

RISK ASSESSMENT



ACTIVITY LOCATION: Location One: Duthie Park Location Two: Hazlehead Park Location Three: Seaton Park			
ACTIVITY DETAILS: Outdoor Bootcamp (Adult Group Fitness Class, using a range of exercises, fitness equipment, park furniture and different areas of the park, each week).		ASSESSOR: Military Fitness Training Team	
ASSESSMENT TYPE:		Generic	Specific
Likelihood		Risk Matrix	
Common, Regular, or Frequent	3	3 Med	6 High
Occasional Occurrence	2	2 Low	4 Med
Rare or Improbable Occurrence	1	1 Low	2 Low
Severity	1 Minor Injury, Illness	2 Serious Injury, Illness	3 Fatalities, Major Injury, Illness

Hazard (Ref)	Risk Associated with Hazard (How people may be harmed)	Existing Controls (Note 2)	Risk Rating (Likelihood x Severity)	Additional Controls (Note 2)	Review Frequency (Note 3)
1	Muscular Injury i.e. strain or sprain.	<p>A thorough and appropriate warm up and cool down will be provided using the knowledge and expertise taught to the activity instructor, who will be a qualified and insured Bootcamp Instructor, under Military Fitness Training.</p> <p>The Instructor will observe and correct poor form, technique or hazard, as and when he identifies it.</p> <p>The activity Instructor will provide a range of progressions and regressions for each exercise allowing participants to work at an appropriate level.</p> <p>Slip and trip hazards will be controlled as detailed below.</p>	2 x 1 = 2	<p>Despite the upmost precautions, when undertaking physical activity muscular strain/sprain is an inevitable consequence for some individuals, at some point in time.</p> <p>A fully charged emergency mobile phone will be carried at all times in the instructors bag.</p> <p>Instructor will provide First Aid in the first instance. Then contact Emergency Services if required.</p> <p>Activity will stop and the rest of the group will be asked to congregate and keep warm until the situation is resolved. In inclement conditions the instructor may cancel the session to prevent the group suffering from cold. The activity instructor will hold all car keys in his possession to allow group dispersal with maximum efficiency.</p> <p>Arrangements will be made to ensure the injured party is warm and safely transported home. Emergency contact details or other members of the group may be utilised for this.</p> <p>The injured party will be provided with first aid advice and advised to seek qualified medical advice to assess the severity of the injury.</p>	Annual.

2	Slip/Trip.	<p>Appropriate footwear will be worn by participants. The area to be used will be visually inspected to the best of the activity instructors ability, before exercising, and trip hazards will be identified verbally and if necessary with a cone.</p> <p>New areas, in which we plan to run, will first be slowly jogged by the instructor or as a group to identify any hazards.</p>	2 x 1 = 2	<p>Areas of ice/leaf debris/moss on hard surfaces will be avoided.</p> <p>Exercises involving changing direction at speed will avoid muddy areas.</p>	Annual.
3	Impact Injury from Participants Colliding with other participants, members of the public, park furniture.	<p>Exercise demonstrations showing correct technique is provided during every class, the instructor will observe and correct any poor form or technique.</p> <p>Adequate space will be used, running activities will avoid park furniture and clear communication of the activity format to minimise risk of participant collision with each other, equipment or park furniture.</p> <p>The group will not used the same area as members of the public wherever possible. On busy summer evenings, where we may share areas of the park, our intended area of use will be clearly marked with cones.</p> <p>Communication with the public may be required from the Instructor, to ensure they are aware of our intended movements and we are able to co-exist without incident.</p> <p>Running downhill as an exercise will be avoided and when necessary transiting around the park, will be done with care. Adequate run off space at the bottom of the hills will be provided when utilised.</p>	1 x 2 = 2	<p>In the event of impact injury, The same procedure for muscular strain / sprain will be utilised to manage the wellbeing of the rest of the group.</p> <p>In this instance, after assessing the situation, contacting the emergency services will be prioritised as the immediate action to be taken, if deemed necessary.</p> <p>First Aid will be provided by the Activity Instructor, in the first instance and until the arrival of Emergency Services, if they are required.</p>	Annual.

4	<p>Serious medical incident, i.e. Heart Attack / Stroke.</p>	<p>All participants are required to complete a Physical Activity at Readiness Questionnaire (PARQ), prior to participation, to identify any particularly vulnerable individuals and take all reasonable steps to ensure the participants are medically fit to undertake the activity.</p> <p>Individuals are provided with a range of exercise alternatives to ensure they can work at an appropriate level. Participants are encouraged to work at their own pace and rest /take on water, as and when required.</p>	1 x 3 = 3	<p>After identifying a serious medical incident has taken place, contacting the emergency services will be prioritised as the immediate action to be taken.</p> <p>First Aid will be provided by the Activity Instructor, until the arrival of Emergency Services.</p> <p>The same procedure for muscular strain / sprain will be utilised to manage the wellbeing of the rest of the group.</p>	Annual.
5	<p>Injury caused by a Dog.</p>	<p>Dogs do frequent all parks, and often free from the lead. When dogs approach the group the Activity Instructor will give the participants prior notice, wherever possible/ noticed in advance, to avoid the likelihood of tripping on the dog, shock to the participants and any risk of accidentally injuring the dog.</p> <p>In the case of a dog persistently interrupting or interfering with the class, the activity instructor should attempt to request the owner removes and controls the dog.</p> <p>Aggressive dogs should again be initially dealt with by attempting to communicate with an owner. In this instance the group should be gathered together until the animal can be safely ushered away.</p>	1 x 2 = 2	<p>In the event of injury caused by a dog the procedures identified in the “Impact Injury” section will be utilised.</p> <p>The activity instructor should attempt to photograph the dog and the dog owner if they can be located.</p> <p>In an attempt to prevent repeat incident, it dog and owner should be reported, along with supporting photographs, to Police Scotland via 101 as well as to the city Dog Warden who have legislative power to deal with the dog and owner via the Control of Dogs (Scotland) Act 2010.</p> <p>If questioned, the Activity Instructor should inform the dog owner of the intention to report the incident, hence the requirement for photographic evidence.</p>	Annual.

6	Sunburn / Heat Illness.	<p>Participants will be encouraged and reminded to wear sun cream at outdoor classes when the appropriate. The instructor should have a bottle available to participants who might forget.</p> <p>Regular water breaks will be taken and the participants will be encouraged to additionally take on water at anytime they feel necessary.</p> <p>When the sun is particularly strong exercising in the shade will be undertaken whenever possible and/or deemed appropriate.</p> <p>When appropriate, the intensity of the session will be decreased to include periods of slower more controlled exercise to allow adequate recovery.</p>	1 x 3 = 3	<p>The activity instructor is familiar with the signs and symptoms of heat illness as well as the immediate actions to undertake. This knowledge will be refreshed annually during Spring and throughout the Summer months.</p> <p>Every exercise will have a selection of regressions and participants will be encouraged to drop the intensity of the exercises to a level suitable for them, as and when required.</p> <p>Should Heat Illness be suspected, medical assistance will be requested immediately.</p>	Annual.
7	Hypothermia.	<p>Participants will be encouraged to wear appropriate clothing to ensure they are protected from the elements and minimise the risk of cold injury as far as possible.</p> <p>During very cold periods the Bootcamp will be designed to ensure participants are moving as much as possible with minimal periods of standing still or slow controlled exercises, to maintain participants core temperature.</p> <p>In the eventuality that a participant attends a class and the activity instructor believes they are at risk of hypothermia or cold injury due to inappropriate clothing, it should be explained to them and they will be prevented from participating, in the interests of them and the group.</p>	1 x 3 = 3	<p>The activity instructor is familiar with the signs and symptoms of hypothermia as well as the immediate actions to undertake. This knowledge will be refreshed annually during Autumn and throughout the Winter months.</p> <p>Should hypothermia be suspected, medical assistance will be requested immediately.</p>	Annual.

8	Drowning.	No exercises will be undertaken in any water features.	1 x 3 = 3	Boating Ponds at Duthie Park will not be entered or used for exercising across, or in.	Annual.
9	Road Traffic Accident.	Both parks have access roads within them. At all times the instructor will have good visibility in both directions if the road is being crossed or utilised for part of the session. In darkness the activity instructor will be illuminated to make himself and the group visible to any traffic.	1 x 3 = 3	The access road in all parks have good unobstructed views in both directions. The risk of RTA is extremely small. In the event of RTA the level of injury sustained by any individual will be assessed and suitable response will be given as outlined in categories "strain /sprain, Impact Injury, or Serious Medical Incident" as appropriate.	Annual.
Assessor Name: Mr Norman J McConnachie		Assessor Contact Details: 07934103396 storm@military-fitness.info		Overall Activity Risk Rating: LOW	

Notes:

- 1: If using a generic risk assessment assessor is to satisfy themselves that the assessment is valid for the task and that all significant hazards have been identified and assessed. If additional hazards are identified they are to be recorded and attached to the Generic Assessment.
- 2: A description of the control measures is required taking into account all possible Risk associated with the activity in the given location. If the Risk Assessment identifies the need for additional control measures, these should be outlined to ensure risk is reduced to lowest practical level.
- 3: Risk Assessments are to be reviewed:
 - At a frequency proportional to the risk (e.g. High Risk - 6 Monthly, Medium Risk - Annually, Low Risk - Every 2 years).
 - Where required by local procedures/Instructions.
 - If the safe execution of the activity relies on strict supervision and/or adherence to a safe system of work.
 - If there is any reason to doubt the effectiveness of the assessment.
 - Following a near miss or accident.

- Following any significant change to the task, process, procedure, ability of the personnel involved.
- Following the introduction of more vulnerable personnel.

4: The assessor is signing to accept that they are responsible for the production of the Risk Assessment, that it is in their opinion suitable and sufficient and they consider the activity risk to be acceptable.

RISK MATRIX KEY	
High Risk 6 - 9	Improve control measures. Consider stopping activity. Conducting work at this level requires stringent control measures in place and suitable justification for continuing with activity.
Medium Risk 3 - 5	Review control measures and improve if reasonable practicable to do so. Consider alternative ways of working.
Low Risk 1 - 2	Maintain control measures and review regularly if there are any changes.