



# Risk Assessment for physical activity group

## Risk Context or root causes:

This group will involve different forms of physical activity. Groups will be run both indoors and outdoors and on occasion offsite at a local park.

Direct hazards or risky events:

- Trips and falls while walking on uneven terrain
- Overheating or becoming overly breathless from exertion
- Straining or injuring muscles from either physical exertion or doing unfamiliar movements/sports
- Dehydration
- Wandering or disorientation in unfamiliar environment
- Overexposure to sun and heat or cold when outdoors
- Fatigue

Consequences:

- Injuries such as cuts, bruises, and broken bones
- Heat exhaustion, sunburn, heat stroke
- Muscle strains or injuries
- Dehydration-related illnesses
- Getting lost or disoriented
- Increased confusion due to fatigue/exertion

Inherent risk [1]:

- Moderate risk due to the physical demands of the activity/sport and likelihood of deconditioning and decreased physical fitness as a result of age or dementia leading to an increased sedentary lifestyle.

Controls in place:

- The group is supervised by staff member and volunteers who can assist as needed.
- A staff to member ratio of 2:1 will be adhered to unless deemed unnecessary due to low support needs of members.

- Staff members will monitor participants throughout the session for signs of fatigue, heat exhaustion or dehydration.
- All activities are graded and designed with participating members' abilities in mind.
- Regular rest breaks will take place.
- Participants are encouraged to wear appropriate clothing and sunscreen.
- Water bottles are provided and staff/volunteers will prompt participants to drink and stay hydrated.
- Outdoor activity risk assessment in place.
- When going off site staff keep in contact with the base to inform of duration and location and report any issues.
- Risk assessment will be reviewed quarterly to ensure that controls remain effective and relevant.

Residual risk [2]:

- The group is not accessible to everyone due to physical demands resulting in less physically able members being unable to participate.

Controls planned or proposed:

- A variety of activities are available to Dementia Active members and graded to ensure everyone can participate. Those that cannot participate in outdoor physical activity will be involved in alternative things that they find enjoyable.
- Seated exercise is provided for all.