Fitness Business (Sample)

Risk Management Plan

Check List for Training Sessions:

- Carry fully replenished First Aid Kit.
- If mobile (e.g. running) carry compact First Aid Kit.
- Carry spare water (Particularly in summer months).
- Ensure equipment is clean and undamaged.
- Notify clients of any parking requirements or restrictions.
- Ensure all permits, insurance and other requirements are up to date.

Training Area (Outdoor)

- Clearly mark area for use to define space and be clear for other park users.
- Ensure a generous distance away from other trainers or activities.
- Check identified area for any uneven ground, sharp objects or other items that may cause injury.
- Have clear directions to location in case emergency services required.
- Check area for any dog droppings or other health risks and clear away.
- Confirm no conflict in space usage with other significant park users.
- Ensure all equipment, rubbish etc cleared away completely from area used following each session.

Client Care

- Complete injury and impediment checks with each client prior to each session.
- Continue monitoring throughout sessions.
- Ensure adequate hydration and intermittent rest/recovery time as required for all individual group members.

Signed

Owner

Fitness Business