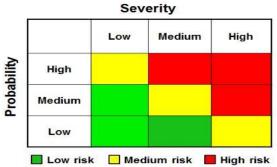
Building your risk management strategy

This sort or practice is helpful for business management, insurance cover as well as council permits and so on. Make a list of the risks or hazards that might face you in running your fitness business. For each of those risks do the following:

- 1. Identify the risks and list in them column one
- 2. Assess how likely each one is to happen in normal delivery of fitness training sessions. (Low, Medium, High)
- 3. Determine how severe the consequence would be if each occurred. (Low, Medium, High)
- 4. Identify the level of risk using the matrix below.
- 5. Determine how you would manage (mitigate) the risk.



Risk	Likelihood	Severity	Level of Risk	Mitigation Strategy/Actions
Example: Injury to client	Medium	Medium	Medium	Thorough inspection of area prior to session and if necessary mark uneven ground for
due to uneven surface in				avoidance or adjust location to more even ground.
park				