

# Coaching XC Lesson Risk Assessment

Assessment Date: 20/09/2025  Review date: 20/09/2026	Undertaken by: Original Assessment by Lisa Spence 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 generic coaching risk assessment. With extra attention as follows:</b> <ul style="list-style-type: none"> <li>Body protectors MUST be worn.</li> <li>Assess all riders for their individual ability to jump XC as this may be different to their SJ ability, this includes their confidence over solid fences in the open as well as their XC technique, this must be assessed initially over small fences.</li> <li>Progression must only be made on successful outcomes at the previous level.</li> <li>Revisiting outcomes already achieved will ensure confidence and aid long term future development.</li> <li>Ensure distances and placement of fences is suitable to meet the needs of both horse and/or rider ability. The solid fences must be pinned or staked into position to avoid rotation of the fence.</li> <li>Continually assess size, suitability and control and adjust lesson plan accordingly.</li> <li>Ensure all jumps/banks/ditches/corners/skinneys are used in the manner in which they were designed. This includes jumping them in the correct direction.</li> <li>Check all equipment is in sound suitable condition, remove all broken equipment and report to relevant staff member.</li> <li>Continually encourage two way feedback to ensure coach and client are happy with the lesson format.</li> <li>Ground conditions must be assessed before and during the session. If appropriate, horses should wear studs and suitable additional XC boots. If ground is firm or slippery then it is suggested that smaller fences be used and slower speeds encouraged.</li> <li>Riders must be taught the importance of control over three main areas, SPEED,</li> </ul>	

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		<p>DIRECTION AND BALANCE.</p> <ul style="list-style-type: none"> <li>Riders must follow instruction, any riders failing to follow instruction must be removed from the lesson situation.</li> <li>Any riders whom the coach considers to have insufficient control must return to an arena style lesson</li> </ul>	
Signature:.....Name:.....Job Title:.....Date:.....			Review Date:.....