to the Health & Safety Co-ordinator