

Risk Assessment: This form may be adapted by the school/ establishment to assess any special risks which are specific to their particular activity, visit, venue or pupils)

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| Establishment: Jack Hunt School | Assessment Date: 30/08/2016 |
| Activity / Environment: Dance | Completed By: Steven Braby [SBY] |
| Educational Objectives: As defined by the accompanying letter/ visits proforma | Reviewed Every: Term / 6 Months / Yearly |

| 1a Risk Assessment | | | | | | | | | 1b Review |
|--------------------|---------------------------------|---|-------------------------|--------------------------------|--|--|---|--|--------------------------------------|
| ID | Hazard | Description Of Hazard | Who's at risk [S, P, V] | Level of risk [High, Med, Low] | Advice on hazard required | How can the risk be controlled | Resolution/ action | Implemented by | Date reviewed/ implemented |
| EXAMPLE | Broken bottle on the field | A glass bottle has been smashed on the field, leaving glass shards on the grass | S, P, V | High | Yes / No If yes, who can advise? | Checks of the field before opening the field/ before the lesson | Report to the PE technician/ facilities to contact the caretakers to remove the glass | Steven Braby [SBY] | [SBY] 22/08/2016 |
| 1 | Incorrect or unsuitable warm-up | This can cause DOMS [Delayed On set of Muscle Soreness] Warm-ups should last for at least 10 Minutes | P | Low | Yes / No If yes, who can advise? | Staff to lead warm-ups for a set number of weeks/ lessons and then selected students could lead the warm-ups once they know what to do | Students should be made aware of the affects of DOMS due to an incorrect warm-up | Jess Marshall [JML] Reviewed by: Steven Braby [SBY] | [JML] --/07/2015 [SBY] 22/08/2016 |
| 2 | Unsuitable Footwear | Unsuitable footwear could cause the person to trip, develop a strain or cause some other type of damage to the individual | P | Low | Yes / No If yes, who can advise? | Check for suitable footwear before the lesson starts | Individuals with unsuitable footwear could be asked to go bare-footed [if suitable] or could be supplied with a spare set of trainers | Jess Marshall [JML] Reviewed by: Steven Braby [SBY] | [JML] --/06/2015 [SBY] 30/08/2016 |
| 3 | Un-even/ slippery floor | If the floor is slippery then anyone could slip and damage themselves, this could include twisting a muscle/ ligament. | S, P, V | Low | Yes / No If yes, who can advise? | The floor should be checked before the start of school to make sure that it is safe to use. | If the floor is slippery then this should be reported to the PE Technician to contact the care takers. Avoiding the slippery spot until it is resolved [Informing anyone using the area would minimise accidents] | Jess Marshall [JML] Reviewed by: Steven Braby [SBY] | [JML] --/06/2015 [SBY] 30/08/2016 |

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| 4 | Chairs, Tables, Loose wires from music player, ballet bars, benches | Having loose objects around the dance studio causes more obstacles for students to bash into. | P | Med | Yes / No If yes, who can advise? | During the daily check, obstacles should be moved to the side away from causing any harm to students. | If any objects are moved during a lesson, they should be moved back to the sides of the room at the end of the lesson making it safe again for the next lesson. | Jess Marshall [JML] Reviewed by: Steven Braby [SBY] | [JML] --/06/2015 |
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| 5 | Use of incorrect technique – jumping, lifting, falling, rolling. | Performing the wrong technique can cause damage to the individuals knees mainly caused by the impact. Or the individual could be dropped. | P | Low | Yes / No If yes, who can advise? | Techniques should be taught correctly and in gradual stages, minimising the risk of any injury. Safety mats should be used as well to reduce any damage if a student does fall. | Safety mats should be used in lessons. It would be useful to have the class to be split into small groups, these groups should be monitored regularly to ensure that they are performing the correct technique. | Jess Marshall [JML] Reviewed by: Steven Braby [SBY] | [JML] --/06/2015 |
| | | | | | | | | | [SBY] 30/08/2016 |
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| 6 | Pupils banging into each other. [Inadequate spacing] | Students could bang into each other whilst performing a different technique. This can cause bruising and other types of damage to the body. | P | Low | Yes / No If yes, who can advise? | The class should be split into even groups and should be spaced out equally as well. If the member of staff had a good knowledge of the group, they could split any 'misbehaving' students away from one another. | Safety mats should be used to minimise the risk of bruising. If a group cannot behave well together, then they should be split into different groups minimising the risk of any injury to the group. | Jess Marshall [JML] Reviewed by: Steven Braby [SBY] | [JML] --/06/2015 |
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| Final Assessment | | | | | | Overall Risk: Low | | | |
| Assessor: Jess Marshall [JML] – Reviewed By: Steven Braby [SBY] | | | | | | Review: On-Going | | | |