

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