Risk Assessment – Team Building

Reviewed Date	03/03/2026
Next Review Date	03/03/2027
Risk Assessment completed by	Mel Wycherley
Internally reviewed by	Alex Mortimer

General Information	This risk assessment considers various team building elements. Examples include time bomb and marble run

Instructor Competence	L&W Training Land & Wave Statement of Competence Completion of Team Skills by instructor & manager as per activity cloud.

Ratios & Remits	1:15 with pastoral support

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	- Lifting people off the ground and dropping them. - Falling off benches. - Pushing & shoving	- 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 a first aid kit.
Difficulty controlling body	Instructors & All	- Cold, wet days.	- Appropriate clothing / equipment to be

temperature (Hyperthermia/Hypothermia)	Participants/Group Leaders	- Hot, sunny day.	worn / carried. - Appropriate amounts / type of food and drink should be carried depending on weather conditions, terrain etc. - Appropriate group safety equipment to be carried – e.g. shelter, warmth etc.
Emotional Damage	Participants	- Participants falling out with others. - Not listening to other people.	- Staff to monitor and supervise emotions and group dynamics appropriately.

Emergency Action Plan

Remember;
Self – Team – Casualty – Equipment

1. Make sure you are safe
2. Make sure the group are safe
3. Make sure the individual(s) concerned are safe
4. Rescue the individual(s)
5. Call/send for assistance (as required)
6. Remove all to a safe place

a. Where possible move the casualty and group up an exit route via the safest route to a safe place or vehicle.
b. Land Based rescue. If the casualty cannot move, make them safe and await rescue services help. Where possible, move the group away from the venue to a safe place to allow
an unhindered rescue to take place. If the assistant knows the exit,
they may lead the group out at the lead instructor's discretion and make the
group safe.

7. Diagnose the extent of the injury and effect first aid in line with your training.
8. Take further action as appropriate.
9. Inform Day Manager, ensuring all appropriate documentation is completed at the earliest possible opportunity.

If required, call the emergency services on 999. If no signal exists, move to a new location, perhaps on higher ground. Ensure you have discussed your plans with your colleague and also the additional risk you are being exposed to yourself.

Instructors are to have knowledge of the nearest hospital (A&E or small injuries unit to where they are operating).

This risk assessment in no way negates the need for continual dynamic risk assessment on session.

You must report incidents or near misses using company procedures.

If you have any concerns or questions about the risk assessment speak to your manager.