

# Body Zorbing

## Operating Policy

**Last Revised On:** 02.02.2019  
**Qualification:** Externally trained and assessed by in2action.

### Location and Site Specification

- A suitable area with no obstructions or hazards.
- Adequate space for the size of the group and nature of the game.
- The area must be free from any sharp objects that could puncture the Body Zorb.
- The ground must be flat.

### Equipment

- Suitable equipment specific to the games being played must be used (Body Zorbs, cones, football)
- Body Zorb must be checked for any holes in the plastic and the handles and harness must be checked to ensure they are attached safely.
- If any damage is found, please contact your line manager who will decide whether the body zorb is safe to use.
- Each Body Zorb will be uniquely coded and recorded safety checks will be carried out and logged on a monthly basis.
- All participants must be offered knee pads.
- Knee pads must be uniquely coded and inspections need to be logged on a monthly basis.

### Pre-Activity:

- Ensure area to be used is appropriate and free of hazards. Check the area thoroughly and remove any sharp objects.
- Session must be set up in accordance with training given.
- All equipment should be checked to ensure that it is suitable for use.
- The Body Zorbs should be inflated, ready for use (the body zorb should not be too firm, it needs to be 'squashy').
- *All guests taking part must have read and understood the health disclaimer before agreeing to take part in the activity and booking a slot.*

### During Activity:

- Participants checked to ensure they are wearing suitable footwear.
- Participants checked to ensure they have removed jewellery and objects from pockets.
- A warm up must take place before the participants begin the Body Zorb session.
- Any equipment not in use must be placed in a safe area.
- Ensure waiting participants/spectators are shown a safe area to watch.
- Ensure the Body Zorbs remain adequately inflated.
- The staff member must show the participants how to get into the Body Zorb and ensure each participant is safely and comfortably in the harness.
- The Staff Member must brief the participants:
  - to stay in the designated area
  - not to bump into unaware participants
  - not to bump into people from behind
  - be aware and considerate to smaller participants
  - to always hold the handles
  - on how to get out of the body zorb, and makes it clear that they can get out at anytime by either moving to the staff member or staying down.
- The staff member must double check that the guest has understood the Body Zorb health disclaimer prior to putting them into the ball.
- The Body Zorb has a minimum age of 6 years. The staff member must ensure they check all participants are aged 6 or over.

- The weight limit is 14 stone for the Body Zorb. The staff member must ensure they inform participants of this weight limit and check participants are under the weight limit before using the Body Zorb.
- The staff member must offer the participants the option of wearing knee pads.
- The staff member must ensure there is at least 10cm distance from the participants head and the top of the Body Zorb.
- The staff member must demonstrate how to roll over in the Body Zorb, so that the participants can see how they need to tuck their legs in.
- The staff member must show the participants how to get up by themselves (roll onto their stomach, bring their knees up and get up using their knees).
- The staff member must ensure participants are always holding the handles and always have the harnesses in a comfortable position on their shoulders.
- The Body Zorb must be cleaned with 'child-safe' antibacterial wipes or Milton solution between each participant (just the part above the handles where the face is pointing).
- The staff member must explain and demonstrate the correct techniques for each skill.
- During any game the staff member should start the participants no more than 4m apart, and brief them to jog rather than running full pelt.
- Skills must follow a natural progression allowing participants to develop throughout the session.
- The staff member must explain the dangers of equipment and emphasise the need for spacing out while practicing skills.
- The staff member must explain the rules of the games being played.
- Competitions must be relevant to the groups/individuals age and ability.
- The staff member must remain vigilant and ensure participants are using the equipment in the correct manner.

**Post Activity:**

- The Body Zorbs must be deflated.
- The equipment must be checked and secured in a safe place.
- Activity area must be left tidy and ready for next session.