

<b>Activity</b>	<b>Cheerleading and Dance</b>
<b>GENERAL DESCRIPTION</b>	Teaching the basics of cheerleading including tumbling, stunting, jumping and dance
<b>LOCATION OF ACTIVITY INCLUDING ACCESS AND RESTRICTIONS</b>	<p>No matter weather - centre of Kastle using stage area, Will attempt dance area outside if dry</p> <p>Pedestrian access via both ends of the Kastle tent. Vehicle access via tent end. Restrictions present with separators dividing each activity in the Kastle.</p>
<b>GENERAL ACTIVITY ENVIRONMENT CONSIDERATIONS, E.G. TEMPERATURE, WEATHER AND WIND SPEED</b>	<p>Generally, the weather will not affect the activity due to it being in the controlled and sheltered environment inside the Kastle tent. The weather will only affect the activity when it's extreme.</p> <p>If it has been raining consecutively for a number of days the grass inside the tent will become soft and muddy. This may pose a threat to the condition of the borrowed mats but not to the participants.</p> <p>On hot days the Kastle tent can get very hot due to reduced ventilation. On these days we will open the side of the tent to allow ventilation and consider moving the activity outside.</p>
<b>PROTECTION OF OTHERS, E.G. MEMBERS OF THE PUBLIC, STAFF, OTHER PARTICIPANTS</b>	<ul style="list-style-type: none"> <li>· Padded equipment will be provided for safe practice of techniques.</li> <li>· Minimum staffing requirements for safety, including two qualified coaches</li> <li>· All of the team will be briefed on the programme and assessing the abilities of the participants before conducting activities.</li> <li>· Safety and crash mats will be provided for a protected landing at all times for all activities.</li> <li>· It will be recommended that participants remove their socks and shoes to prevent slipping and standing on toes.</li> <li>· All cheerleading leaders will have extensive experience in cheerleading or gymnastics with correct technique and capacity to lead the activities, or will be supported to learn (minority).</li> </ul>

	<ul style="list-style-type: none"> <li>· When using partners participants will be paired based on height and weight.</li> </ul>
<p><b>EMERGENCY PROCEDURES, INCLUDING LOCATION OF EMERGENCY EQUIPMENT</b></p>	<ul style="list-style-type: none"> <li>· In the event of a fire everyone at the activity will evacuate the Kastle in an orderly fashion and told not to collect their shoes.</li> <li>· A predetermined evacuation area will be pointed out to all participants during safety briefing.</li> <li>· A basic first aid kit should be kept on the activity area with the activity leaders knowing where the advanced first aiders are located if injury is severe.</li> <li>· If injuries occur, a member of the medical team will be called upon should it be required.</li> <li>· A first aider will be at the activity base at all times.</li> <li>· All staff will be briefed on emergency procedures prior to activity taking place.</li> </ul>
<p><b>IDENTITY OF PARTICIPANTS (AND ANY SPECIFIC TRAINING OR CERTIFICATION REQUIRED)</b></p>	<ul style="list-style-type: none"> <li>· Individual Explorers as listed on activity session participant list provided daily.</li> <li>· Novices are welcome to the activity.</li> <li>· Participants will be briefed on safety procedures prior to starting activity.</li> </ul>
<p><b>REQUIREMENTS FOR PERSONAL PROTECTIVE EQUIPMENT</b></p>	<ul style="list-style-type: none"> <li>· N.A.</li> </ul>
<p><b>EQUIPMENT USED, INCLUDING SAFETY PRECAUTIONS AND RESTRICTIONS</b></p>	<p>Padded cheerleading mats.</p>

**MATERIALS INFORMATION**

**E.G. HAZARD INFORMATION AND  
STORAGE/TRANSPORT  
REQUIREMENTS**

As long as the mats are dry then there is no problem.  
There should be no moving of the gear during the  
camp.  
Mats will be secured together with duct tape on the  
underside and additional added on top side as  
required

**ACTIVITY SEQUENCE,**

**INCLUDING ASSOCIATED RISKS  
AND REQUIRED CONTROL  
MEASURES FOR EACH STAGE.**

**For Risks and Control Measures Please Refer to  
the Risk Assessment**

Staff to collect participants from sub-camps.

- Participants to be subjected to a roll call on arrival. This will provide an up-to-date register of those in the Activity Leaders' care should an emergency occur.

