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| Ysgol Plasmawr - Home | **Dyddiadau’r Sesiynau / *Dates of Sessions*:  10/11/23 – 15/12/23**  **Bore Gwener / *Friday mornings* (6 sesiwn / *sessions*)**  **Dechrau / *Start*: 10:00am**  **Gorffen / *Finish*: 11:00am** | **Lleoliad / *Venue*:**  **Eglwys Fethodistaidd Heol Conway Road Methodist Chruch** |
| **Trefynydd y digwyddiad / *Event Organiser:***  Menter Caerdydd  **Arweinydd / *Leader:***  Kathryn Thomas | **Asesiad risg gan / *Risk assessment undertaken by:***  **Gwennan Young – Swyddog Datblygu Gwasanaeth Teulu / *Family Service Development Officer*** | **Rhannu’r gwaith a gwybodaeth: / *Distribution:***   * Menter Caerdydd (swyddfa a gwefan) / (*office and website*) * Arweinydd / Leader – Kathryn Thomas * Ebostio mynychwyr | *Email to attendees* |
| **Llofnodwyd / *Signed:* G. Young**  **Dyddiad / *Date: 1-11-23*** |

**Scope of Risk Assessment**

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| **Heini gyda’m Babi**– sesiwn ffitrwydd yn yr iaith Gymmraeg i rieni newydd gyda’u babanod / *Welsh language fitness session for new parents with their babies.* |

**Proffil Ymwelwyr / *Visitor Profile***

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| * Nifer o lefydd ar gael / Number of spaces available: 15 oedolyn a’u babanod / *15 adults and their babies* * Defnydd o Alcohol / *Alcohol consumption*: N/A * Tebygolrwydd o ddefnydd o gyffuriau / *Likelihood of some drug use:* N/A | * Faint o bob rhyw? / A*nticipated gender split*: 80% benywaidd / female * % Pobl Anabl / Mamau newydd neu famau sy’n disgwyl / % *Disabled people or new and expectant mothers*: 100% mamau newydd / new mothers * Cyfartaledd presenoldeb / *Average attendance:* tua 10 oedolyn a 10 babi / *approx. 10 adults and 10 babies* |

