



## Generic Risk Assessment Skihop

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"> <li>All equipment should be checked by the In2action Staff Member prior to and during the session.</li> </ul>	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"> <li>In2action Staff Member to brief participants on the correct usage of the equipment.</li> <li>In2action Staff Member should remain vigilant to ensure participants are using equipment as briefed.</li> <li>Participants to be adequately spaced out before using equipment.</li> </ul>	2	1	2
Activity equipment	Collisions causing bruises, cuts & abrasion	Team	2	2	4	<ul style="list-style-type: none"> <li>Any equipment not in use should be removed from the activity area.</li> </ul>	2	1	2
Participants	Collisions with other participants causing concussion, bruises or abrasions	Participants	2	2	4	<ul style="list-style-type: none"> <li>In2action Staff Member to ensure participants are spaced apart when activity takes place.</li> <li>In2action Staff Member to ensure there is good participant control during the session.</li> </ul>	2	1	2
Surfaces	Hard, uneven or slippery surfaces causing slips, trips and falls	Team	3	2	6	<ul style="list-style-type: none"> <li>Area checked for hazards before session. Participants checked to ensure they are wearing suitable footwear.</li> </ul>	3	1	3
Jewellery/Objects in Pockets	Entrapment/collisions causing cuts, bruises and	Participants	2	2	4	<ul style="list-style-type: none"> <li>Participants checked to ensure they have removed jewellery and objects from pockets.</li> </ul>	2	1	2

	abrasions								
Skipping rope	Misuse of skipping rope leading to collisions and causing burns, cuts and bruises	Participants	3	2	6	<ul style="list-style-type: none"> <li>In2action Staff Member must give a clear demonstration and safety brief on how to use the skipping rope before the participants are given skipping ropes.</li> <li>In2action Staff Member to brief participants on the correct usage of the skipping ropes.</li> <li>In2action Staff Member should remain vigilant to ensure participants are using skipping ropes as briefed.</li> <li>Participants to be adequately spaced out before using skipping ropes.</li> </ul>	3	1	3
Over-exertion	Muscle strains	Participants	3	2	6	<ul style="list-style-type: none"> <li>In2action Staff Member to ensure a thorough warm-up is carried out prior to the activity starting.</li> </ul>	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"> <li>Ensure regular water breaks are taken.</li> <li>If it is hot, ensure participants wear sun cream and hats and there is a shaded area available.</li> <li>If it is cold, ensure participants are wearing suitable clothing to keep warm.</li> </ul>	3	1	3
Insufficient warm up	Muscle sprain or strain	Participants	3	2	6	<ul style="list-style-type: none"> <li>All participants must carry out a thorough and appropriate warm up prior to skipping.</li> </ul>	3	1	3