

# TOAT - RA018 - Physical Education (PE) Lessons (Including Sports Days) : Risk Assessment



## Assigned to: All locations

Organisation: Tall Oaks Academy Trust  
Address: Castle Wood Academy  
The Avenue  
Gainsborough  
Lincolnshire  
DN21 1EH

## Risk Assessment Description

Most PE lessons will present some form of additional risk of injury to the participants if lessons are not managed correctly. This risk assessment has been created to guide and Identify some of the many risks present in PE lessons. It does not cover all potential risks. All class teachers and those conducting PE lessons should use this generic risk assessment as guidance for their proposed lessons. Close adult supervision is required at all times during PE lessons - consider using additional adults for supervision if required.

## Identified hazards

Hazard description	Who might be harmed and how	Control measures	Risk rating	Last amended
All PE Lessons	Staff Pupils Participants	<ol style="list-style-type: none"><li>1. All lessons and learning must be conducted in accordance with current DfE guidelines.</li><li>2. All class teachers and those conducting PE lessons must Identify any risk to themselves and the children. Each lesson will be different and therefore lesson organisers, as a part of their PPA planning should conduct their own risk assessment to ensure appropriate control measures are in place for that lesson if the activities are not covered by this RA.</li><li>3. The 'Safe Practice in Physical Education (2004)- BAALPE' guidelines should be referred to by all teachers when planning their PE lessons</li></ol>	Low	Paul Turner on: 15/06/2022

Hazard description	Who might be harmed and how	Control measures	Risk rating	Last amended
General PE activities	Pupils Staff	<ol style="list-style-type: none"> <li>1. PE safety rules should be followed and all activities should closely supervised by staff and carried out in accordance with BAALPE guidelines.</li> <li>2. Essentially all Outside pitches and equipment must be checked for safety (uneven surfaces and foreign objects) prior to each use.</li> <li>3. Other general safety concerns to consider include, but are not limited to: <ul style="list-style-type: none"> <li>• Monitoring the environment, such as heat, when playing outdoor sports</li> <li>• Having a fully stocked first aid kit in the gym</li> <li>• Knowing how to recognize the signs of a concussion, such as dizziness and headache</li> <li>• Checking your gym's equipment for any problems</li> <li>• Ensuring students are wearing appropriate clothing for the activity at hand</li> </ul> </li> <li>4. Teacher or Lesson planner should conduct a simple RA to check for Hazards that may be present for the specific lesson.</li> </ol>	Low	Paul Turner on: 15/06/2022
Gym equipment: Wall bars, ropes benches, stands, agility tables, vaulting boxes, and mats.	Pupils Staff	<ol style="list-style-type: none"> <li>1. All equipment is inspected annually by independent specialists and repaired or replaced where necessary to prevent danger.</li> <li>2. All equipment checked weekly by the Site Manager</li> <li>3. Lesson leads must check all equipment prior and after use to check for serviceability.</li> <li>4. Never use unserviceable equipment.</li> <li>5. If you are not trained to use specific equipment you should not use it until instruction and training has been received.</li> <li>6. All activities must be closely supervised by staff and carried out in accordance with BAALPE guidelines.</li> </ol>	Low	Paul Turner on: 15/06/2022

Hazard description	Who might be harmed and how	Control measures	Risk rating	Last amended
Manual handling gym equipment i.e. benches, vaulting box, stands, agility tables and mats etc.	Pupils Staff	<ul style="list-style-type: none"> <li>• Team lifts used to reduce risks.</li> <li>• Larger loads are split down where possible to reduce weight.</li> <li>• Staff have been provided with manual handling training to reduce the risk of injury.</li> <li>• Trolleys are provided for gym mats and these only moved by two persons because of the high weights involved.</li> <li>• Pupils carry items in teams to reduce risks.</li> <li>• Staff ensure that any manual handling carried out by pupils is well within their capabilities.</li> <li>• Teacher or Lesson planner may need to conduct a simple RA to check for further Hazards that may be present for the specific lesson.</li> </ul>	Low	Paul Turner on: 17/07/2022

