

High Adventure Sumo Wrestling Risk Assessment

Last Review of this risk assessment: 13/04/2023

Minimum Leader qualification:		In house training and assessment or appropriate level of competence.			
Max group size with Leader:		15			
All Instructors should be making dynamic risk assessments on the day taking into account the weather conditions, the group's ability & any other factors that may change.					
Essential equipment					
Personal: Appropriate clothing and footwear.					
Group: Appropriate clothing and footwear.					
Instructor: Phone, first aid kit.					
Activity/ Process/ Operation	What are the Hazards to Health and Safety	What Risks do they pose and to whom?	Risk Level	What precautions have been taken to reduce the risk?	Risk Level Achieved
			H/M/L		H/M/L
Setting up	Carrying equipment	All staff & participants	M	Appropriate staff training	L
				Advise group on safe lifting techniques. Stop any potentially dangerous situations	
During the activity.	Wrestling.	All staff & participants	H	Appropriate staff training and condition of equipment.	M
				Safe environment with good communication between leader & group.	
	No running towards each other when starting wrestling to avoid head collisions.				
	Slips, trips and falls	All staff & participants	M	Staff training and checks on the area to be used.	L
				Promote a calm safe approach to all matches from the group.	
				Remove any foreign objects from the surrounding areas.	
	Injury due to equipment failure	All staff and participants	M	All equipment and structure regularly inspected according to policies.	L

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		participants.		Staff trained in inspections and procedures.	
	Head collisions.	All participants.	M	In brief to group instruct participants to keep their faces apart and not to run at each other "face first". Do not start matches with wrestlers in opposite corners.	L