

IGSA Sport Gymnastics 2026 - Risk Assessment Hazard Checklist

Type of Activity	IGSA Gymnastics Competition	Assessment Date	19/01/2026
Assessed By	Lizzie Ramsay	Event Date	28/10/2026

Location	Sydney Gymnastic and Aquatic Centre Rooty Hill	Activities	Gymnastics - WAG and RG
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1	INDOOR HAZARDS	
1.1	Inappropriate lighting	Y
1.2	Temperature	
1.3	Insufficient or unsuitable space	
1.4	Untidiness – causing trip / fire hazard	Y
1.5	Stairs – dark / steep / no handrail	
1.6	Lack of fire escapes / extinguishers / procedures	
1.7	Slip / trip / fall hazards	Y
1.8	Inadequate ventilation	
1.9	Inhalation of dust	
1.10	Poor surfaces for activities – slips / trips / impact (broken glass)	Y
1.11	Electrical hazards	Y

2	SPORTING ACTIVITY HAZARDS	
2.1	Uneven playing surface	Y
2.2	Playing surface too hard or soft	
2.3	Hard or sharp objects on pitch	
2.4	Sliding on Astroturf or similar surface	
2.5	Collisions / Conflict with surrounding objects or people	Y
2.6	Impact from sports equipment	Y
2.7	Contact sport injury	Y
2.8	Personal injury – fracture / sprains / cuts	Y

3	HAZARDS ON COASTS & COASTAL WATERS	
3.1	<i>Falls from cliffs, piers, sea walls</i>	
3.2	<i>Struck by falling objects from cliff</i>	
3.3	<i>Slips & falls on slopes / loose surfaces</i>	
3.4	<i>Quick sand & mud</i>	
3.5	<i>Access problems due to steep angle of beach slope</i>	
3.6	<i>Collisions between water users</i>	
3.7	<i>Swept away by wave surges</i>	
3.8	<i>Being washed against rocks / piers</i>	
3.9	<i>Low water temperatures</i>	

5	HAZARDS ON HILLS AND MOUNTAINS	
5.1	<i>Slips & trips on grass, mud, rock</i>	
5.2	<i>River crossings</i>	
5.3	<i>Remote locations</i>	
5.4	<i>Difficult communication – weather / distance</i>	
5.5	<i>Falling debris</i>	
5.6	<i>Extra work imposed by terrain type / angle</i>	
5.7	<i>Lack of shelter</i>	
5.8	<i>Separation of group members</i>	
5.9	<i>Getting lost</i>	
5.10	<i>Falls from height</i>	
5.11	<i>Extremes of weather</i>	

6	PEOPLE & ORGANISATIONAL HAZARDS	
6.1	Lack of information, training or instruction	Y
6.2	Poor activity planning or preparation	
6.3	Poor activity delivery or organisation	
6.4	Ignorance of rules and / or procedures	Y
6.5	Unsafe behaviour or attitude	Y
6.6	Lack of appropriate first aid equipment and experience	
6.7	Medical conditions of participants	Y
6.8	Poor safety control from group leaders	Y
6.9	Poor safety awareness from participants	Y
6.11	Lack of cooperation within group	Y
6.12	Differing skill levels within group	Y
6.13	Low level of physical fitness / strength	
6.14	Aggression between participants	
6.15	Aggression from crowd / public	
6.16	Contact between participants increasing risk	

7	EQUIPMENT AND OTHER HAZARDS	
7.1	Crash handling	
7.2	Transport to and from your activity	Y

3.10	<i>Communication problems from waves / swell / distance</i>	
3.11	<i>Struck by objects in water</i>	
3.12	<i>Stranded by tides</i>	
3.13	<i>Swept away by currents</i>	
3.14	<i>Rip tides</i>	
3.15	<i>Longshore drift</i>	
3.16	<i>Conflicts between beach users</i>	

4	HAZARDS ON STILL / MOVING WATER	
4.1	<i>Getting swept away from equipment or people</i>	
4.2	<i>Collision with rocks in and to sides of rivers</i>	
4.3	<i>Striking / trapping by submerged obstacles</i>	
4.4	<i>Being dragged down by undertow</i>	
4.5	<i>Restricted or impossible access to / from water</i>	
4.6	<i>Access problems – rescue / getting kit into water</i>	
4.7	<i>Falls from drops in level at weirs / waterfalls</i>	
4.8	<i>Getting out of depth</i>	
4.9	<i>Low water temperature</i>	
4.10	<i>Separation from other people</i>	
4.11	<i>Slips / trips on steep banks or uneven surfaces</i>	
4.12	<i>Difficult communications</i>	
4.13	<i>Remote locations</i>	

7.3	Food poisoning	Y
7.4	Hazardous substances	
7.5	Equipment with moving / hot parts	
7.6	Heavy equipment	Y
7.7	Electrical hazards from equipment (1.11)	Y
7.8	Noise from equipment	
7.9	Risk of trapping body / clothing in equipment	
7.10	Inadequate environment for equipment operation	
7.11	Inadequate protective equipment	
7.12	Equipment in unsuitable condition	

