

# Risk Assessment – Sports

Updated - 14.02.18

<b>Required Instructor Competence</b>	<ul style="list-style-type: none"> <li>• Land &amp; Wave Training</li> <li>• First Aid Certificate</li> </ul>
<b>Ratios</b>	<ul style="list-style-type: none"> <li>• 1:30</li> </ul>

<b>Identified Hazards</b>	<b>Who is at risk?</b>	<b>Example Causes</b>	<b>Control Measures</b>
<p><b>Personal Injury</b></p> <p>E.g. Slips, Cuts, Twisted Ankles, Spinal Injuries, Broken Bones</p>	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> <li>• Tripping over rocks.</li> <li>• Tiredness leading to falling over more easily.</li> </ul>	<ul style="list-style-type: none"> <li>• Selection of appropriate location and consideration of surface.</li> <li>• Removing obstacles from the area.</li> <li>• Check of sporting equipment prior to use.</li> <li>• On-going monitoring and supervision.</li> <li>• Instructor to provide health and safety briefing to prevent injuries where appropriate.</li> <li>• Instructor to carry first aid kit.</li> </ul>
<b>Missing Participants</b>	Participants	<ul style="list-style-type: none"> <li>• Poor instructor practice</li> </ul>	<ul style="list-style-type: none"> <li>• Head count before, during and end of wide game session.</li> </ul>
<p><b>Difficulty controlling body temperature</b></p> <p>(Hyperthermia/Hypothermia)</p>	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> <li>• Cold, wet windy days.</li> <li>• Hot, sunny days</li> <li>• Inappropriate clothing</li> </ul>	<ul style="list-style-type: none"> <li>• Appropriate clothing to be worn / carried.</li> <li>• Use of sun cream to be encouraged.</li> <li>• Appropriate group safety equipment to be carried – e.g. shelter, warmth etc.</li> </ul>

**N.B. This Risk Assessment in no way negates the need for continual dynamic risk assessment**