



Risk Assessment

Task / Activity	Address	Assessment Completed By	Date	Assessment Approved By	Date
Think F.A.S.T. Academy	Derbyshire Hill Road, St Helens WA9 2LH	Kelly Molyneux	26/06/2026		

Are normal Control Measures - Y/N/NA

Hazard / Risk	Who is at Risk?	How can the Hazards cause harm?	Notes	In Place	Adequate
Car Park					
Poor Lighting	Staff / Customers / Visitors	Slips, Trips & Falls	External Lighting is adequate.	Y	Y
Holes / Damaged Surfaces	Staff / Customers / Visitors	Slips, Trips & Falls	Car Park and other external areas are checked regularly for hazardous conditions.	Y	Y
Contact with Broken Glass	Staff / Customers / Visitors	Cuts	Car Park and other external areas are checked regularly and any broken glass is removed.	Y	Y
Slippery walkways due to adverse weather condition	Staff / Customers / Visitors	Slips, Trips & Falls	Weather Plan is in place. Grit / Salt available for walkways and car park when required, this is to be completed by our maintenance team.	Y	Y
Person being struck by vehicle	Staff / Customers / Visitors	Minor & Major Injuries	The entrance / exit to Car Park is clear. Parking areas are clearly marked. Assembly Point for Emergency evacuations not located in the car park area.	Y	Y
Working at Height (e.g. Putting Decorations Up)	Staff / Contractors	Minor & Major Injuries	Contractors: Needing to work at height should provide their own equipment and complete their own risk assessment. Staff: Should always work in pairs when working at height.	Y	Y
Slope on Exit from Main Door	Staff / Customers / Visitors	Trips and falls	Area is clearly	Y	Y
Reception					
Slips, Trips and Falls	Staff / Customers	Injuries such as sprains, fractures, head injuries	All spillages cleaned up immediately using suitable cleaning products leaving floor dry, or visual signage up Good housekeeping in place. No trailing cables. Good Lighting. Handrail installed on ramp	Y	Y
Electricity	Staff / Customers	Electric Shocks	All Electrical equipment to be PAT tested Annually Staff to report any damage / defects to Centre Manager Staff to be aware where fuse box is and how to turn off	Y	Y
Unsupervised children running or climbing	Staff / Customers	Falls, collisions, injuries to others	All children should always be supervised by a responsible adult. Staff to consult with parents and or escalate to Centre Manager if needed. Signs have been placed up advising Children must be supervised at all times.	Y	Y
Fire	Staff / Customers	Fire spread and smoke inhalation and burns	Fire Doors must always be kept clear. All rubbish to be removed regularly. No Smoking on site Fire Blanket available in kitchen for emergencies	Y	Y
Aggressive behaviour / conflict	Staff / Customers	Verbal or physical harm	Staff to address any poor behaviour immediately and ask individuals to leave premises. Inform Centre Manager or Call Police if needed. CCTV coverage.		Y
Faulty or unstable furniture	Staff / Customers	Collapsing furniture causing injury	All chairs and tables are intact, fit for purpose and safe to use. Routine inspections, replace damaged items	Y	Y
Poor lighting	Staff / Customers	Trips, difficulty seeing hazards	Ensure consistent lighting. Regular maintenance	Y	Y
Hot drinks being carried/spilled	Staff / Customers	Burns, slip hazards	All spillages cleaned up immediately using suitable cleaning products leaving floor dry, or visual signage up	Y	Y
Emergency Evacuation			Ensure emergency evacuation procedures are displayed and understood by staff	Y	Y
Toilets & Changing Rooms					
Unsupervised access to children in toilets/changing rooms	Children & young people	Risk of abuse, intimidation, bullying, inappropriate contact	Staff awareness, safeguarding policy, regular monitoring of communal areas	Y	Y
Staff alone with a child in toilet/changing area	Staff, children	Potential safeguarding allegations or inappropriate situations	Staff instructed to avoid one-to-one situations and inform colleagues if assistance required	Y	Y
Bullying or harassment in changing rooms	Children, young people, vulnerable adults	Emotional distress, intimidation, safeguarding concerns	Staff supervision during activities, reporting procedures in place	Y	Y

