

Aseiad Risg – Risk Assessment



Dosbarth / Class: Tai Chi	
Ble / Where: Hub Rhydypennau, Llandennis Rd, Cardiff CF23 6EG	
Pryd / When: Bob dydd Llun – Mondays – 14:00-15:00 11/9/23 hyd fis Gorffennaf 2024	
Yswiriant Atebolrwydd Cyhoeddus? Public Liability Insurance? Oes Yes – Un Menter Caerdydd / Nag oes No	
Mynedfa / Allanfa yn addas ar gyfer pobl anabl? Disabled Access?	Oes Yes/ Nag oes No

Asesiad Risg: Risk Assessment:

Beth yw'r peryglon? What are the hazards?	Pwy allai gael ei niweidio? Who might be harmed?	Lefel y risg cyn yr asesiad Level of risk before risk assessment	Beth ydyn ni'n ei wneud i leihau'r risg? What are we doing to control the risks?	Pwy sy'n gyfrifol am checio ar y diwrnod? Who needs to carry out the action?	Lefel y risg ar ôl yr asesiad New level of risk	Pwy sydd wedi ymweld â'r lleoliad a sicrhau bod popeth yn iawn? Who has visited the location and checked everything is in place?	Date?	Review date?
<p>Injuries – fractures, muscle strains, heart/breathing difficulties etc</p>	<p>All attending group</p>	<p>Medium</p>	<p>Participants fill out an up to date health questionnaire prior to exercise. Participants will be asked if there are any changes to their health before starting each session. Risk Assessment checklist will be conducted before each activity.</p> <p>Any injuries will be reported in an accident book.</p>	<p>Tutor: Avril Williams / Organiser: Rachel Matthews</p>	<p>Low</p>	<p>Rachel Matthews initially / Avril Williams weekly</p>		<p>Asesiad risg yn gyfredol oni bai bod yr ystafell / niferoedd yn newid. Checio bob wythnos; adolygu ar ddechrau'r tymor ac ail-wneud ar ddechrau bob blwyddyn academiaidd.</p> <p>RA to be renewed if numbers or room changes. Checks made each week; review at start of each new term</p>

			Emergency contact information is stored on the day and family will be contacted in an emergency.					and re-do at start of each academic year.
Trip Hazards	All attending the group	Medium	<p>Before participants enter, the room will be set up and checked for any trip hazards.</p> <p>There will be no trip hazards and coats/bags will be placed in the corner of the room.</p>	Tutor: Avril Williams / Organiser: Rachel Matthews	Low	Rachel Matthews initially / Avril Williams weekly		Ar ddechrau pob tymor – Start of each term
Hydration – access to water and sharing cups	All attending group	Medium	Participants will be asked to bring their own vessels to each of the groups.	Tutor: Avril Williams / Organiser: Rachel Matthews)	Low	Rachel Matthews initially / Avril Williams weekly		Ar ddechrau pob tymor – Start of each term
Spillages	All attending group	High	Tutor will ensure the floor is wiped if drinks are spilled.	Tutor: Avril Williams	Medium	Rachel Matthews initially / Avril Williams weekly		Ar ddechrau pob tymor – Start of each term

Ventilation	All attending group	Medium	Space will be well ventilated with doors open where needed. This will be checked via our checklist prior to the group starting.		:pw	Rachel Matthews initially / Avril Williams weekly		Ar ddechrau pob tymor – Start of each term
Contraction of virus	All attending group	Medium	Nobody will be attending the group if they have any symptoms of Covid 19, flu or heavy colds. Provide ventilation when needed.	Tutor: Avril Williams	Low	Rachel Matthews initially / Avril Williams weekly		Ar ddechrau pob tymor – Start of each term

Full name/role: Rachel Matthews

Signed:



Date: 4/9/2023

Contact: Email: rachel@mentercaerdydd.cymru