

1	Performing of dance, yoga and pilates movements	Physical	Others:Dehydration	Others:Fainting	1) Regular breaks and access to water coolers. 2) Recognised teaching methods. 3) Users who are unwell must not participate or continue their activities. 4) Close monitoring by faculty,	3	1	3	NA				
		Psychosocial	Others:Medical conditions of users	Others:Bodily injuries from past injuries or existing medical conditions	1) Users are reminded to bring medication which they require. 2) Ensure that users are fit to participate, e.g PESS students have to pass PPT tests and pass medical examination. SSM students have to declare that they are fit to participate in the sports elective. 3) If user has a medical condition, he/she is advised to inform faculty. 4) Ensure that users do not return to playing after an injury until it is clear that the injury has healed. If there is any doubt, users should not play until medically cleared. 5) Close monitoring by faculty.	2	2	4	NA				
		Biological	Contact with or infection by bacteria, virus or fungal spores	Others:Infections	1) Users with open cuts and abrasions are to be removed from the activity and treated immediately. 2) If bleeding cannot be controlled completely, users should not be allowed to return to the activity. 3) All clothing, equipment and surfaces contaminated by blood should be treated as potentially infectious. 4) Have sufficient and suitable containment material (bandages, etc) readily available. 5) Ready access to qualified first aider. 6) Close monitoring by faculty.	2	1	2	NA				
		Mechanical	Strike by moving object	Others:Bodily injuries such as sprains, cuts, and accidental "bumping"	1) Recognised teaching methods. 2) All users to observe the rules for the particular sport. Users will be removed if they engage in unsafe play. 3) Equipment to be checked prior to usage. 4) Any equipment found to be defective is not used and removed for repair and disposal. 5) Allow sufficient space around each user to execute dance movement. 6) Ensure that activities match users' strength, flexibility and coordination. 7) First aid kit readily available. 8) Ready access to qualified first aider. 9) Close monitoring by faculty.	2	1	2	NA				

		Mechanical	Cut	Others:Bleeding and cuts from broken mirrors	1) Regular maintenance of dance room especially the mirrors. 2) Inform maintenance to remove any broken mirror. 3) Close dance room if necessary to prevent usage until the broken mirror is safe to use. 4) Regular inspection by facilities staff.	2	1	2	NA				
		Others:Unauthorized usage of facility	Others:Usage without permission	Others:Bodily injuries	1) Booking required for usage of facility. 2) Users are briefed on rules and regulations. 3) Sports facility closes at 7pm on weekdays and during weekends to prevent unauthorized usage. 4) Regular inspection by security to ensure no usage when facility is closed.	2	1	2	NA				
		Physical	Trip, slip and fall on same level	Others:Bodily injuries	1) Inform maintenance to replace faulty lighting. 2) Check to ensure dance floor is clean and not slippery before commencement of activities. 3) Regular cleaning of floor to remove dust, sweat or water 4) Check for split floor boards and activate maintenance to repair damaged section. 5) Check that hand-bar is firmly fixed on wall. 6) Lay cables for audio/video equipment and props to be kept away from the dance area. 7) Tape down electrical cables properly. 8) Ensure that equipment not in use is placed at the side of the room and there is no improper storage of equipment in room during training. 9) Regular inspection by facilities staff on condition of dance room. 10) Checks by faculty before start of lesson. 11) Close monitoring by faculty.	2	1	2	NA				
		Psychosocial	Fatigue	Sprains, strains	1) All lessons to have regular breaks in between. 2) Faculty to remind users to take a break and to hydrate themselves. 3) Faculty to do regular checks on users well-being. 4) Recognised teaching methods. 5) Ensure appropriate warm-up and cool-down activities. 6) Advise users who are unwell to rest. 7) Exempt users who are unwell from physical activities. 8) Close monitoring by faculty.	2	1	2	NA				