

**Risk Assessment for Junior rowers in use of the TRX band at home**



Club		Maidenhead Rowing Club		Date:	12th January 2021									
Author		Club Rowing Safety Advisors (Diane Steel/ Chris Sneller)		Rev:	Version 1									
No:	Hazard	Reduce probability a Hazard causing a Hazardous Event		Reduce the Severity of Harm		Harm	Severity (1-5)	Probability (A-E)	Level of Risk (L/M/S/I)	Club RSA	Coaches	Junior	Responsible Adult	
		Barriers	Action to maintain barriers	Hazardous Event	Controls									Action to maintain controls
<b>TRX Equipment Set Up and Use at home with Junior Rowers</b>														
1	<b>TRX set up / anchoring</b>	Qualified coach with TRX experience sent Video explaining safe installation to parents/guardians of all juniors	Junior rowing coordinator has requested that a responsible adult oversees training to ensure safe installation	Risk of equipment coming off the door and injury to junior	Keep plenty of space around the area move any objects from the area if possible	Review of Video regularly Responsible adult to check at each session	Medical assistance needed	3	C	Moderate		X	X	X
2	<b>Incorrect use of TRX band</b>	Zoom training sessions run by qualified trainer	Junior rowing coordinator has requested that a responsible adult oversees training to ensure safe training	Muscle - Skeletal Injury	Only use the band during Zoom/ Video training sessions with coach	Responsible adult present during each session to monitor safety	Injury requiring medical intervention	3	B	Low				
3	<b>Risk of COVID Infection from touch surfaces</b>	Each TRX band is issued for personal use - No Sharing	Clean band touch points before and after use	Infection	Keep band and touch surfaces clean		Illness requiring medical intervention	3	B	Low				