

# Coaching Risk Assessment

<b>Assessment Date:</b> 20/09/2025  <i>Review date: 20/09/2026</i>	<b>Undertaken by:</b> Original Assessment by Lisa Spence 16/11/18, 16/11/18 Beth Tamburrini, 11/12/19, 18/8/20 18/10/21: 16/9/22 Sydney Hockney 30/09/24 20/09/25	
<b>Activity:</b> Risk assessment for Coaching at Hemps Green	<b>Site:</b> Hemps Green Equestrian, Hush Wing Farm, Mount Bures Road, Wakes Colne, Colchester, Essex CO6 2AP	
<b>People at Risk:</b> Riders, Staff, Clients	<b>Additional Information:</b> Please see Risk Assessment already completed for employees' activities apply.	

## Risk Evaluation

Hazard	Risk	Existing Control Measures	Additional Action Required (action by whom, by when)
Coaching clients in all lessons  See Hemps Green risk assessment for individual and specific hazards	<b>RISK OF:</b> <ul style="list-style-type: none"> <li>Injuries</li> <li>Falls</li> <li>Kicks</li> <li>Being bumped by another horse</li> </ul> <b>RISK TO:</b> <ul style="list-style-type: none"> <li>Staff</li> <li>Clients</li> <li>Other people in the arena or field</li> </ul>	<b>Existing controls as per main risk assessment. With extra attention as follows:</b> <ul style="list-style-type: none"> <li>Check clothing of rider is suitable e.g current hat standard, suitable footwear and shoulders covered, gloves worn and no flapping clothes.</li> <li>Assess suitability of horse to include size/weight ratio horse/rider, suitability of lesson subject and suitability to meet the learning needs of the rider.</li> <li>Check tack safety, fit and suitability. This must also meet the size of rider, where horses have two saddles ensure correct one is used for activity.</li> <li>Mount via mounting block at main stable yard or in arena if more suitable.</li> <li>Check arena is level and free from abnormal hazards. If working in jumping/XC field assess ground conditions and moderate lesson accordingly.</li> <li>Check all equipment is safe and suitable prior to use e.g white arena boards free from damage, broken jumps removed and replaced, portable mounting block stored in safe place, keep equipment tidy.</li> <li>Ensure all clients know who you are and are encouraged to voice any concerns they may have.</li> <li>Assess each rider briefly at the beginning of every lesson, however many times they have been coached.</li> <li>Continue to assess rider ability, suitability of exercise, throughout the lesson. It is suggested this is done verbally with continuous feedback encouraged, this feedback should be from client to coach and vice versa.</li> <li>Encourage clients to ask questions and verbalise any concerns or areas they are finding difficult to understand.</li> <li>All lessons must be flexible and adapted to suit the needs of the day, continuous risk</li> </ul>	

Hazard	Risk	Existing Control Measures	Additional Action Required (action by whom, by when)
		<p>assessing should continue throughout the session.</p> <ul style="list-style-type: none"> <li>• All lessons should conclude with a debrief and nervous or novice clients should dismount in the school, more able clients may dismount at the stable yard.</li> <li>• Clients are the responsibility of the coach until they have been handed over to a member of yard staff.</li> <li>• Coaches are encouraged to keep their mobile phone on them with additional staff numbers programmed into it, to enable easy alerting of other staff members in the event of incident or if required, emergency services.</li> </ul>	
Signature:.....Name:.....Job Title:.....Date:.....			Review Date:.....