**ETM 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 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?** | | |