# Risk Assessment – Explorer Trek, Team Games Base

## Written by Craig Peters on 11/06/2022

| **Hazard Identified & Risks from It?** | **Who is at Risk?** | **How are the risks controlled?** | **What has changed that needs to be thought about and controlled?** |
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| Slips, trips and falls, risk of injury. | Young People | * Staff must check that playing area is clear of trip hazards. * Staff must check that young people are wearing suitable footwear before starting the activity. |  |
| Injury from contact with other players or games equipment. | Young People | * Staff must make sure that all young people understand the rules of the game before starting. * Staff must check that suitable equipment is being used for the game (solid footballs vs. softer ones etc.). * Staff must supervise the game and stop if the rules are not being followed. |  |
| Dehydration and Heat Exhaustion | Young People | * Staff to check that young people bring a full water bottle with them to the activity. * Staff to monitor young people throughout the activity and advise anyone who is overheating to rest in the shade and drink water. |  |
| Sunburn | Young People | * If weather is sunny, or forecast to be sunny, staff to check that young people are wearing sun cream. |  |
| Cold and Hypothermia | Young People | * If weather is wet or forecast to rain, staff to check that young people have brought a waterproof jacket to the activity. * Staff to check the young people are suitably clothed for the weather conditions, e.g. have jumpers / jackets with them. * Shelter to be available at the activity location, e.g. event shelter. |  |