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| **Department: *Live Life Aberdeenshire*** | **RISK ASSESSMENT**  |  |
| **Process/Activity: Activity: Nordic Walking on artificial mats, grass and surroundings terrain** | **Location:*****Huntly Nordic and Outdoor Centre*** | **Date:**  |
| **Describe activity**: **Walking along, up and down artificial ski matting.** | **Review:** |
| **Hazard** | **Person/s Affected** | **Risk** | **Risk level before controls are in place****LOW MED HIGH** | **Control Measures** | **Risk level after controls are in place****LOW MED HIGH** |
| Instructor/ supervisor competence | All participants | Minor or major injury |  | **✓** |  | * Qualified instructors and coaches used
* Sufficient staff
 | **✓** |  |  |
| Weather conditions | Staff and participants. | Sunburn Heat exhaustionFrost nipHypothermiaDehydrationSlips, slides & falls |  | **✓****✓****✓** |  | * Staff trained to monitor group and react to deterioration of any member.
* Where weather conditions deteriorate significantly, sessions will be substituted/ postponed/ cancelled.
* Participants are advised in advance of appropriate clothing.
* Trained First Aider on duty
 | **✓****✓****✓** |  |  |
| Worn or unsecured matting | Staff and participants | Tripping and falling |  | **✓** |  | * Matting checked prior to each session, any hazardous section being repaired or, if repair not possible, session cancelled.
 | **✓** |  |  |
| Protrusions/ objects on slope  | Staff and participants | Cuts, grazes and falls |  | **✓** |  | * Matting checked on a daily basis, with any stray objects removed.
 | **✓** |  |  |
| Wearing of inappropriate clothing by participants | Participants | Minor Abrasions Cold/ hypothermiaSunburn |  | **✓** |  | * Pre-activity check and advice.
* Participants are advised in advance of appropriate clothing.
 | **✓** |  |  |
| Falls from height | Staff and participants | Minor & Major Injury |  | **✓** |  | * Fencing/Design of slope.
* Crash mats used appropriately on slope.
* Close supervision and appropriate number staff accompanying group
* Any patrons/ individuals acting in a dangerous manner not permitted to continue with activity.
* Downhill mat has recommended shock absorbing underlay.
 | **✓** |  |  |
| Slips, trips and falls | Staff and participants | Grazes, minor/moderate injury. |  | **✓** |  | * Use of qualified instructors, who are also trained in First Aid.
* Good group management practices to minimise unnecessary falls.
 |  | **✓** |  |
| Inexperience of participants/ unfamiliarity with environment | Staff and participants | Falling and collision injuries |  | **✓** |  | * Participants and helpers will be given clear safety instructions at the beginning of the session, in relation to access to the slope, prohibited areas, conduct on the slope.
* Close supervision
* Appropriate number of adult helpers accompanying group
* Designated spectator area near slope.
 | **✓** |  |  |
| Equipment | Staff and participants | Minor injury |  | **✓** |  | * Equipment is checked before and during use. Equipment is repaired/ replaced as appropriate.
* Staff responsible for issuing suitable and safe equipment.
* Equipment is regularly serviced in accordance with Standard Operating Procedures
* Group briefed on correct use of equipment and hazards which may arise from incorrect use.
* Instructors monitor group continuously
 | **✓** |  |  |

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| Author signed | Elizabeth Massie | Print Name | ELIZABETH MASSIE | Position | OUTDOOR ACTIVITY INSTRUCTOR | Date | 05/06/2020 |
| Witness signed | Helena Sierakowska | Print Name | HELENA SIERAKOWSKA | Position | DUTY OFFICER | Date | 05/06/2020 |

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| **Further action necessary to control risks**Please list any incidents/ accidents and any control measures added below and any incidents should be noted below. |
| **Date** | **Incident/ Accident** | **Control Measures Adequate****Yes/ No** | **Risk Assessment Reviewed by** | **List Any New Control Measures/ Changes** |
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