

Risk Assessment – Team Building

Updated - 14.02.18

Required Instructor Competence	<ul style="list-style-type: none"> • Experience & Land & Wave familiarisation • First Aid Certificate
Ratios	<ul style="list-style-type: none"> • 1:15 • Ratios must be reduced to meet the needs of participants where appropriate - e.g. behavioural issues.

Identified Hazards	Who is at risk?	Example Causes	Control Measures
Personal Injury E.g. Slips, Cuts, Head Injuries, strained backs	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> • Lifting people off the ground and dropping them. • Falling off benches. • Pushing & shoving 	<ul style="list-style-type: none"> • Instructor to provide health and safety briefing(s) to prevent injuries, including safe lifting techniques to protect the head, neck and back in particular. • Spotting must be used where there is risk of participants falling. • Instructor to carry first aid kit.
Difficulty controlling body temperature (Hyperthermia/Hypothermia)	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> • Cold, wet days. • Hot, sunny day. 	<ul style="list-style-type: none"> • Appropriate clothing / equipment to be worn / carried. • Appropriate amounts / type of food and drink should be carried dependent on weather conditions, terrain etc. • Appropriate group safety equipment to be carried – e.g. shelter, warmth etc.
Emotional Damage	Participants	<ul style="list-style-type: none"> • Participants falling out with others. • Not listening to other people. 	<ul style="list-style-type: none"> • Staff to monitor and supervise emotions and group dynamics appropriately.

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N.B. This Risk Assessment in no way negates the need for continual dynamic risk assessment