Photography or filming in changing areas	All users	Privacy breaches, safeguarding risks, misuse of images	No-phone/no-photography rule displayed and enforced	Y	Y
Inappropriate adult behaviour in public toilet areas	Children, adults at risk, public	Risk of abuse, harassment, fear or intimidation	Staff monitoring, CCTV outside facilities, safeguarding reporting procedures	Y	Y
Loitering around toilets/changing rooms	All users	Increased safeguarding and security concerns	Staff instructed to challenge/report suspicious behaviour where safe	Y	Y
Faulty locks or damaged doors	All users	Reduced privacy and increased safeguarding concerns	Defects reported immediately to management	Y	Y
Unauthorised access to changing areas	Children, vulnerable users	Safeguarding breaches or inappropriate behaviour	Staff supervision and controlled access where possible	Y	Y
Staff entering changing areas unnecessarily	Staff, users	Safeguarding concerns or allegations	Staff conduct policy and safeguarding training	Y	Y
Adults at risk requiring assistance	Adults at risk	Distress, inappropriate care, dignity concerns	Intimate care guidance and consent procedures	Y	Y
Aggressive or inappropriate behaviour	Staff, users, volunteers	Physical or emotional harm	Incident reporting procedures and staff intervention guidance	Y	Y
Inadequate reporting of safeguarding concerns	Children, adults at risk	Ongoing risk of harm	DSL procedures and safeguarding reporting systems	Y	Y
Contractors or visitors accessing facilities unsupervised	Users, children	Safeguarding or security risks	Visitor sign-in procedures and staff monitoring	Y	Y
Inappropriate physical assistance	Children, adults at risk, staff	Safeguarding allegations or distress	Intimate care guidance and professional boundaries	Y	Y
Training Rooms					
Slips, trips, and falls (bags, cables,	Staff / Visitors	Sprains, fractures, impact injuries	Clear floor policy, cable management	Y	Y
Room layout / overcrowding	Staff / Visitors	Collisions, evacuation issues	Max occupancy limits, layout checks		
Manual handling	Staff / Visitors	Back strains, musculoskeletal	Manual handling training		
Electrical equipment faults	Staff / Visitors	Electric shock, fire	PAT testing, visual checks	Y	Y
Poor ventilation / temperature	Staff / Visitors	Fatigue, overheating, poor air	Windows	Y	Y
Fire hazards (paper materials,	Staff / Visitors	Smoke, burns, entrapment	Fire alarm, extinguishers, clear exits	Y	Y
Blocked fire exits	Staff / Visitors	Delayed evacuation	Daily checks, signage	Y	Y
Aggressive behaviour (group	Staff / Visitors	Verbal or physical harm	Conflict training, staff presence		
Trip hazards from uneven flooring	Staff / Visitors	Falls, injuries	Check before sessions - Routine maintenance	Y	Y
Use of cleaning chemicals left in	Staff / Visitors	Irritation, burns, inhalation	COSHH-compliant storage	Y	Y
Falling objects (wall-mounted	Staff / Visitors	Head injuries	Ensure secure installation. Regular maintenance checks	Y	Y
Inadequate lighting	Staff / Visitors	Trips, reduced visibility	Ensure bulbs replaced promptly. Scheduled inspections		Y
Boxing Gym					
Electrical hazards	All users	Electric shock, burns, fire	Sockets covered and regularly checked	Y	Y
Lack of safeguarding or insurance information	Members, parents, visitors	Confusion regarding procedures and responsibilities	Policies and insurance displayed	Y	Y
Slips, trips and falls in ramp, corridor and toilet areas	All users	Sprains, fractures and impact injuries	Handrails secure, floors clean and corridors clear	Y	Y
Inability to raise alarm during emergency	All users	Delayed evacuation and increased risk of injury	Fire call points clearly signposted and accessible	Y	Y
Slips, trips and falls in boxing gym	Boxers, coaches, volunteers	Sprains, fractures, impact injuries	Floors maintained and free from hazards	Y	Y
Poorly maintained boxing equipment	Boxers and coaches	Cuts, bruising, strains, impact injuries	Equipment inspected and maintained regularly	Y	Y
Overcrowding during sessions	Boxers and coaches	Collision injuries and restricted evacuation	Appropriate participant numbers monitored	Y	Y
Inadequately qualified staff	Participants	Increased likelihood of unsafe practice and injury	Coaches hold relevant qualifications	Y	Y
Poor lighting or heating	All users	Reduced visibility, discomfort, increased accident risk	Lighting and heating maintained	Y	Y
Defective boxing ring	Boxers, coaches, officials	Falls, cuts, head injuries	Ring ropes, turnbuckles, underlay and canvas checked regularly	Y	Y
Damaged gloves, headguards or protective equipment	Boxers	Facial injuries, hand injuries, concussion risk	Equipment inspected before use	Y	Y
Ill-fitting protective equipment	Boxers	Reduced protection and increased injury risk	Equipment appropriately fitted to users	Y	Y
Faulty punch bags, chains or fixings	Boxers, coaches, spectators	Impact injuries from equipment failure	Equipment checked routinely	Y	Y
Damaged mats, ropes or benches	All users	Slips, trips, falls and impact injuries	Equipment inspected and removed if damaged	Y	Y
Unsafe use of weights and fitness equipment	Boxers and coaches	Crush injuries, strains, musculoskeletal injuries	Equipment maintained and used under supervision	Y	Y
Fire emergency within gym	All users	Smoke inhalation, burns, panic injuries	Fire call points accessible and evacuation plans displayed	Y	Y
Undisclosed medical conditions	Boxers	Medical emergencies during training	Medical information collected and reviewed in accordance with GDPR	Y	Y

