

ACTIVITY - Aeroball

MINIMUM INSTRUCTOR QUALIFICATION - HLAC In-house Trained

Reviewed BY - Laurence James  
DATE - 24/03/2025

INSTRUCTOR : PARTICIPANT RATIO - 1:12

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

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PERFORMED BY - Laurence James

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INSTRUCTOR : PARTICIPANT RATIO - 12

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