Hazard description	Who might be harmed and how	Control measures	Risk rating	Last amended
Clothing, footwear & personal effects' Wearing of jewellery	Pupils Staff  Persons conducting PE lessons inappropriately dressed or wearing jewelry are likely to have a slip trip or fall - If wearing jewelry it could be caught or pulled by others causing injury	<p>HOS should have a clear written policy in place regarding the management of personal clothing, footwear and personal adornments;</p> <ul style="list-style-type: none"> <li>• Pupil's long hair is required to be tied back;</li> <li>• Pupils are required to remove all personal effects. If they cannot be removed, then all personal effects must be made safe;</li> <li>• Pupils wear suitable clothing for the activity;</li> <li>• All staff and students change into footwear that is appropriate for the indoor lesson and for the PESSPA activity being taught;</li> <li>• In gymnastics, barefoot work is the safest, whether on floor or apparatus, because the toes can grip. Barefoot work in both gymnastics and dance can improve aesthetics by allowing the foot and toes to move through a full range of flexion and extension, which in turn strengthens the muscles, bones and joints. Training shoes should not, however, be worn for gymnastics activities;</li> <li>• For indoor games appropriate footwear should be worn due to the higher frequency of sudden stopping and changing direction quickly where toes can be stubbed, and also for games that require the ball to be kicked (e.g. football) or involve a hard, fast-moving ball at ground level (e.g. indoor hockey). Training shoes, which provide good traction will often prove effective for a range of indoor games and will also support the feet when carrying out activities that are largely high impact.</li> </ul>	Medium	Paul Turner on: 17/07/2022

Hazard description	Who might be harmed and how	Control measures	Risk rating	Last amended
Weather	<p>Pupils Staff</p> <p>Carrying out PE lessons in extreme HOT temperatures are likely to cause Heat injuries such as Heat Stroke or Heat stress. During cold weather cold related injuries may occur and cause could induce breathing difficulties.</p>	<ul style="list-style-type: none"> <li>• No strenuous PE lessons should be conducted if temperatures are above 30 degrees Celsius</li> <li>• In the event of extreme weather conditions Hot or Cold and Wet the Class Teacher will assess and decide if the event should continue</li> <li>• All Staff/children should wear sunhats and apply sun cream if the weather dictates</li> <li>• All Staff/children should have access to fluids to prevent dehydration</li> <li>• Suitable clothing and footwear should be advised to parents prior larger PE events or Sports Days.</li> </ul>	Medium	Paul Turner on: 17/07/2022
<p>Medical - Accidents Health issues: Accessibility of inhalers:</p>	<p>Pupils Staff</p> <p>Not having immediate access to pupil medication whilst carrying out strenuous activities presents high risk - particularly to those needing an inhaler.</p>	<ul style="list-style-type: none"> <li>• A suitable First Aid kit/Kits will be available during sports and PE lessons.</li> <li>• Teachers to explain need for sensible, calm behaviour during lessons. Children to follow directions and instructions from staff in order to prevent accidents.</li> <li>• Staff should check the areas being used for foreign objects and trip hazards</li> <li>• Children may trip, fall or slip whilst competing in their events. First Aid to be administered by qualified First Aider as required.</li> <li>• Inhalers to be kept by group leaders in an individual plastic zippers in coat pocket (with them at all times).</li> </ul> <p>Class Teacher to be fully aware of pupil Health Care Plans and have a copy of the HCPs and ensure full compliance with health requirements are being met at all times</p>	Low	Paul Turner on: 17/07/2022

Hazard description	Who might be harmed and how	Control measures	Risk rating	Last amended
Whites Wood School - Sports Hall Cupboards and Wall mounted resources.	There are a number of fitted / wall mounted cupboard units in the Whites Wood Sports hall used for storage of lunch supplies. There is a possibility of a head bump or other injury during sports and PE.	During all WWA PE lessons in the hall the dividing screen must be fully closed to prevent the need for access during the lesson.	Low	Paul Turner on: 07/03/2024

## Images

**Hazard:**  
All PE Lessons

**Risk Assessment**  
NOTE: Before completing this risk assessment please see guidance notes towards the end of the document.

The diagram shows a central triangle with 'Appropriate Challenge', 'PHYSICAL EDUCATION', and 'Acceptable Risk' at its vertices. It is surrounded by boxes for 'PEOPLE', 'CONTENT', 'PHYSICAL EDUCATION EQUIPMENT', and 'MATRIEX STYLING AND CLASS ORGANISATION'. Each box contains specific safety and practice guidelines for physical education lessons.

**Hazard:**  
General PE activities

**Risk Assessment**  
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The diagram is identical in structure to the first one, with a central triangle and surrounding boxes for 'PEOPLE', 'CONTENT', 'PHYSICAL EDUCATION EQUIPMENT', and 'MATRIEX STYLING AND CLASS ORGANISATION'.

**Hazard:**  
Gym equipment: Wall bars, ropes benches, stands, agility tables, vaulting boxes, and mats.

**Risk Assessment**  
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The diagram is identical in structure to the previous ones, with a central triangle and surrounding boxes for 'PEOPLE', 'CONTENT', 'PHYSICAL EDUCATION EQUIPMENT', and 'MATRIEX STYLING AND CLASS ORGANISATION'.