

## Risk Assessment Form – Sport & Physical Activity Indoors and Outdoors

Venue	Activity/event	Persons involved
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Risk prior to measures	Who may be harmed	Precautions	Any further actions/venue specific risk	Risk rating after measures
Hair, clothing or jewellery entangled in equipment	Participants	Visual check of participants, they should wear appropriate clothing and shoes, remove jewellery and tie back long hair.	Deliverers to check clothing is suitable and no jewellery	
Participants colliding with each other or equipment / obstacles	Participants	Designate safe area. Draw attention to obstacles. Control pace and numbers of people active in the space.		
Collisions with non-participants	Participants & Non-participants	Ensure area is free from other users, instructor to remain vigilant to those who may enter area. Halt session if required.	Use designated areas only	
Tripping and falling onto a hard surface	Participants	Make participants aware of dangers e.g. slipping, tripping.		
Contact with foreign elements/objects on the playing surface	Participants	Inspect area prior to start of session, remove isolate any hazards		
Misuse or lack of control of equipment leading to purposeful or accidental striking of other people.	Participants	Reinforce safety message and game rules. Work in controlled groups with specific individual tasks. Establish safe spacing between each group. Discipline any negative or potentially dangerous behaviour,	Use qualified officials, code of conduct for participants	
Muscular injury though excessive stress/strain. Injury though incorrect execution of activity.	Participants	Follow aerobic and mobilising warm up exercises. Use appropriate size/weight equipment. Follow governing body guidelines and adhere to safe practice. Reinforce safety messages.	Assess quality and appropriateness of equipment.	
Showing a negative physical response to exercise – overly heavy breathing, dizziness etc.	Participants	Observe physical responses.	First aid provision on day.	

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Fall on football turf / burn	Participants	Make participants aware of dangers eg; tripping falling. Games/activity should be well controlled by deliverers.		
Graze from fall on concrete surface	Participants	Make participants aware of dangers eg; tripping falling. Games/activity should be well controlled by deliverers.		
Young person becoming separated from their group	Participants	Advise team managers to keep control of young people and be conscious of their whereabouts at all times.	All staff wear uniforms to be identifiable to lost individuals	
Falling object or projectiles (eg balls etc)	Participants	Games / activities to be played in designated areas only. Under supervision of qualified staff.		
Trip or fall whilst using stairs	Participants/ Leaders/ deliverers	Use warning signs on stairs. Team Managers to control groups over bridge and using stairs.	Signs put up prior to start of event	
Twist/turn of joint eg ankle, knee, wrist.	Participant	Suitable warm ups and activities to be delivered by qualified coaches.	First Aid provision	
Cold / wet / icy conditions	Participants/ Leaders/ deliverers	Team Managers to ensure participants wear appropriate clothing for weather conditions. Coaches to be aware of impact weather has on session safety.		
Hot / humid conditions Sun stroke or burn	Participants/ Leaders/	Team Managers to ensure participants wear appropriate clothing for weather conditions. Coaches to be aware of impact weather has on session safety.		
Electricity cables/wires causing injury or trip/fall.	Participants/ leaders/	Warning signs in place and cables placed out of the way of passage.	Signs put up prior to start of event	
Moving vehicles	Participants/ Leaders/ deliverers	Control areas where vehicles will be moving and use warning signage.	Signs put up prior to start of event. Employment of car park attendants	