

**CHEER LONDON ALLSTARZ**

DELIVERING CLUBS IN SCHOOLS

**RISK ASSESSMENT**

SEPTEMBER 2024-AUGUST 2025



Organisation	Cheer London Allstarz
Nature of Activity	Cheerleading, Tumbling, Dance Classes
Date of assessment	01st August 2024
Review date	Reviewed 1st August 2025 (ready for the 2025/26 school year)
Risk assessment & Health & Safety Officer	Sophie Bastock   Founder & Director Cheer London Allstarz

What are the hazards?	Who might be harmed and how?	What are you already doing?	What further action is necessary?			
			Do you need to do anything else to manage this risk?	By whom	When	Done
Unsuitable mats and sports flooring (Cheer & Tumbling)  Slippery Mats and broken mats	Participants	Safety flooring must be used at all times for Cheer & Tumbling this includes PE Mats / Cheer Floor / Jigasaw mats The floor is checked to ensure it has been cleaned and if not, report to the school premises	Mats are regularly checked for quality to ensure they are safe to use - those that are not are not used in practice	The Cheer London Allstarz Coach	Every session	
Unsuitable equipment used for Tumbling (stations and drills)	Participants	Checking of equipment prior to every session ensuring all equipment is sufficient, safe and clean.	Ensure regular cleans of equipment.	The Cheer London Allstarz Coach	Every session	
Stunting (lifting and balances in Cheer)	Participants	Stunting to the groups ability will be the only stunts conducted by the class. Coach is always present for stunting to ensure that it is safely conducted Stunts always have a 'base' which consists of a minimum of 3 people and maximum of 4 to ensure that when stunting individuals land safely When there is someone in the air from stunting, all the group remains quiet. This is to ensure if there is an issue, it can be heard.	No stunting is to be performed if low class focus a coach must be present at all times  Go back over basics and grips if needed.	The Cheer London Allstarz Coach	Every session	

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Ratios child to coach for class.	Participants	Ensuring 0-22 children have 1 fully qualified coach present. For numbers 23-30 a second qualified coach will be present for each session.	<p>Communicate with schools if additional help is needed for neurologically diverse children.</p> <p>Children will be aware of ground rules for the class to ensure a safe environment.</p>	The Cheer London Allstarz Coach	Every session	
Tumbling (during a Cheer specific class)	Participants	<p>Only acquired skills may be performed within our classes. All participants will be offered an easier alternative if they cannot execute the skills</p> <p>Coaches will only work to the capabilities of class members.</p> <p>This will always be conducted on a soft sports safety floor</p> <p>Adequate space given between participants.</p>	<p>Simplified tumble drills if inadequate space</p> <p>Correction of technique constantly if needed</p>	The Cheer London Allstarz Coach	Every session	
Preventing Injury when Tumbling (as part of a Gymnastics/Tumbling class)	Participants	Ensuring all children are working at their specific skill set and warming up efficiently. Skill sheets will be worked in during classes to track progress to ensure correct progressions and development is adhered to.	Continue to log skills and development and assess throughout class/ during block of classes.	The Cheer London Allstarz Coach	Every session	

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Coaches injured during Tumbling (as part of a Gymnastics/Tumbling class)	Coaches	Ensuring all coaches are confident in spotting abilities and at full physical health to be able to spot efficiently.	Contented development and assessment from CLA training accessors to ensure correct and safe spotting techniques.	The Cheer London Allstarz quality assurance team	Continued.	
Dance	Participants	<p>Ensuring space is clear with no obstructions</p> <p>Only suitable music to be used for all routines and warm up.</p> <p>Adaptations for those unable to participate fully.</p>	<p>Continuos checking of adequate clear space during every lesson .</p> <p>Checking music prior to using</p>	The Cheer London Allstarz Coach	Every session	
Injury to participant	Participants	<p>If an individual is injured, first aid will be administered by the CLA Coach and logged in our accident book.</p> <p>The school will also be informed at the end of the lesson the CLA office will also report injury to parent as our policy is for Coaches too report back to CLA Office Manager (Stacey) with any injuries no matter how small.</p> <p>All CLA Staff have a fully equipped First Aid bag which accompanies them to every session and class.</p>	CLA First Aid bags checked and replenished regularly	The Cheer London Allstarz Coach	Every session	

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Medical Conditions	Participants	<p>Medical conditions are logged on our Classforkids registration forms. All Coaches will be aware of these prior to the class.</p> <p>Coaches will ensure Asthmatic children have inhalers/pumps readily available.</p> <p>Medication to be brought to the class if required. This can also be collected from the school office by the coach.</p>	<p>The coaches need to know about any medical conditions a student may have</p> <p>Any changes to school medical procedure is communicated to the club</p>	The Cheer London Allstarz Coach	Every session	
Incorrect Clothing- injury	Participants and coaches	<p>Clothing that is incorrect will be told to the participants by class coach.</p> <p>Anyone wearing incorrect clothing will be asked to change or will be unable to participate the session</p> <p>All jewellery is to be taken off and not worn during practice.</p> <p>The correct footwear (trainers) must be worn whilst training.</p>	Participants monitored through the session to ensure they are wearing appropriate clothing	The Cheer London Allstarz Coach	Every session	
Dehydration	Participants	<p>Regular breaks are taken in training to ensure that participants are able to take on water/fluids to ensure students remain hydrated.</p> <p>Those students who appear to be dehydrated are told to replenish liquids during the training, outside of the breaks</p> <p>Water points at venues are known by the participants so students can fill up bottles accordingly.</p>	Participants are told regularly to bring water and fluids to the class	The Cheer London Allstarz Coach	Every session	

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Slips and Trips	Participants and Coaches	<p>The hall must be of a clean state upon arrival.</p> <p>The hall is checked before training to ensure there are no spillages on the floor and there are no trip hazards around the hall</p> <p>If a spillage is found or made, it is to be cleaned up by class coach (if small spillage) or reported to Premises officer if a large spill.</p>	<p>If the School is unclean this will be reported immediately to the Schools Premises officer/care taker.</p> <p>Wet floor signs are put down through the cleaning and remain until the spillage is completely dried</p> <p>If a trip hazard is regularly found this is to be reported to the School office.</p>	The Cheer London Allstarz Coach	Before every session	
Fire	Participants	The Coach and Participants know the evacuation procedure.	Upon review, any changes are informed to the club by the school.	The Cheer London Allstarz Coach	Every session	
Objects in the hall	Participants	The hall is cleared of obstructions as much as possible such as chairs and tables.		The Cheer London Allstarz Coach	Every session	
Dismissal from class	Participants	Coaches will ensure all children are collected by designated parent only. CLA Staff will remain onsite until all children are collected from their club. If this exceeds 10 minutes CLA Staff will call parents directly and inform the school office.	Speak with parents/carers if late pick up is continued.	Sophie Bastock program Director at Cheer London Allstarz.	When necessary	

For further information on drop off and pick up please see "Health,Safety and Safeguarding Document"