Generic Risk Assessment
Disc Golf

Hazard	Expected Outcome	Who is Affected?	Risk Before	Action Taken	Risk After
Faulty equipment	Bruises, cuts and abrasions	Group	Medium	• All equipment should be checked by the Instructor prior to and during the session.	Low
Misuse of equipment	Injuries due to being hit by equipment	Group/ Instructor	Medium	• Instructor to brief group on the correct usage of the equipment. • Instructors should remain vigilant to ensure groups are using equipment as briefed.	Low
Collisions with activity equipment	Bruises, cuts & abrasion	Group	Medium	• Any equipment not in use should be removed from the activity area.	Low
Flying Objects	Injuries due to being struck by Frisbee	Group/ Public	Medium	• Instructor to ensure activity area is clear before beginning game. • Instructor to ensure group remain behind the participant that is throwing the Frisbee.	Low
Collisions with other participants during the activity	Concussion, bruises or abrasions	Group/ Instructor	Medium	• Instructors to ensure there is good group control during the session.	Low
Hard, uneven and slippery surfaces	Slips, trips and falls	Group/ Instructor	Medium	• Area checked for hazards before session. Group checked to ensure they are wearing suitable footwear.	Low
Over-exertion	Muscle strains	Group	Medium	• Instructor to ensure a thorough warm-up is carried out prior to the activity starting.	Low

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