

## Building your risk management strategy

This sort of 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.

		Severity		
		Low	Medium	High
Probability	High	Medium risk	High risk	High risk
	Medium	Low risk	Medium risk	High risk
	Low	Low risk	Low risk	Medium risk

■ Low risk   
 ■ Medium risk   
 ■ High risk

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

