**ETM Participant information and risk assessment**

|  |  |  |
| --- | --- | --- |
| **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 and review progress** |
| **What equipment and facilities are required for the session?** |
| **What health and safety checks will be carried out prior to the session?** **(Detail checks and any subsequent actions)** |
| **What hazards may occur during the activity session?** |
| **How would you deal with the identified hazards?** |
| **What health screening is to be carried out prior to your session?****Why is this important?** |