

ACTIVITY - Aeroball

MINIMUM INSTRUCTOR QUALIFICATION - HLAC In-house Trained

PERFORMED BY - David Wooldridge
DATE - 07/04/2021

INSTRUCTOR : PARTICIPANT RATIO -

Risk	Who Might Be Harmed	Measures to Minimise Risk
Equipment failure	Staff, Volunteers, Participants	<ul style="list-style-type: none"> Equipment to be checked prior house in accordance with Aeroball UK Policy. Monthly safety checks ti be carried out by staff members.
Collisions with other participants.	Participants	<ul style="list-style-type: none"> Staff member to ensure there is good participant control during session. Staff member to ensure participants that are not in the Aeroball are occupied with something else. Staff member to ensure only one participant enters each section of the Aeroball.
Slips, trips and falls	Participants, Volunteers, Staff	<ul style="list-style-type: none"> Area around Aeroball checked for hazards before session. Participants checked to ensure they are wearing suitable footwear for the surface.
Incorrect landing causing muscle sprain or strain	Participants	<ul style="list-style-type: none"> Staff member to ensure that all participants know how to bounce and stop effectively. Safety brief to include no somersaults to be attempted.
Pinched or cut fingers/hands	Participants, Volunteers, Staff	<ul style="list-style-type: none"> Participants must be warned to keep their hands away from the springs. Protective mats should be in place around the edge of the Aeroball. Staff member to remain vigilant at all times.
Incorrect mounting / dismounting of the Aeroball	Participants	<ul style="list-style-type: none"> Staff member to demonstrate safe, stable method of mounting and dismounting the Aeroball. Staff member to monitor participants throughout.

ACTIVITY - Aeroball

MINIMUM INSTRUCTOR QUALIFICATION - HLAC in-house trained

PERFORMED BY - David Wooldridge
DATE - 07/04/2021

INSTRUCTOR : PARTICIPANT RATIO -

Risk	Who Might Be Harmed	Measures to Minimise Risk
Cuts and bruises from setting up Aeroball bed	Staff	<ul style="list-style-type: none"> • Only trained staff are to set up the Aeroball. • Aeroball must be set up in accordance with Aeroball Uk training.
Sprained ankle, trips/falls from wearing shoes	Participants	<ul style="list-style-type: none"> • Participants are to remove shoes prior to entering the Aeroball. • Ensure that any removed shoes are stored in an appropriate area so that they are not a trip hazard.
Friction burns	Participants	<ul style="list-style-type: none"> • Staff to brief participants on hazard and participants should bounce in the middle of the bed. • Staff member to warn participants not to hang from nets.
Injury from being hit with objects	Participants	<ul style="list-style-type: none"> • Participants checked to ensure they have removed jewellery and objects from their pockets.
Muscle strains	Participants	<ul style="list-style-type: none"> • Staff to ensure a warm up is carried out prior to the start of the activity.
Sunburn, heat exhaustion, dehydration or hyperthermia during activity	Participants	<ul style="list-style-type: none"> • Ensure regular water breaks are taken. • If it is hot, ensure participants wear sun cream and hats and there is a shaded area available. • If it is cold, ensure participants are wearing suitable clothing to keep warm when not involved in activity.