

⚠️ *Parkour Class Risk Assessment*

Assessment Description

Parkour classes involve physical training that focuses on moving efficiently through an environment, overcoming obstacles by running, jumping, and climbing. Participants must achieve proficiency in techniques while maintaining a strong emphasis on safety to minimize the risk of injury.

⚠️ *Risks Identification*

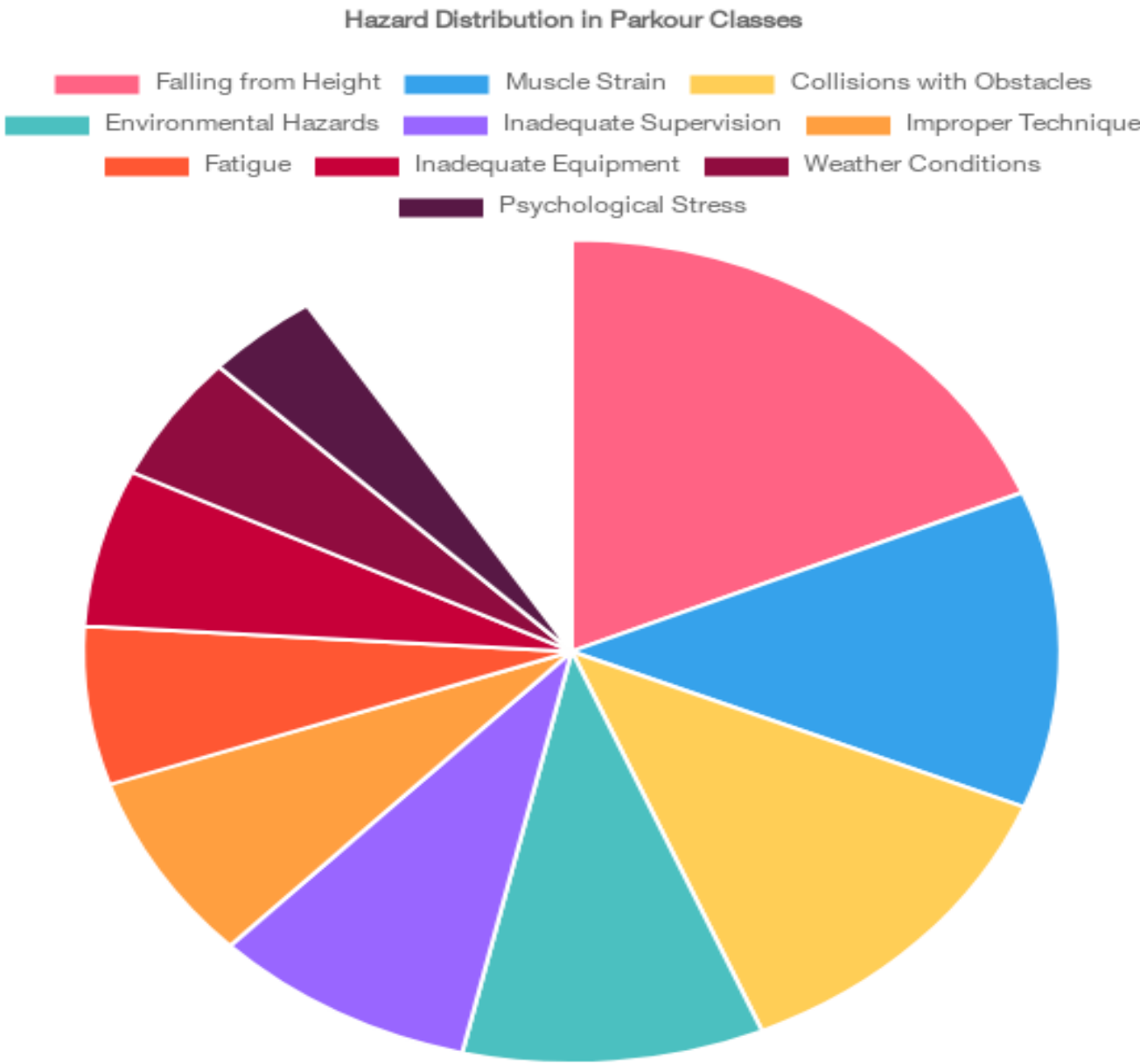
Hazard	Risk Level	Who is at Risk	Preventive Measures
Falling from Height	<div></div>	Participants	Use soft landing surfaces and ensure adequate training on jumping techniques to mitigate fall risks.
Muscle Strain	<div></div>	Participants	Implement warm-up routines and encourage participants to listen to their bodies to prevent overexertion.
Collisions with Obstacles	<div></div>	Participants	Conduct thorough walkthroughs of the training area and maintain clear communication to avoid collisions.
Environmental Hazards	<div></div>	Participants	Regularly inspect the training environment for hazards such as wet surfaces or debris to minimize risks.
Inadequate Supervision	<div></div>	Participants	Ensure qualified instructors are present to supervise and provide guidance throughout the class.
Improper Technique	<div></div>	Participants	Provide thorough instruction on proper techniques to minimize the risk of injury during movements.
Fatigue	<div></div>	Participants	Encourage participants to take breaks and hydrate to prevent fatigue-related issues.
Inadequate Equipment	<div></div>	Participants	Ensure all equipment is routinely checked and maintained to guarantee safety during the class.
Weather Conditions	<div></div>	Participants	Monitor weather conditions and adapt training plans accordingly to ensure participant safety.
Psychological Stress	<div></div>	Participants	Foster a supportive environment that encourages participants to express concerns and seek help when needed.

⚠️ *Conclusion*

To safely move forward with parkour classes, it is crucial to address the identified hazards with a proactive approach. This includes regular training for instructors, thorough assessments of training environments, and continuous communication among participants. By collaborating with health and safety officers, mental health professionals, and experienced parkour coaches, the academy can cultivate a safe and supportive atmosphere for all participants.

Furthermore, integrating feedback from participants will enhance safety measures and contribute to their overall experience. Encouraging open dialogue about any concerns or suggestions will empower participants, fostering a community that prioritizes safety and personal growth, thus ensuring that everyone feels confident while engaging in parkour activities.

⚠️ *Hazard Distribution*



⚠️ *Relevant Departments*

Engaging relevant departments such as health and safety, coaching staff, and facility management is vital for a comprehensive risk assessment in parkour classes. These departments will contribute their expertise in risk management, ensure proper equipment maintenance, and provide necessary training, ultimately promoting a culture of safety and well-being within the academy.

Signatures

Parkour Instructor: _____

Date: 12 November 2024

Extra Notes
