

In2yoga & mindfulness

Generic Risk Assessment

Hazard	Risk	Who is Affected?	Action Taken	Risk After			Risk Rating
				S	L	T	
Faulty Equipment	Injury due to equipment breaking. e.g. bruises, cuts and abrasions	Participants, In2action Staff, Teachers	<ul style="list-style-type: none"> All equipment should be checked prior to and during the session. 	2	1	2	LOW
Faulty Electrical Equipment	Electrocution	Participants, In2action Staff, Teachers	<ul style="list-style-type: none"> Equipment to be checked prior to use in accordance with training given. Faulty equipment should be reported immediately and taken out of use. 	4	1	4	LOW
Equipment	Misuse of equipment leading to injuries due to being hit e.g. bruises, cuts and abrasions	Participants, In2action Staff, Teachers	<ul style="list-style-type: none"> Brief participants on the correct usage of the equipment. Remain vigilant to ensure participants are using equipment as briefed. Participants to be adequately spaced out before using equipment. 	2	1	2	LOW
Activity equipment	Collisions causing bruises, cuts & abrasion	Participants, In2action Staff, Teachers	<ul style="list-style-type: none"> Any equipment not in use should be removed from the activity area. 	2	1	2	LOW
Participants	Collisions with other participants causing concussion, bruises or abrasions	Participants	<ul style="list-style-type: none"> Ensure participants are spaced apart when activity takes place. Ensure there is good participant control during the session. 	2	1	2	LOW
Electrical Wires	Trips and falls causing injury e.g. sprains, bruises and cuts	Participants, In2action Staff, Teachers	<ul style="list-style-type: none"> Ensure all hanging or trailing leads/wires are securely covered or taped down. 	3	1	3	LOW
Surfaces	Hard, uneven or slippery surfaces causing slips, trips and falls	Participants, In2action Staff,	<ul style="list-style-type: none"> Area checked for hazards before session. Participants checked to ensure they are wearing suitable footwear. 	3	1	3	LOW

		Teachers					
Litter	Dirt and sharp edges causing cuts/infection	Participants	<ul style="list-style-type: none"> Remain vigilant and brief participants not to touch any litter whilst on a 'walkabout'. 	2	1	2	LOW
Jewellery/Objects in Pockets	Entrapment/ collisions causing cuts, bruises and abrasions	Participants	<ul style="list-style-type: none"> Participants checked to ensure they have removed jewellery and objects from pockets. 	2	1	2	LOW
Over-exertion	Muscle strains	Participants	<ul style="list-style-type: none"> Ensure a thorough warm-up is carried out prior to the activity starting. 	3	1	3	LOW
Weather	Risk of sunburn, heat exhaustion and dehydration; or hyperthermia during activity	Participants, In2action Staff, Teachers	<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	LOW
Insufficient warm up	Muscle sprain or strain	Participants	<ul style="list-style-type: none"> All participants must carry out a thorough and appropriate warm up prior to playing games. 	3	1	3	LOW
Lost Child	Lack of supervision leading to injuries	Participants	<ul style="list-style-type: none"> During a signed in activity, the Generic Kids Club Operating Policy to be followed for signing in and out, and walkabouts. Carry out regular head counts and remain vigilant at all times. 	3	1	3	LOW