

In2Fitness Street Dance

Generic Risk Assessment

Hazard	Risk	Who is Affected?	Risk Before			Action Taken	Risk After		
			S	L	T		S	L	T
Faulty Equipment	Injury due to equipment breaking. e.g. bruises, cuts and abrasions	Team	2	2	4	<ul style="list-style-type: none"> All equipment should be checked by the 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"> Staff member to brief participants on the correct usage of the equipment. 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"> Staff member to ensure participants are spaced apart when activity takes place. 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
Litter	Dirt and sharp edges causing cuts/infection	Participants	2	2	4	<ul style="list-style-type: none"> In2action Staff Member to remain vigilant and brief participants not to touch any litter whilst on a 'walkabout'. 	2	1	2

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
Over-exertion	Muscle strains	Participants	3	2	6	<ul style="list-style-type: none"> 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 playing games. 	3	1	3
Lost Child	Lack of supervision leading to injuries	Participants	3	2	6	<ul style="list-style-type: none"> Staff member to ensure the room/area is locked and secure if applicable Participants to be given a safety brief before setting off on 'walkabouts', where applicable. Staff member to carry out regular head counts and remain vigilant at all times. 	3	1	3