

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

