
Assignment Guidance Form

iUSP179 – Health, safety and welfare in a fitness environment

Detail how you would:

- Follow emergency procedures in the fitness environment
- Follow basic health and safety procedures and practices in the fitness environment
- Identify and control hazards and risks in the fitness environment
- Safeguard children and vulnerable adults

All evidence submitted should be shown in relation to exercise.

All evidence listed above may be presented in any of the following formats and may include some ICT:

- List
- Written word
- Chart
- Spider diagram
- Graph
- Other pictorial presentation

Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualification Administrator