8	OTHER HAZARDS SPECIFIC TO YOUR ACTIVITY	
8.1	Sunsense & Dehydration	
8.2	Lightning	
8.3		
8.4		
8.5		
8.6		
8.7		
8.8		
8.9		
8.10		



Risk Assessment – SYDNEY GYMNASTIC & AQUATIC CENTRE, Rooty Hill

Club/Society Name	IGSA Sport Gymnastics Carnival	Number of persons involved	400
Nature of Activity	Gymnastics	Frequency of Activity Weekly	One Day

Assessed By	Lizzie Ramsay	Date of event	28/10/2026
Date assessed	19/01/2026		

Hazard Ref.	Potential Effect	Actions taken to mitigate risk	HAZPAK	Further Controls Required?	Who By
1.1,1.7, 1.10, 1.11	Trip hazards – falling down stairs, colliding with other people, tripping over, inadequate lighting. Electrical Cords and Wiring (Hazards)	All apparatus has been placed safely and has sufficient matting around area.	5	SGAC and IGSA staff will ensure that there is no running inside the venue. All leads will be taped down to the floor eliminating a trip risk. All exits and corridors will remain clear of bags etc to ensure easy access. School staff will be required to assist with this. SGAC is fitted with state-of-the-art lighting equipment. Supervision and instruction as to moving around the competition area with awareness of competitions in progress will be enforced.	Centre Staff, School staff and IGSA staff
1.7	Wet, slippery floor area		5	Supervision, centre staff to clean any wet areas that become noticeable	SGAC
1.10	Broken glass	No glass bottles or sharp objects are permitted in the main arena or training centre	5	Canteen to sell drinks in plastic bottles only. Announcements, staff supervision to monitor.	Centre staff, Individual schools

2.1	Uneven Playing Surface	All equipment to conform with GymNSW/Gymnastics Australia standards	4	IGSA staff and IGSA WAG and RG conveners to inspect site prior to competition beginning on day of carnival.	IGSA staff & conveners
2.5, 2.6, 2.8	Impact from Sports Equipment, Personal injury to face, sprains or cuts, Contact injuries		3	IGSA has employed a qualified first aid officer for the entire Gymnastics Competition. This person will be located in/near the first aid room for the duration of the event. Contact injuries may occur in RG group routines; very minor risk.	MediFAST
2.6	Injury during activity to participants or spectators	Participants required to enter competition on basis of sufficient skill, experience and understanding of safety	3	Supervision by school staff. Ensure coaches/staff have ability to observe/advise, support and respond to the difficulties of anyone in the gymnastics area. Spectators to remain in seating areas. First aid is available & phone for emergency contacts	School staff, IGSA staff, MediFAST
2.8	Accidents/injury in moving equipment	All set up will be completed prior to the start of competition.	5	Any adjustments to set up will be the responsibility of SGAC staff and IGSA Gymnastics conveners, and IGSA Sport staff.	SGAC & IGSA
2.8	Fall due to loss of vision from flash photography	No flash photography permitted	5	IGSA approved photographers allowed in competition arena. Reminders to parents and announcements on the day.	IGSA staff
6.1	Lack of information, training or instruction	Schools are responsible for the coaching and upskilling of their athletes, and to provide all students with information for the day.	5		School staff
6.4-6.11	Ignorance of rules and/or procedures, unsafe behaviour or attitude. Lack of cooperation within group	All schools, coaches and participants required to adhere to the rules and guidelines as well as IGSA Code of Conduct. Schools are expected to provide competent, qualified coaching staff for all competitors.	5	Any groups not adhering to IGSA or SGAC Policies will be asked to leave the premises for the duration of the event. This includes ignoring requests made by SGAC staff on the day.	Centre Staff, IGSA Staff
6.7	Medical conditions of participants	Schools to advise IGSA of any participant's medical condition likely to require immediate and urgent attention. An ambulance will be called if necessary.	3	MediFAST will be informed by IGSA prior to competition starting of any participants with any known medical conditions. Mobile/ phone access for any emergencies. Schools to have family medical contacts available.	IGSA staff & each individual School
7.2	Transport to and from activity	Normal public transport safety standards, private bus or coach safety standards.	5	Each school to provide transport for their students. Schools expected to brief students re expected 'safe' student behaviour regarding travel for those travelling by private bus or public transport.	Individual schools
7.3	Food poisoning	Food outlets to maintain safe food standards	5		SGAC
7.6	Heavy equipment	All set up will be completed prior to the start of competition.	5	Any adjustments to set up will be the responsibility of SGAC staff, with IGSA convener consultation.	SGAC and IGSA staff

HAZPAK ratings follow the WorkCover NSW guidelines to assist businesses to manage risks to health and safety

	Very likely Could happen any time	Likely Could happen sometime	Unlikely Could happen but very rarely	Very unlikely Could happen, but probably never will
Kill or cause permanent disability or ill health	1	1	2	3
Long term illness or serious injury	1	2	3	4
Medical attention or several days off school or work	2	3	4	5
First aid needed	3	4	5	6