

Risk Assessment:**Working with 16-18 year olds****Activity:**

Non-contact boxing-based wellbeing programmes

Location:

Off The Ropes gym (NHS site)

Participants:

Young people aged 16-18

Supervision:

Qualified boxing coaches and an occupational therapist

Additional support:

Adult tutor (completed Physical Activity Readiness Questionnaires and assessments)

Purpose:

To ensure the safety and wellbeing of all participants during a structured, non-contact boxing session



Hazard	Who is at risk	Likelihood (L/M/H)	Impact (L/M/H)	Current Controls	Actions Required	Risk Owner
Inadequate supervision	Young people	Low	Medium	Appropriate staff ratios, DBS-checked staff, session planning		All team
Unsafe environment / equipment	All	Low	Medium	Daily equipment checks, clear floor space, maintenance logs		Gym Lead Coach
Physical injury (slips, trips and falls)	Young people	Low	Medium	Non-contact rules, clear floor space, remove obstacles, ensure appropriate footwear, qualified coaches provide instruction and supervision, PPE if needed		Gym Lead Coach
Overexertion	Young people	Low	Medium	Warm-up and cool-down included; monitor participants		Gym Lead Coach
Pre-existing health conditions - aggravation of condition	Young people	Very low	High	Tutor ensures readiness questionnaires completed; occupational therapist present		Gym Lead Coach
Emotional distress / trauma triggers	Young people	Low	Medium	Trauma-informed practice, check ins, safe space		Gym Lead Coach
Emergency situation	All	Very low	High	First aid kit available; staff trained in first aid; emergency procedures in place		All team
Peer-on-peer bullying or harm	Young people	Low	Medium	Clear behaviour expectations, staff observation, immediate intervention		Gym Lead Coach
Disclosure of abuse	Young people	Medium	High	Staff trained to respond, clear reporting process, DSL referral		All team / DSL
Lone working or isolation	Young people	Low	High	No 1-to-1 behind closed doors, always visible line of sight		Gym Lead Coach

Data breaches	All	Low	Medium	Secure storage, GDPR compliance, limited access	All team
Transport issues	Young people	Low	Low	Two-adult rule where possible, parental consent	Gym Lead Coach / Gym Manager
Online contact from staff	Young people	Low	High	No private messaging, no social media contact	All team