

RISK ASSESSMENT Community Hall-Based Pilates Classes 2026



Significant Hazards	Who might be harmed and how?	Current control measures	Likelihood of harm/loss occurring with current controls in place? ¹ (High, Medium or Low)	Further control measures (if required)	Residual Risk (High, Medium or Low)? Is this acceptable? ²	Date for implementation of controls and by whom ³
Room preparation/ Manual handling	Participants may need to move furniture to allow enough space to work out	<ul style="list-style-type: none"> Members should be advised to lift and move items carefully and only when necessary. They should seek help if there are larger items of furniture to move. Instructor should teach manual handling if member requires additional support. 	Low	N/A	Low	N/N

1 Risk should be reduced as low as reasonably practicable. NB. If risks remain significant even with existing control measures then further control measures MUST be identified and implemented.

2 If a risk of significant loss or injury (i.e. any incident that would result in over 3 days lost time, or a major injury or a reportable near-miss or which could lead to a monetary loss greater than £) still exists when all "reasonably practicable" control measures have been implemented then the risk is NOT tolerable and the activity should be ceased.

3 Record who is responsible for implementing the additional controls and when this action is to be completed by.

Room temperature	Members may strain muscles more easily if room is too cold or be uncomfortable if room is too hot	<ul style="list-style-type: none"> • Members advised to wear appropriate clothing • Instructor to teach a warm up phase in each class • Instructor to adjust heating controls as needed 	low	N/A	Low	N/A
Slips/trips/falls	<p>Subject specific risk of falls for some Members when performing long and/or complex movements with turns</p> <p>Instructor and Members may be injured if they trip over objects (mats or personal property) or slip on spillages (drinking water is the only likely spillage).</p> <p>Members may get nearer to</p>	<ul style="list-style-type: none"> • Instructor aware of risks and appropriate cueing • Instructor identifies Members at risk of falling e.g. via health screening process- extra support of chair or wall suggested for stretches • Members advised about caution for proximity of personal items and advised to check for clear floor space. • General good housekeeping • Immediate cleaning up of any spills • Check sufficient lighting in exercise 	low	N/A	Low	N/A

	edges of room and trip hazards as class progresses	zone				
Manual Handling of equipment used in class e.g. mats, chairs	Instructors and Members risk injury whilst handling mats and other equipment if not moved carefully	<ul style="list-style-type: none"> • Members are asked to bend their knees and try to keep their backs straight when moving equipment – Members are shown how to do this and reminded at intervals. • Objects are placed safely for use e.g. any small props well out of the workout zone when not being used. • Instructor and Members should not attempt to lift objects that look too heavy to handle. 	low	N/A	Low	N/A
Electrical appliances	Instructor and Members could get electrical shocks or burns from using	<ul style="list-style-type: none"> • Instructors are advised to PAT test any electrical equipment e.g. music players/speakers 	low	N/A	Low	N/A

	faulty electrical equipment. Electrical faults can also lead to fires.					
Fire	If trapped, staff could suffer fatal injuries from smoke inhalation/burns.	<ul style="list-style-type: none"> • Instructor and Members must be aware of the fire procedures of the establishment they are using • Candles and incense should not be used • Fire exits should be free from blockages • No items to be covering electrical radiators 	low	N/A	Low	N/A
Injury whilst exercising – muscle strain etc.	<p>Members could hurt themselves if they do not exercise appropriately for their own level of capability</p> <p>Members could aggravate existing health conditions e.g.</p>	<ul style="list-style-type: none"> • Instructor advises Members to take responsibility for their own movements and work at own level of ability • Members alert Instructor to existing medical information through pre-exercise health screening process • Instructor seeks 	low	N/A	Low	N/A

	back or joint complaints	<p>further advice if unsure what to do in a situation</p> <ul style="list-style-type: none"> • Instructor guides Members to work at an appropriate level and warn of contraindications • Instructor demonstrates and cues safe way to perform movements • Verbal cues repeat safety instructions • All Members participate in a short warm up • Instructor ensures latecomers warm up before participating 				
INSTRUCTOR:	Jo Everill-Taylor(Director)				Date of Next Review:	January 2027