

Activity Risk Assessment: - Mini Olympics

Carlton Lodge recognises that using a suitably trained / qualified instructor will vastly reduce the inherent risks of the activity. Therefore all Carlton Lodge Activities will be led by suitably trained / qualified instructors.

| No | Hazard | Who it effects | Unmanaged risk | Control Measures | Managed Risk |
|----|---|----------------|----------------|--|--------------|
| 1 | Bumping into another student when running | Students | Medium | Briefing to group about looking where they are going, not looking at other competitors when running. | Low |
| 2 | Trip/Falling/injury | Students | Medium | Ensure adequate footwear. Brief on dangers. Ensure group knows what to do in the event of injury. | Low |
| 3 | Struck by object | All | Medium | Ensure area is big enough to throw items. Make a waiting area for non-throwing team mates to stand in. Instruct in method of throwing and direction. Group Control. | Low |
| 4 | Straining or spraining part of the body when running fast | Students | High | Run some sort of warm up at the beginning of session. | Low |
| 5 | Hypo/ Hyperthermia and Exposure | Students | Medium | Instructors should ensure that the group is appropriately clothed for the weather (e.g. Waterproofs, hat, gloves, warm clothes, sun-lotion etc.). Instructors should ensure that group is appropriately hydrated and monitor the state of all individuals within the group. Instructors should be prepared to stop or have a break during the session. | Low |