

SAFE PRACTICE TOOLKIT FOR FITNESS PROFESSIONALS

SAFETY FIRST



This toolkit supports ethical, defensible practice around screening, referral and risk assessment

Core principle— if you screen for a condition, you must either refer on or have the training, scope of practice and insurance to manage it.

Level	Expectation
Level 2	PAR-Q completed; refer if positive
Level 3	PAR-Q + risk assessment; adapt or refer
Level 4	Condition specific screening + risk assessment; escalation routes

RISK ASSESSMENT

Do you have a strategy for every risk you identify? Good planning and assessment not only minimise risk, they give you a plan to deal with problems quickly should they arise. Have a plan for each venue and class. Review and update. Keep these with your kit.

Session Details	Venue– Temperature Carpark Facilities	Population Identify your risks	Participant risks	Environment	
Mitigation strategy. Do you have a strategy?	Setting		Mobility	Space	
			Fatigue	Floor	
			Medical history– Asthma, do they have inhaler?	Equipment	
			Fire– what is your plan?	Temperature	
			Injury		