Jewellery worn during training	Boxers	Cuts, lacerations and entanglement injuries	Jewellery prohibited during sessions	Y	Y
Sparring without medical clearance	Boxers	Serious injury, aggravation of existing conditions	Medical cards checked prior to sparring	Y	Y
Inadequate supervision during sparring	Boxers	Increased risk of serious injury	Level 2 Coach present at all sparring sessions	Y	Y
Incorrect sparring matches	Boxers	Increased risk of injury through mismatch	Participants matched by age, weight, ability and experience	Y	Y
Lack of appropriate protective equipment during sparring	Boxers	Head and facial injuries	Headguards and required safety equipment worn	Y	Y
Classroom slips, trips and electrical hazards	Learners, coaches, volunteers	Minor to serious injuries	Area maintained, furniture safe and sockets covered	Y	Y
Fire emergency in classroom	All occupants	Burns, smoke inhalation, panic	Evacuation plan displayed and fire call point accessible	Y	Y
Injuries on outdoor MUGA pitches	Participants, coaches	Sprains, fractures, impact injuries	Pitches professionally maintained	Y	Y
Medical emergency during outdoor activities	Participants	Serious illness or injury	First aid kit, qualified first aiders and defibrillator available	Y	Y
Inadequate emergency response outdoors	Participants, spectators	Delayed treatment leading to worsening condition	Emergency procedures published and staff trained	Y	Y
Failure to record accidents	Participants, staff and volunteers	Reoccurrence of incidents and legal non-compliance	Accident/incident book maintained and accessible	Y	Y
Fire evacuation procedures not understood	All users	Delayed evacuation leading to injury	Fire evacuation instructions displayed and staff trained	Y	Y
Inadequate first aid provision	All users	Delayed treatment of injuries	Qualified first aiders present during sessions	Y	Y
Safeguarding concerns	Children and vulnerable adults	Physical or emotional harm	Safeguarding policy displayed and procedures followed	Y	Y
Poor hygiene and infection control	All users	Spread of illness and infection	Cleaning schedules and hygiene measures in place	Y	Y