# EALING WEIGHTLIFTING CLUB CIC

## Risk Assessment 2025–2026

Perivale Park Athletics Track, Stockdove Way, Greenford UB6 8TJ
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RISK ASSESSMENT 2025–2026
Review Date: October 2026

### Responsible Persons:

- Head Coach / Club Manager: Kazem Panjavi
- Safeguarding Officer (Main): Nosrat Karimi
- Deputy Safeguarding Officer / Chairperson: Allistair Arendse

### Activities Covered:

Weightlifting training (youth & adults), Beginner courses, School sessions, Competitions & events,
Maintenance / moving equipment & platforms, Container storage & access,
Extension construction area (if ongoing), Female-only sessions, Community fitness / conditioning sessions.

## Key Risk Areas:

| Hazard | Risk | Likelihood | Severity | Control Measures / Mitigation | Responsible Person | Review Date |
|---|---|---|---|---|---|---|
| Fire safety & evacuation | Injury from fire/smoke | Low | High | Fire exits marked, drills conducted, extinguishers checked annually | Kazem Panjavi | Oct 2026 |
| First aid emergency response | Delayed response to injury | Low | High | First aid box available; certified staff on-site | Nosrat Karimi | Oct 2026 |
| Equipment safety & inspection | Injury from faulty equipment | Medium | High | Regular PAT testing; damaged gear replaced immediately | Kazem Panjavi | Oct 2026 |
| Slips, trips & falls | Minor injuries or fractures | Medium | Medium | Floors kept dry and clean; lifting platforms inspected daily | All staff | Oct 2026 |
| Electrical safety | Shock or fire | Low | High | Portable equipment tested annually (PAT); sockets inspected | Kazem Panjavi | Oct 2026 |
| Safeguarding & child protection | Harm or abuse | Low | High | Trained safeguarding officers; supervision at all times | Nosrat Karimi | Oct 2026 |
| Lone working & supervision | Injury or incident when alone | Low | High | No unsupervised sessions; coaches present during training | Allistair Arendse | Oct 2026 |
| COVID-19 & infection control | Spread of illness | Low | Medium | Sanitiser stations, ventilation, cleaning routine maintained | All staff | Oct 2026 |
| Noise management | Discomfort or distraction | Low | Low | Noise kept within acceptable limits; community aware of training times | Kazem Panjavi | Oct 2026 |
| Environmental & weather hazards | Cold, rain, or poor air circulation | Medium | Medium | Ensure ventilation, heating, and protective mats available | Kazem Panjavi | Oct 2026 |

Signatures:

Kazem Panjavi – Head Coach & Club Manager

Allistair Arendse – Chairperson / Deputy Safeguarding Officer

Date: 17.10.25

Reviewed by Everyone Active – October 2025