

## SFHCHDHA12

### Prepare the environment for an exercise session and restore it after use



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#### Overview

This standard is about preparing the environment for an exercise session and restoring it after use. It includes preparing a suitable location and any necessary equipment.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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#### Performance criteria

- You must be able to:*
- P1 arrange a location which is suitable for the individuals attending the session
  - P2 ensure that heating, lighting and ventilation in the environment are adequate and comply with any relevant guidelines
  - P3 ensure that any necessary equipment, furniture or resources are prepared, available, ready for use and safe, and that safety equipment and information are available
  - P4 ensure availability of resuscitation equipment, where appropriate
  - P5 assess health and safety risks and minimise any potential hazards in the area where the session will take place
  - P6 return equipment, furniture or resources to the correct location for storage or transportation after use
  - P7 report any shortfalls or damage to equipment and resources to the appropriate person as soon as possible

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### Knowledge and understanding

*You need to know and understand:*

- K1 how to assess potential health and safety risks and appropriate action to response to risks
- K2 how to tailor exercise programmes to meet individuals' needs
- K3 the FITT principles (ie frequency, intensity, type and timing) and the benefits of exercise programmes
- K4 the local availability and cost of exercise facilities and services
- K5 local guidelines for provision of heating, lighting and ventilation in the exercise session venue

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### Additional Information

#### External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB4 Enablement to address health and wellbeing needs

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