**Readiness For Physical Activity Part 2 – Risk Assessment**

Most recent update: 09 September 2025

For all conditions listed on *Readiness For Physical Activity Part 1 – Health Check Questionnaire*, tutor or mentor to complete the following risk assessment in negotiation with the learner or programme participant.

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| Health consideration | Control measures to be put in place | Action by whom? | Action by when? | Date completed |
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Checked by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Position \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_