



Multi-Sports Activity Risk Assessment

Sites covered: Thurston Park, Sports Barn, Unit B (if applicable), Public Parks, Community Sports Facilities, Off-Site Venues

Participants: 11–25 years and adults

Delivery model: 1:1 and small groups

Review date: [Insert]

Assessor: [Insert]

1. Scope of Activities

This risk assessment covers all indoor and outdoor physical activities delivered under The ReConnect Programme, including but not limited to:

- Football
 - Basketball
 - Tennis
 - Badminton
 - Table Tennis
 - Cricket
 - Rounders
 - Dodgeball
 - Fitness circuits
 - Strength and conditioning
 - Boxercise
 - Martial arts and controlled sparring (non-competitive)
 - Climbing / bouldering (where applicable)
 - Jump biking (where integrated with sports provision)
 - Athletics and running
 - Multi-skills games
 - Team building physical challenges
 - Use of public parks and open recreational grounds
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GENERAL RISKS (All Activities)

Hazard: Slips, Trips and Falls

Risks: Sprains, fractures, head injury

Who at risk: Young people, staff, visitors

Control Measures:

- Pre-session visual inspection of all indoor and outdoor areas
- Clear boundaries marked where appropriate
- Removal of loose equipment not in use
- Suitable footwear required
- Wet floors addressed immediately
- Outdoor sessions relocated if ground unsafe
- Staff positioned to supervise high-risk areas

Additional SEND / SEMH Controls:

- Clear verbal explanation of boundaries and expectations
- Visual cues and demonstrations
- Smaller group ratios for those with poor spatial awareness
- Calm transitions between activities

Risk Level After Controls: Low to Medium

Hazard: Collision Between Participants

Risks: Impact injuries, concussion

Who at risk: All participants

Control Measures:

- Structured warm-ups
- Age and ability grouping
- Non-contact rules enforced unless specifically trained activity
- Clear stop signal understood by all
- Controlled numbers per activity zone
- Protective equipment where required

SEMH Considerations:

- Clear behaviour expectations
- Emotional regulation support before and during sessions
- Immediate intervention if frustration escalates
- Option for time-out regulation break

Risk Level After Controls: Medium

Hazard: Inappropriate Behaviour / Escalation

Risks: Physical altercation, emotional distress

Who at risk: Young people, staff

Control Measures:

- Trauma-informed approach
- Pre-agreed behavioural boundaries
- Staff trained in de-escalation
- 1:1 support where needed
- Clear restorative conversations post-incident
- Safeguarding policy followed where necessary

Risk Level After Controls: Low to Medium

Hazard: Medical Emergencies (Asthma, Seizure, Allergic Reaction)

Risks: Serious health event

Control Measures:

- Medical information obtained prior to participation
- Inhalers / medication accessible
- Staff first aid trained
- Emergency contact information available
- Clear access routes for emergency services
- Dynamic risk assessment for known conditions

Risk Level After Controls: Low

INDOOR SPORTS BARN RISKS

Hazard: Equipment Failure (Goals, Nets, Weights, Mats)

Risks: Crush injuries, impact injuries

Control Measures:

- Regular inspection log
- Equipment secured and anchored
- Weight limits adhered to
- No unsupervised use
- Damaged equipment removed immediately

Risk Level After Controls: Low

Hazard: Manual Handling (Weights, Mats, Goals)

Risks: Back strain, muscular injury

Control Measures:

- Staff to move heavy equipment
- Young people instructed on safe lifting
- Use of trolleys where available
- No lifting beyond capability

Risk Level After Controls: Low

Hazard: Overexertion / Fatigue

Risks: Muscle strain, fainting

Control Measures:

- Gradual warm-up and cool-down
- Water breaks enforced
- Activities scaled to ability
- Monitoring of visible fatigue

SEMH Considerations:

- Avoid competitive pressure for vulnerable participants
- Encourage effort over performance

Risk Level After Controls: Low

OUTDOOR SPORTS & PUBLIC PARK RISKS

Hazard: Uneven Ground / Natural Terrain

Risks: Sprains, trips

Control Measures:

- Pre-activity site inspection
- Avoid high-risk areas
- Suitable footwear required
- Activities adapted to terrain

Risk Level After Controls: Medium

Hazard: Public Interaction

Risks: Safeguarding concern, conflict

Control Measures:

- Staff positioned visibly
- Clear meeting point established
- Headcount before, during and after session
- No unsupervised wandering
- Safeguarding procedures followed if concern arises

Risk Level After Controls: Medium

Hazard: Weather Conditions

Risks: Heatstroke, hypothermia, dehydration

Control Measures:

- Weather check before session
- Appropriate clothing required
- Shade breaks in hot weather
- Session shortened or relocated if unsafe
- High-risk conditions result in cancellation

Risk Level After Controls: Low to Medium

Hazard: Travel to Public Parks

Risks: Road traffic accident

Control Measures:

- Approved drivers only
- Vehicle checks completed
- Seatbelts mandatory
- Parental consent for off-site
- Risk assessment for walking routes

Risk Level After Controls: Low

SPECIFIC ACTIVITY RISKS

Football / Basketball / Team Games

- Head injuries from ball impact
- Goal post instability
- Tackling injuries

Controls: Non-contact rules unless structured, secure goals, concussion protocol awareness.

Martial Arts / Boxercise

- Contact injury
- Joint strain

Controls: Qualified instructor, controlled drills only, no unsupervised sparring, protective equipment.

Climbing / Bouldering (if applicable)

- Fall from height

Controls: Supervised only, appropriate matting, adherence to climbing centre rules if off-site.

Fitness & Strength Training

- Incorrect technique

Controls: Technique demonstrated and corrected, progressive loading only, no maximal lifts.

Jump Biking (where integrated)

- Falls and impact

Controls: Helmets mandatory, bike check completed, skill level assessed before attempting features.

SAFEGUARDING CONSIDERATIONS

- All staff DBS checked
 - KCSiE compliant safeguarding procedures
 - Appropriate supervision ratios
 - Separate changing arrangements if required
 - Clear reporting process for concerns
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SUPERVISION RATIOS

- 1:1 where required by EHCP
 - Maximum 1:6 for structured sessions (lower where risk elevated)
 - Higher supervision for off-site or high-energy activities
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EMERGENCY PROCEDURES

- First aid kit accessible
 - Accident reporting form completed
 - Parent / carer informed where required
 - RIDDOR followed if applicable
 - Emergency services contacted where necessary
 - Incident reviewed and risk assessment updated
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DYNAMIC RISK ASSESSMENT

All sessions are subject to dynamic assessment by lead staff based on:

- Participant presentation
- Emotional state
- Weather
- Equipment condition
- Staffing levels
- Environmental changes

Staff retain authority to stop or modify any activity immediately if risk increases.

If you would like, I can now:

- Convert this into a branded PDF ready for Provider Services
- Add a risk rating matrix table
- Align it explicitly to Suffolk County Council expectations
- Integrate it into your master risk assessment suite alongside Thurston Park
- Add a separate CoSHH section if cleaning sprays, line marking paint, etc. are used