| **Hazard** | **Consequences** | **Who is at Risk** | **P** | **S** | **R** | **Controls** | **P** | **S** | **R** | **AL** |
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| Look only for hazards which you could reasonably expect to result in significant harm. Use the following examples as a guide:-   * Slipping/tripping hazards * Noise * Electricity * Gas * Fumes * Fire * Vehicles * Chemicals * Moving parts of machinery * Manual Handling * Work at height * Ejection of materials * Poor lighting * Affects of bad weather | List the potential impact of the risk to people and the event | There is no need to list individuals by name - just think about groups of people who might be affected e.g.:-   * Participants * Performers * Stewards * Children * Elderly * Disabled * Pregnant/Nursing women * Members of the public |  |  |  | Have you already taken precautions against the risks from the hazards you listed, for example have you provided:-   * Adequate information, instruction or training? * Adequate safe systems or procedures?   Do the Precautions:-   * Meet the standards set by a legal requirement? * Comply with a recognised standard? * Represent a good practice? * Reduce risk as far as reasonably practicable?   If so, then the risks are adequately controlled, but you need to indicate the precautions you have in place. You may refer to procedures, manuals, etc. giving this information. |  |  |  | What more could you reasonably do for those risks which you found were not adequately controlled?  Priority should be given to those risks which affect large numbers of people and/or could result in serious harm. Apply the principles below when taking  further action, if possible in the following order:-   * Remove the risk completely * Try a less risky option * Prevent access to the hazard (e.g. by guarding) * Put procedures in place to reduce exposure to the hazard   Issue personal protective equipment |
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| Baglu a syrthio / Anafiadau cyffredinol  *Trips and falls / General injuries* | Gall fynychwyr anafu eu hunain tra yn ymarfer corff. Gallai baban frifo ei hunain pan fo’r rhiant yn ymarfer corff.  *Attendees may sustain minor injuries whilst exercising. A baby could injure themselves while their parent is exercising.* | Pawb sy’n mynychu  *All in attendance* | 2 | 1 | 2 | Gwneud yn siwr bod y llawr yn yr ystafell yn glir, gan gadw unrhyw eiddo mewn lleoliad saff i ffwrdd o le mae pobl yn cerdded. Rhaid glanhau unrhyw hylif sydd ar y llawr yn syth.  *Ensure that the room and floor is clear, keeping* *any belongings in a safe location away from where people will be walking. Any liquid on the floor must be cleaned immediately.*  Bydd y babanod yn cael eu cadw yn eu bygis / seddi car neu ar fatiau ar y llawr er mwyn eu cadw yn saff ac i ffwrdd o’r pobl sy’n ymarfer corff. Bydd y rhieni yn gwynebu y plant fel eu bod yn gallu cadw llygaid arnyn nhw. Bydd y rhan fwyaf o’r babis methu cerdded gan eu bod o dan 1 mlwydd oed. Bydd rhieni yn gyfrifol am gadw’r plant yn saff ac i ffwrdd o’r ardal ymarfer corff.  The babies will be kept in their buggies / car seats or on mats on the floor so that they are kept safe and away from people exercising. The parents will face the children so that they can keep an eye on them. Most will not be mobile as they will be under 1 years old. Parents will be responsible for keeping the children safe and away from the exercising area. | 2 | 1 | 2 | Atgoffa rhieni eu bod yn gyfrifol am eu plant.  *Remind parents that they are responsible for their children.* |
| Blinder cyhyrau, cramp, cymalau yn gwneud dolur / yn stiff, tynnu cyhyrau, gewynnau a tendonau.  Muscle fatigue, cramp, sore/ stiff joints, pulled muscles, ligaments and tendons. | Gall fynychwyr anafu eu hunain tra yn ymarfer corff.  *Attendees may sustain minor injuries whilst exercising.* | Pawb sy’n mynychu  *All in attendance* | 3 | 1 | 3 | Dylai pob person sy’n cymeryd rhan dwymo i fyny ac ymestyn ar ddechrau pob sesiwn.  *All participants should participate in the warm up and stretching at the beginning of each session.*  Dylai arweinydd y sesiwn wirio bod dim anafiadau wedi bod gan y mynychwyr ar ddechrau y sesiynau. Mae’n bosib bydd yr arweinydd yn atal rhywun rhag ymarfer corff os ydynt yn gweld bod unrhyw drafferth.  *The session leader should check there are no prior injuries at the beginning of the sessions. The instructor may stop an individual from exercising if they observe any distress.* | 3 | 1 | 3 | Siarad a phawb ar ddechrau’r sesiynau i ofyn os oes unrhyw anafiadau.  *Speak to everyone at the start of the sessions to ask if there are any injuries.* |
| Pendro, goranadlu, cyfog a gorlludded.  *Dizziness, hyperventilation, nausea and exhaustion* | Gall fynychwyr deimlo’n sal yn sydyn pan yn ymarfer corff.  *Attendees could feel ill suddenly whilst excercising.* | Pawb sy’n mynychu  *All in attendance* | 3 | 1 | 3 | Dylai mynychwyr gael eu annog i orffwys os oes angen a dim gwthio eu hunain yn rhy bell.  *Attendees should be encouraged to take a rest if required and not push themselves too far.* | 2 | 1 | 2 | Atgoffa mynychwyr i orffwys os oes angen.  *Remind attendees to rest if they need to.* |
| Dadhydradiad  *Dehydration* | Gall golli lot o hylif o’r corf arwain at ben tost, pendro a’ch gwneud yn benysgafn.  *Losing large quantities of fluid can lead to headaches, dizziness and lightheadedness.* | Pawb sy’n mynychu  *All in attendance* | 2 | 1 | 2 | Dylai mynychwyr gael eu annog i ddod a dwr a’r sesiwn a’i yfed yn aml yn ystod y sesiwn, ac ail-hydradu yn dda a ol y sesiwn.  *Attendees should be encouraged to bring water to the session and drink it regularly during the session and to re-hydrate thoroughly after the session.* | 2 | 1 | 2 | Atgoffa mynychwyr i ddod a botel dwr.  *Remind attendees to bring a bottle of water.* |
| Dal neu ledaenu coronafeirws  *Contracting or spreading coronavirus* | Mynychwyr a staff yn cael prawf positif Covid-19 ac yn mynd yn sâl iawn.  *Attendees and staff test positive for covid-19 and get very ill.* | Pawb sy’n mynychu  *All in attendance* | 2 | 3 | 6 | Byddwn yn cymryd pob cam i atal lledaenu Covid-19 ac yn gofyn I unrhyw un sy’n dangos symptomau I beidio mynychu.  *We will be taking all possible steps to prevent the spread of Covid-19 and will ask anyone showing symptoms not to attend.*  Byddwn yn defnyddio ac adolygu unrhyw ganllawiau newydd gan y llywodraeth / Cyfundrefn Iechyd y Byd pan fyddant ar gael.  *We will adopt and keep under review new government / World Health Organization guidelines when available.* | 2 | 3 | 6 | Monitro canllawiau’r llywodraeth  *Monitor government guidelines* |