



Generic Risk Assessment BMX Challenge

| Hazard | Risk | Who is Affected? | Risk Before | | | Action Taken | Risk After | | |
|------------------------------|---|------------------|-------------|---|---|---|------------|---|---|
| | | | S | L | T | | S | L | T |
| Faulty Equipment | Injury due to equipment breaking and hitting participant e.g. bruises, cuts and abrasions | Team | 2 | 2 | 4 | <ul style="list-style-type: none"> All equipment should be checked by the In2action Staff Member prior to and during the session. | 2 | 1 | 2 |
| Equipment | Misuse of equipment leading to injuries due to being hit e.g. bruises, cuts and abrasions | Team | 2 | 2 | 4 | <ul style="list-style-type: none"> In2action Staff Member to brief participants on the correct usage of the equipment. In2action Staff Member should remain vigilant to ensure participants are using equipment as briefed. Participants to be adequately spaced out before using equipment. | 2 | 1 | 2 |
| Activity equipment | Collisions causing bruises, cuts & abrasion | Team | 2 | 2 | 4 | <ul style="list-style-type: none"> Any equipment not in use should be removed from the activity area. | 2 | 1 | 2 |
| Participants | Collisions with other participants causing concussion, bruises or abrasions | Participants | 2 | 2 | 4 | <ul style="list-style-type: none"> In2action Staff Member to ensure participants are spaced apart when activity takes place. In2action Staff Member to ensure there is good participant control during the session. | 2 | 1 | 2 |
| Surfaces | Hard, uneven or slippery surfaces causing slips, trips and falls | Team | 3 | 2 | 6 | <ul style="list-style-type: none"> Area checked for hazards before session. Participants checked to ensure they are wearing suitable footwear. | 3 | 1 | 3 |
| Jewellery/Objects in Pockets | Entrapment/ collisions causing cuts, bruises and abrasions | Participants | 2 | 2 | 4 | <ul style="list-style-type: none"> Participants checked to ensure they have removed jewellery and objects from pockets. | 2 | 1 | 2 |

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|----------------------|---|--------------|---|---|---|---|---|---|---|
| Obstacles | Collisions causing trips and falls, leading to cuts, bruises and abrasions | Participants | 3 | 2 | 6 | <ul style="list-style-type: none"> Participants must wear PPE (helmets, knee pads, elbow pads & wrist guards) when riding the BMX's. In2action Staff Member must ensure the PPE is fitted correctly. | 3 | 1 | 3 |
| Over-exertion | Muscle strains | Participants | 3 | 2 | 6 | <ul style="list-style-type: none"> In2action Staff Member to ensure a thorough warm-up is carried out prior to the activity starting. | 3 | 1 | 3 |
| Weather | Risk of sunburn, heat exhaustion and dehydration; or hyperthermia during activity | Team | 3 | 2 | 6 | <ul style="list-style-type: none"> Ensure regular water breaks are taken. If it is hot, ensure participants wear sun cream and hats and there is a shaded area available. If it is cold, ensure participants are wearing suitable clothing to keep warm. | 3 | 1 | 3 |
| Insufficient warm up | Muscle sprain or strain | Participants | 3 | 2 | 6 | <ul style="list-style-type: none"> All participants must carry out a thorough and appropriate warm up prior to doing the BMX Challenge. | 3 | 1 | 3 |