Warm Up

- Pulse raising warm up will be initiated to increase muscle temperature and gradually increase heart rate (chocolate with team sports)
- Pulse raiser will include dynamic stretches that replicate the activity thus warming up the appropriate muscles used.
- Static stretches will be initiated after the muscles are warm to prevent injury.

Introduction to Activity

- Participants will receive a safety briefing on arrival including where to evacuate to if fire occurs and who are the designated first aiders and qualified coaches.
- Activity leaders and participants will decide on collective rules together.
- Participants must agree that they will not replicate the techniques taught in cheer and dance outside the activity before the activity begins.

Main Activity

- Participants will be taught the basics in cheerleading dance, stunts and jumps alongside Scottish highland or country dance including correct techniques.
- These will all be done on safety mats and children will be paired appropriately based on height and weight.
- All techniques will be performed on padded protection.

Cool Down

- Participants will be led through a small pulse raiser before performing developmental stretches to increase muscle temperature before stretching and to avoid strain injuries.

Closing

- Participants thanked for their time and reminded not to replicate the techniques learned out with the activity.

Completion of Activity

- Participants return to sub-camp on completion.

<p><b>SAFETY CHECKS REQUIRED AT SPECIFIC STAGES</b></p>	<ul style="list-style-type: none"> <li>· Activity leader to check first aid kit is full at the start of every day and restock it when necessary.</li> <li>· Before session begins activity, leaders are to check that the safety mats are still in place and are not at risk of moving.</li> <li>· Activity leaders to inquire about any injuries obtained before the session so they can appropriately advise a solution.</li> <li>· After a new technique has been introduced activity leaders are to check the understanding of participants through questioning</li> <li>· Activity leaders constantly to check technique of the participants during the main activity.</li> <li>· Safety checks will be completed as required and following the risk assessment.</li> <li>· Activity leaders to act as front spots for all stunting and raise concerns regarding safety to continue to higher skills if required</li> </ul>
<p><b>FINAL CLEARANCE THAT ACTIVITY IS COMPLETED TO SPECIFICATION</b></p>	<p>Clarify with participants that they have learned something new during their time at the activity and that they have enjoyed their taster session in cheer and dance.</p>
<p><b>ARRANGEMENTS FOR CHANGING / DEVIATING FROM METHOD STATEMENT</b></p>	<p>Should be decided by leader in charge in agreement with other staff and clarified with Activity Team Co-ordinator.</p>
<p><b>ANY OTHER ADDITIONAL INFORMATION THAT MAY BE RELEVANT</b></p>	<p>Participant's individual needs be provided on the register of names (e.g. any learning or physical disabilities) to ensure that the activity leaders can provide a session appropriate for their level which encourages inclusion.</p>

<p><b>CREATION DATE</b></p>	<p><b>REVISION No. &amp; DATES</b></p>
<p>13/05/2022</p>	<p>25/05/2026</p>
<p>Person in charge in the absence of Team Leader:</p>	<p>Kirsten Harrower</p>
<p>Team Leader</p>	<p>Ashley Smith</p>

For Staff Members - I have read and understood this method statement (print, sign & date):

Sign: \_\_\_\_\_ Date: \_\_\_\_\_

Location	<b>Centre of Kastle</b>	Activity	<b>Cheerleading and Dance</b>
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Team Leader	<b>Ashley Smith</b>	Staff present on Activity	<b>Ashley Smith Kirsten Harrower Emma McDougall Becky Laird Fraser Innes Leigh McCallum Lily Grace</b>
Nearest A&E	<b>Perth Royal Infirmary</b>	Person in charge in the absence of Team Leader	<b>Kirsten Harrower</b>
Nature of Activity	<b>Demonstration and replication of basic Cheerleading and Scottish country Dance</b>		

The Hazard	Location of the Hazard	Who could be harmed	Level of risk	Current Controls	Further Controls
Sliding mats	Mats	Staff, Participants	low	Activity Area is on a flat area with no gradient.	Mats will be held together with duct tape on the undersides and on topside additionally where required

