**Risk Assessment for Outdoor Fitness Activities**

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| **Name of Activity** |  |
| **Date of Risk Assessment** |  |
| **Instructor Name** |  |
| **Telephone/email** |  |
| **Location of Session** |  |
| **Environmental features to be used** |  |
| **Permission granted for use of location and environmental features?** |  |
| **Location of nearest toilets** |  |
| **Location of nearest first aid kit and name of first aider** |  |
| **Location of nearest telephone** |  |
| **Other potential users of session location** |  |
| **Consideration of previous risk assessment** |  |

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| **Description of hazard** | **People at risk** | **Level of risk (H, M, L)** | **Resolution/action to be taken to reduce risk of harm** | **Resolution/ action implemented by** | **Date reviewed** |
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