

Risk Assessment Form Static Bike

This form should be completed with a list of hazards that affect the session, and should be written from a coaching perspective, not a venue management perspective. For each risk assessment there should be associated Emergency Action plan to be used in case a risk occurs.

Venue:		Freedom Leisure Crowborough	Venue Contact Name & Contact Details:	Freedom Leisure Centre
Address: (Include postcode)		Eridge Road, Crowborough, TN6 2TN		Duty Manager on Site 01892 665488
Group:		Crowborough Tri Club	Location of first-aider:	Lead Coach & leisure attendants.
Date:		Thursdays as per club website	Location of Defibrillator	Behind leisure reception.
Time:		Start 7pm, Finish 8pm	Location of telephone:	Coaches mobile, reception.
Participants:	Number:	12	Location of toilets:	In adjacent corridor, near to spin room.
	Age:	18+	Location of changing rooms:	Single sex changing facilities next to spin room. Drinks fountain outside spin room in corridor.
	Ability:	Mixed Triathlete	Location of first-aid kit:	At reception & in first aid room.
Lead coach name:		Lead Coach Iain	Stocked and maintained:	<input checked="" type="checkbox"/> Yes No
Venue documents read and understood		Normal operating procedures: <input checked="" type="checkbox"/> Yes No	Additional notes:	
(please ✓ appropriate box):		Health and safety policy: <input checked="" type="checkbox"/> Yes No		
		Emergency action plan (EAP): <input checked="" type="checkbox"/> Yes No		

Name of person conducting risk assessment:	Signed:	Date:
Lead Coach Iain	<i>Iain Watson</i>	17 th October 2022

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Location & Description of Hazard:	People at Risk:	Level of Risk (High/Medium/Low):	Advice Required: (from whom)	Action(s) to Mitigate/ Remove Risk:	Person responsible for resolution:	Residual Risk: After resolution	Dates Reviewed
<p>Training Room</p> <p>Music cables across floor, possibility of tripping over.</p> <p>Portable fan cables (a/c mainly used unless summer months)</p>	Coach, participants	Likelihood: Med Impact: Med	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who	<ul style="list-style-type: none"> • Make obvious, try and keep out of way of path of movement. • Warn participants. • Ensure participants do not need to cross the cables • Request that the cables are covered • Check sufficient guards on fans 	Lead Coach	Likelihood: Low Impact: Low	
<p>Training Room</p> <p>Footwear, bike shoes with cleats. Slipping on floor when wet from sweat or drinks spills; especially when wearing cleats. Training shoes with laces: Laces getting trapped in bike machinery</p>	Coach, participants	Likelihood: Med Impact: Med	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who	<ul style="list-style-type: none"> • Warn participants, get participants to remove shoes and possibly socks while off the bike. • Ensure all laces tied tightly and tucked away • Most bikes have covered chain ensure these are all in place • Ensure any pools of water (sweat/spilt drinks) are cleaned up – towels are part of the kit list and paper towel dispensers around the room. 	Lead Coach	Likelihood: Low Impact: Low	
Training Room	Participants	Likelihood: High Impact: Medium	<input type="checkbox"/> No <input checked="" type="checkbox"/> Yes If yes, who	<ul style="list-style-type: none"> • Coach to show how to adjust, tighten moving parts. Especially with first time users, make sure all know 	Lead Coach	Likelihood: High Impact: Medium	

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Spin Bikes. Tighten all adjustable parts. Check foot straps			Faults with spin bikes report to venue management	<p>how to adjust the specific make and model.</p> <ul style="list-style-type: none"> Warn participants to ride within their capability. Ask athlete to check their bikes & foot straps before starting session. 			
<p>Training Room</p> <p>Spin Bikes. Fixed wheel, pedals don't stop turning if you stop pedalling, can cause injury.</p>	Participants	Likelihood: High Impact: Medium	<input type="checkbox"/> No <input checked="" type="checkbox"/> Yes If yes, who Check with athletes in pre exercise screening for injuries	<ul style="list-style-type: none"> Warm participants not to stop suddenly. Show how to work brake and advise to ride within their capability. Also, poor maintenance of the bikes can lead to the bearing seizing and the pedals locking, which can also lead to wrenched knees or injuries. Check bikes are sound mechanically before use. Keep cadence in session below 135 Repeat warnings towards end of first repetitions 	Lead Coach	Likelihood: Low Impact: Medium	
<p>Training room</p> <p>Noise from fans and when playing music.</p>	Coaches, athletes	Likelihood: High Impact: Low	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who	<ul style="list-style-type: none"> Coach to speak up or to turn down music and check instructions are understood. 	Lead Coach	Likelihood: Low Impact: Low	

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Training room Towels/items dangling from bars of spin bikes getting caught in fly wheel	Coaches, athletes	Likelihood – Med Impact - Med	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who	<ul style="list-style-type: none"> ▪ Warn participants ▪ Ask them to use alternative storage place or get the coach to pass it to them. 	Lead Coach	Likelihood: Low Impact: Medium	
Training room Kit bags / items stored close to/behind spin bikes / turbo trainers getting caught up with moving parts	Coaches, athletes	Likelihood: Med Impact: Med	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who	<ul style="list-style-type: none"> ▪ Warn participants ▪ Ask for everyone to store their bags in a safe corner of the room clear of walking areas and moving parts of bikes. 	Lead Coach	Likelihood: Low Impact: Low	
Training room Athlete not aware of how to stop pedals flywheel spinning, or how to set bike up for a correct riding position.	Athletes	Likelihood: Med Impact: Medium	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who	<ul style="list-style-type: none"> • Show new participants how to set bike position correctly. • Show new participants how to brake the flywheel if they get out of control. • Remind all participants on bike setup and braking mechanism. 	Lead Coach	Likelihood: Low Impact: Low	
Training Room Athletes overheating, suffering from dehydration or getting chills after session	Athletes	Likelihood : High Impact : Medium	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who	<ul style="list-style-type: none"> • Ensure athletes have drinks • Ensure suitable fan in use during session to increase air flow • Switch fan off during cool down so athletes don't get too cold/chilled 	Lead Coach	Likelihood: Low Impact: Low	

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Training Room Athletes set up incorrectly on bike	Athletes	Likelihood : Med Impact : Medium	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who	<ul style="list-style-type: none"> Coach to assess athlete's position before main set according to coaching qualification and knowledge. Most attention to new and novice riders. Coach to show athletes how to adjust setup of static bikes. 	Lead Coach	Likelihood: Low Impact: Low	
Training Room Athletes riding with too great a resistance, potential to strain muscle, ligament, tendons	Athletes	Likelihood : Med Impact : Medium	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who	<ul style="list-style-type: none"> Coach to show athletes how to adjust resistance on Spin bikes. Coach to outline appropriate cadence for session, and what it should feel like or look like 	Lead Coach	Likelihood: Low Impact: Low	

Insert Diagram(s) of layout of venue with key safety elements marked (this page is intended to be shared between Risk Assessment and EAP):

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