



Risk Assessment Checklist

Task	Complete	Comments
Is the site accessible by transport and during class?		
Is there a defibrillator present?		
Does the site meet OH&S requirements?		
Have the participants been pre-screened using a physical activity questionnaire?		
Have the participants been risk stratified?		
Have participants been given GP clearance if necessary?		
Are the participants aware of what intensity they should be working at? Has the RPE chart been shown to them?		
Is the class at the right time of day, right duration etc?		
Are participants educated on the contraindications to exercise? E.g. chest pain, dizziness, shortness of breath?		
Have they been signed up as members to AT? This will cover them for insurance.		
Is my first aid and working with vulnerable persons check up to date?		