<p>Participants Injuring themselves or Each other.</p>	<p>Activity area</p>	<p>Participants</p>	<p>Med/ high</p>	<p>Participants are taught the techniques verbally and visually by individuals who are trained in cheerleading and dance. The participants will get an opportunity to ask questions before attempting the techniques themselves.</p> <p>Staff have long standing cheer experience, and a first aider is present. In the event of an injury the proper protocol must be followed.</p>	<p>Constant monitoring of participants by Activity Leaders as they perform techniques with continued feedback.</p> <p>First Aid kit will be at the base.</p> <p>Staff will have the authority to remove a visibly fatigued member from continuing participation in the activity.</p> <p>If it is decided that the participants are not able to complete activities safely a differing level of activity with increased capacity for rest will be implemented.</p>
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<p>Slips and trips.</p>	<p>Mats</p>	<p>Staff, Participants through gaining impact injuries</p>	<p>Med</p>	<p>Activity Lead has secured mats to allow for a cushioned landed. The mats are received in a clean condition with no foreign objects on them.</p> <p>A suitable sized space with high ceilings will be used. Floor surfaces and mats will be checked regularly to minimize participant's risk of falling.</p> <p>All water bottles and neckies will be kept against the wall.</p> <p>General good housekeeping will be carried out. All areas will be well lit with no training leads or cables. Work area will be kept clear by staff.</p>	<p>Mats must be continually checked throughout the sessions for any foreign objects on them. If foreign objects are on the floor Activity Leaders are to evaluate the danger of removing the object their selves. If risk of injury through touching the object is low, then Activity Leaders are to remove it. If risk of injury is high, then coach to ask a trained individual to remove it.</p> <p>If mats are wet Activity leaders are to evaluate possibility of carrying out session outside until the mats are dry.</p>
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Dehydration	Activity Area	Staff, Participants	Med	<p>Participants and activity leaders are encouraged to bring a bottle of water with them to the activity.</p> <p>Regular drink breaks are scheduled throughout the activity allowing for individuals to rehydrate. Activity lead is trained in Emergency First Aid and is able to notice the signs of dehydration.</p>	<p>Request quartermaster if a water container and plastic cups can be always kept at Activity base.</p> <p>Activity Lead to continue to monitor participants and leaders at activity for signs of dehydration and act appropriately according to first aid training.</p>
Injury to limbs caused by gaps in mats.	Mats	Staff and Participants. Injury caused by getting limbs stuck.	High	<p>When setting up the mats Activity Leaders should stick the mats together with duct tape on the underside at all connecting sides. Additionally, duct tape will be placed to connect mats on the top side where required.</p>	<p>Activity Leaders should continue to monitor the durability of duct tape and adjust and re-lay these where required.</p> <p>First Aid kit will be at the base.</p>

<p>Replicating skills taught during the activity around camp</p>	<p>Subcamps</p>	<p>Impact injuries Participants or scouting peers</p>	<p>Low</p>	<p>Before the session begins it is planned that the Activity Leaders will have a discussion with the participants stating that they are not allowed to use the skills taught in the base around the camp under any circumstances.</p> <p>They will be informed that replicating the cheerleading skills in a non-controlled environment (like the cheerleading and dance base) could result in serious injury to both them and the individual they are demonstrating on as there will be no coaches to correct their technique. The participants must agree to not replicate the skills outside the base before the session begins.</p>	<p>If anyone is found to be replicating skills; appropriate punishment will be given by the sub-camp Aunties or Uncles for failing to comply with the rules of the Cheerleading and dance base.</p>
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Equipment for music	Activity Base	Participants and staff	low	Check that all equipment required for dance, warm up, cool down and stunting is safely set up.	Checked and confirmed regularly.
Poor Technique	Activity Base	Muscle strain or impact injures to participants	Low/Med	Activity Leaders will teach ability appropriate techniques to participants. These techniques will follow their cheerleading and dance experience and training. Participants will be told to mirror the coaching points taught to the best of their ability and encouraged ask questions if they are unsure.	Activity Leaders are to continually monitor the participant's technique and correct any wrong technique.
Clothing for activity	Activity Base	Participants and staff	low	Participants clothing, specifically footwear will be checked by activity staff. Staff briefed on appropriate clothing.	Clothing checks will be carried out when collecting from sub-camps and during activity regularly.

Manual Handling of Mats During Set-up and Clearing of Base.	Camp	Muscle strain injuries to Staff	Low	When handling the mats Activity Leaders should follow the Method Statement Document.	A minimum of two people should carry the mats at all times.
Muscle strains	Activity Base	Participants and staff	Low	All participants and staff will take part in warm up, cool down and stretching.	At the start and end of all sessions.
Tent "walls" coming down	Inside the area	Participants and staff members at risk from individual's falling into the tent sides or activities on the other side of the screen accidentally encroaching on space	Low/Med	Walls clearly visible as made of blue or white tarpaulin.	Mats to be moved as far away from the walls as possible so risk of participants banging into them minimal.  Warn children of their presence and instability at the start of the session.

