

Grip Education Risk Assessment – Sports Activities



Activity	Identify the hazards	Who/what may be harmed	Likelihood of occurrence	Severity of harm	Overall risk	Existing control measures	Recommendations/further action required
Warm-up exercises	Muscle strains, sprains	Students, staff	Possible	Mod	Med	Supervised warm-up sessions, appropriate exercises	Ensure all students understand the importance of warm-up
Team sports (e.g., football, basketball)	Collisions, falls, dehydration	Students, spectators	Possible	Mod	Med	Supervision, hydration breaks, first aid kit available	Emphasise importance of hydration and using appropriate footwear
Athletics (running/jumping events)	Trips, falls, collisions	Students	Possible	Mod	Med	Clear track areas, proper footwear, instructor supervision	Review safety instructions before activities
Use of sports equipment (e.g. balls)	Injury from misuse or lack of supervision	Students	Possible	Mod	Med	Staff trained in equipment use, inspections before usage	Monitor use of equipment continuously
Post-activity cool down	Muscle strains, dehydration	Students, staff	Possible	Mod	Med	Supervised cool-down sessions, hydration available	Ensure students are properly cooled down after activities
Return to base	Traffic accidents during transport	Students, drivers	Possible	Severe	Med	Risk assessment for transport, use of designated drop-off zones	Review transport arrangements and ensure all students are accounted for

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Emergency response (e.g., injury)	Delay in first aid, lack of trained staff	Students, staff, parents	Unlikely	Severe	Med	Trained first aiders present, all incidents documented	Regularly update first aid training for staff
Weather conditions	Slips due to rain, sun exposure	Students, staff	Possible	Mod	Med	Monitor weather forecasts, appropriate clothing advised	Plan alternative indoor activities in extreme weather
Clothing issues (improper attire)	Injury from inappropriate clothing (e.g., loose clothing, wrong footwear)	Students	Possible	Mod	Med	Clear guidelines on appropriate clothing provided	Reiterate importance of proper attire before activities
Behaviour management	Bullying, disruptive behaviours during activities	Students, staff	Likely	Mod	High	Clear behaviour policy, staff training, active supervision	Regular discussions on behaviours expected during activities
Medical conditions management	Medical emergencies (e.g., asthma attacks, allergic reactions)	Students with medical conditions	Possible	Severe	High	Collect and review medical information prior to activities, trained staff present	Ensure all staff are aware of students' medical conditions and emergency protocols