

**Induction 2025****Zorbing**

Dear

If you have not run a Zorb session before, or for a while, we would like to take some time to make sure that you understand what you are being asked to do, how to do it and what to do if you are unsure about anything. Depending on your experience it could take a number of forms from a single training/induction session to some supervised/observed delivery.

However by the end we want you to be confident that you know what to do, how to do it and who you can ask for support or advice if you are unsure.

Thank you for taking the time to complete this form, please can you read, tick and sign the below.

- I have read the below Zorb Risk Assessment & Management information (below) and the lesson plan (below)
- I have been shown how to run an Zorb session and understand the how to deliver a safe session.
- I understand that if I am unsure about any part of my role I should ask one of the company directors and that I have access to the appropriate company documents and policies on BambooHR should I need them.


**Declaration – Staff member**

I have completed the Zorb induction with Summer Adventure Camp and I understand that I am required to act in a professional manner in line with my qualifications, experience and the policies of Summer Adventure Camp

Signature:	Date:
------------	-------

**Declaration – Technical Advisor**

I have completed a Zorb Induction with \_\_\_\_\_ and I am happy that they are competent to deliver a safe and quality Zorb session.

Signature:	Date:
------------	-------

This Risk Assessment was adopted by SUMMERADVENTURECAMP Ltd	Adopted on: 10/2/2025
Signed By: Bryn Beach	Review on: March 2026
A Summer Adventure Camp Ltd director will review and update this document yearly AND following any near miss or incident, or should circumstances demand it.	

## Risk assessment and Management 2025

## Zorbing

**Description.** Zorb balls are large inflatable spheres that are worn with a shoulder strap – see pictures.

**Managing Risk Statement.** The zorbs are designed so that participants can bump and fall while protected by the zorb. Staff are experienced at managing participants in dynamic environments and controlling groups.

**Benefits.** Trying a new activity and developing your confidence in something new is a transferable skill that is important in all aspects of life. Developing physical literacy and confidence.

The Hazard, what is causing a risk?	Who might be affected	How we manage the risk
<b>Bouncing around inside zorb and hurting yourself, especially head / neck</b>  <b>Falling out of the zorb</b>	All	Make sure shoulder straps are on shoulders. Participants <b>MUST</b> hold handles at all times.  Participants must <b>NOT</b> bump someone that does not know a bump is coming.
<b>Twisted ankles / legs</b>	All	Correct size zorb.
<b>Being ‘bumped’ while not in a zorb</b>	All	Non-zorbers to sit out of Zorbing Area
<b>Getting too hot / tired</b>	All	If it is hot set enforced ‘time outs’ where everyone has to sit out for 2-5 mins and have a drink etc.

## Specific assessments

## Operating Procedures

Before

- Check medical / consent forms.
- Check the weather forecast – does your plan still work.
- Instructor to inspect all kit to ensure it is usable.

During

- Clear briefing to highlight risks, safety measures and expectations.

This Risk Assessment was adopted by SUMMERADVENTURECAMP Ltd

Adopted on: 10/2/2025

Signed By: Bryn Beach

Review on: March 2026

A Summer Adventure Camp Ltd director will review and update this document yearly AND following any near miss or incident, or should circumstances demand it.

- Any assistants / staff to briefed on their role.

After

- Return kit.
- Inform E3Adventures of any damages or loss.

Inform course leader of any issues with group / venue to assist with planning for future.

**Lesson Plan**

**Zorbing**

**Equipment.** Zorbs, pumps, clear area.

**Preparation**

Check the area for any lumps, bumps, sharp objects they could land on.

**First 5 Minutes** Show participants how to get in and out of Zorb and that

**Explanation.** Explain to the group that they will be in 2s /3s helping each other and even if they have done it before OR at home that you want to see them do it before they can complete the circuit without a buddy walking with them.

**Practice** without running around or bumping each other the participants can practice the following skills.

Falling on face and getting up, falling on back and getting up, rolling on side and getting up, head over heels and getting up. Head stand and get up.

Once you are happy everyone can do these skills in 2s/3s they can try bumping into each other.

**Doing it themselves.** You can play some games. Football, tag (or similar), relay races, head over hill races, rolling races.



This Risk Assessment was adopted by SUMMERADVENTURECAMP Ltd

Adopted on: 10/2/2025

Signed By: Bryn Beach

Review on: March 2026

A Summer Adventure Camp Ltd director will review and update this document yearly AND following any near miss or incident, or should circumstances demand it.