Jewellery and neckies causing harm	Activity base	Participants and staff	low	No jewellery or neckies are to be worn during activity unless strapped or taped (e.g. stud earrings)	Staff will ensure all jewellery is removed before leaving sub camps and neckies are taken off before warming up and placed back on after cooling down.
Medical conditions such as asthma	Activity base	Participants, staff	low	Participants should have medications such as inhaler with them at activity. All participants will be informed of requirement to tell of any medical conditions.	Ensure all participants are given rest between exercises and allowed more if looking fatigued or significantly out of breath.
Fitness level	Activity base	participants	med	Instructors to create a programme which caters to all fitness requirements and abilities. Participants to stop when they reach personal goals or fitness level.	Staff will monitor and revise programme depending on abilities and fitness level.

Poor safety awareness	Activity base	Participants and staff	med	Poor safety awareness could increase likelihood of injury. All participants are made aware of the risks of the activity and the importance of taking care of other participants and ensuring each other's safety	Any unsafe behavior will be addressed and corrected.
Potential aggression between participants	Activity base	Participants and staff	low	Staff should be aware of possible aggression always arising between participants.	Amy aggression is dealt with in a calm manner ensuring it never presents a risk.
collision or contact with other participants	Activity base	Participants and staff	med	Training space will be a suitable size to accommodate all participants.  Reasonable effort will be made to ensure participants have enough space around them to complete the exercise safely	Staff will be monitoring participants and will ensure if participants are too close together that they are spread apart before activity commences.

Cheerleading jumps – increased potential of muscle strain due to falling on landing or landing incorrectly or overworking.	Activity base	Participants and staff	med	A suitable warm up will be done before any jumps are attempted. The proper technique will be demonstrated by a member of staff and jump shapes will be practiced on the floor before jumping	Staff will assess participants capacity and ability to complete each jump and alter jumps to cater for these.
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<p>Cheerleading stunting – risk of injury due to coaching.</p> <p>Prep level and extended level stunts: risk of flyer falling, jumping out of stunt or bases dropping flyer.</p> <p>Risk of people/ objects not directly involved interfering with stunt.</p>	<p>Activity base</p>	<p>Staff and participants</p>	<p>Med/high</p>	<p>All staff have adequate experience in cheerleading and stunting. A member of staff fully qualified in the level of stunts being performed must be always present while stunting. The staff must be confident in the participants ability at lower levels before attempting higher level stunts.</p> <p>Stunts will take place only on mats. No stunts will be attempted without staff instruction, including on proper technique and ensure instructions are fully understood.</p> <p>The stunts will be demonstrated by staff who can already consistently perform the stunt to a safe and high standard before being attempted by participants.</p>	<p>Staff will always act as spotters when participants are stunting.</p> <p>All other participants will be safe distance away from stunting participants.</p>
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<p>Airborne stunts and basket toss</p> <p>Risk of bases not catching flyer</p> <p>Risk of flyer kicking or otherwise making potentially harmful contact with base or bases</p> <p>Risk of flyer landing/ being caught on their front potentially causing damage to flyers ribs.</p>	<p>Activity base</p>	<p>Staff and participants</p>	<p>med</p>	<p>No participants will be allowed to carry out airborne stunts.</p> <p>All previous stunting precautions apply.</p> <p>Airborne stunts and basket tosses are advanced stunts and will only be demonstrated by staff. Participants will be informed that they are to under no circumstance attempt these stunts.</p>	<p>Participants will be a minimum of three meters away from staff when demonstrating airborne stunts</p>
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<p>Tumbling</p> <p>Risk of broken bones and damage to head/neck</p> <p>Risk of participant tumbling into others.</p>	<p>Activity base</p>	<p>Participants and staff</p>	<p>med</p>	<p>All tumbles will be explained and demonstrated by staff prior to participation.</p> <p>Ability and fitness level will be assessed.</p> <p>Complicated tumbles may be demonstrated by staff; if so, participants will be informed and understand that under no circumstances they are to attempt these tumbles</p>	<p>Staff will ensure participants are safely spaced apart.</p> <p>No tumbling and stunting will take place in the same area.</p> <p>Tumbling must take place only on a suitable ground – the cheer mats</p>
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I Have read and understood this risk assessment:

Name:

Date: