

Blair Atholl Scout Jamboree

Risk Assessment



Location	Centre of Kastle	Activity	Cheerleading and Dance
Team Leader	Ashley Smith	Staff present on Activity	Ashley Smith Kirsten Harrower Holly Campbell Katie Niven Emma McDougall Ellie Maclaren Becky Laird Monica McFarlane Lucy Reddy Darcie Campbell Noelle Mabeoone
Nearest A&E	Perth Royal Infirmary	Person in charge in the absence of Team Leader	Hollie Campbell
Nature of Activity	Demonstration and replication of basic Cheerleading and Scottish country Dance		

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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
Participants Injuring themselves or Each other.	Activity area	Participants	Med/ high	<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>
Slips and trips.	Mats	Staff, Participants through gaining impact injuries	Med	<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>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</p>

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				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.	ask a trained individual to remove it. If mats are wet Activity leaders are to evaluate possibility of carrying out session outside until the mats are dry.
Dehydration	Activity Area	Staff, Participants	Med	Participants and activity leaders are encouraged to bring a bottle of water with them to the activity. 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.	Request quartermaster if a water container and plastic cups can be always kept at Activity base. Activity Lead to continue to monitor participants and leaders at activity for signs of dehydration and act appropriately according to first aid training.
Injury to limbs caused by gaps in mats.	Mats	Staff and Participants. Injury caused by getting limbs stuck.	High	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.	Activity Leaders should continue to monitor the durability of duct tape and adjust and re-lay these where required. First Aid kit will be at the base.
Replicating skills taught during the activity around camp	Subcamps	Impact injuries Participants or scouting peers	Low	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. They will be informed that replicating the cheerleading skills in a non-controlled environment (like the cheerleading and dance	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.

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				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.	
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.

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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.

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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	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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incorrectly or overworking.					
<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>	Activity base	Staff and participants	Med/high	<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>
<p>Airborne stunts and basket toss</p> <p>Risk of bases not catching flyer</p>	Activity base	Staff and participants	med	<p>No participants will be allowed to carry out airborne stunts.</p> <p>All previous stunting precautions apply.</p>	Participants will be a minimum of three meters away from staff when demonstrating airborne stunts



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<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>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>Tumbling</p> <p>Risk of broken bones and damage to head/neck</p> <p>Risk of participant tumbling into others.</p>	Activity base	Participants and staff	med	<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: