**Participant information and risk assessment**

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| **Location:** | **Fitness level of group:** | **Skill level of group:**  |
| **Target group (number/gender/average age):** | **Total length of session:** |
| **Give a brief overview of the session.**  |
| **Group SMART goals** | **Methods to monitor exercise safety and exercise intensity** |
| **What equipment and facilities are required for the session?**  |
| **Which health and safety checks will be carried out prior to the session? (Detail checks, including studio cycling specific safety checks and any subsequent actions)** |
| **What hazards have been identified?** | **How would you deal with the identified hazards?** |
| **What health screening is to be carried out prior to your session?** |