



## **RISK ASSESSMENT**

<b>Hazard</b>	<b>Who is at Risk?</b>	<b>Potential Risk</b>	<b>Control Measures</b>	<b>Risk Level</b>
Slips, trips, and falls	Children & staff	Minor to serious injury	<ul style="list-style-type: none"><li>• Ensure adequate space for skipping.</li><li>• Clear the area of obstacles.</li><li>• Use non-slip surfaces where possible.</li><li>• Instruct children on safe skipping techniques.</li></ul>	Low
Collisions	Children	Injury from accidental impact	<ul style="list-style-type: none"><li>• Stagger skipping activities to prevent overcrowding.</li><li>• Encourage spatial awareness.</li><li>• Supervise closely.</li></ul>	Medium
Inappropriate Skipping Rope Use	Children	Injury from accidental impact	<ul style="list-style-type: none"><li>• Provide age-appropriate skipping ropes.</li><li>• Demonstrate correct use.</li><li>• Monitor behaviour and intervene if necessary.</li></ul>	Low
Weather conditions (outdoor sessions)	Children & staff	Slippery surfaces, heat exhaustion, cold related illness	<ul style="list-style-type: none"><li>• Check the forecast and adjust accordingly.</li><li>• Move indoors if necessary and where possible.</li><li>• Ensure hydration on hot days.</li></ul>	Medium
Fatigue or Dehydration	Children	Dizziness, fainting	<ul style="list-style-type: none"><li>• Encourage regular water breaks.</li><li>• Monitor children for signs of fatigue.</li><li>• Adapt session intensity based on needs.</li></ul>	Medium



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Medical Conditions (e.g., Asthma, Epilepsy)	Children	Serious health risk	<ul style="list-style-type: none"><li>• Request medical information from schools in advance.</li><li>• Ensure an adult is aware of children's medical conditions.</li><li>• Have a clear emergency response plan.</li></ul>	Medium
Lack of Supervision	Children	Increased risk of injury	<ul style="list-style-type: none"><li>• Ensure qualified coaches lead sessions.</li><li>• Maintain appropriate child-to-staff ratios.</li><li>• Teachers must always be present.</li></ul>	Low
Equipment Failure	Children & staff	Injury from broken/skipping ropes snapping	<ul style="list-style-type: none"><li>• Regularly inspect ropes for damage.</li><li>• Use high-quality, school-safe ropes.</li><li>• Replace faulty equipment immediately.</li></ul>	Low

#### SUPERVISION & SAFEGUARDING

- All instructors are DBS-checked.
- Schools must provide a staff member to supervise sessions.
- Instructors will follow the Safeguarding Policy and report concerns immediately.

#### EMERGENCY PROCEDURES

- Minor injuries: First aid will be administered by a qualified staff member.
- Serious injuries: The child will be made comfortable, and the school's emergency procedures will be followed.
- Medical emergencies: If needed, emergency services (999) will be contacted.