

Body Zorbing

Generic Risk Assessment

| Hazard | Risk | Who is Affected? | Risk Before | | | Action Taken | Risk After | | |
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| | | | S | L | T | | S | L | T |
| Sharp objects on surface | Injury due to body zorb being damaged/popped e.g. bruises, cuts and abrasions | Participants | 2 | 2 | 4 | <ul style="list-style-type: none"> Staff member to thoroughly check the activity area prior to the session starting and remove any sharp objects. Staff member to constantly risk assess the activity area during the session and remove any sharp objects. Staff member to ensure all participants empty their pockets prior to participating to avoid objects falling out of pockets and on to the activity surface. | 2 | 1 | 2 |
| Faulty Equipment | Injury due to equipment breaking and hitting participant e.g. bruises, cuts and abrasions | Team | 2 | 2 | 4 | <ul style="list-style-type: none"> All equipment should be checked by the staff member prior to and during the session. Body zorbs and pump should receive logged safety checks monthly in line with operating handbook. | 2 | 1 | 2 |
| Equipment | Misuse of equipment leading to injuries due to being hit e.g. bruises, cuts and abrasions | Team | 2 | 2 | 4 | <ul style="list-style-type: none"> Staff member to brief participants on the correct usage of the equipment. Staff member should remain vigilant to ensure participants are using equipment as briefed. Participants to be adequately spaced out before using equipment. | 2 | 1 | 2 |
| | Collisions causing bruises, cuts & abrasion | Team | 2 | 2 | 4 | <ul style="list-style-type: none"> Any equipment not in use should be removed from the activity area. | 2 | 1 | 2 |
| Body Zorb | Body Zorb inadequately inflated leading to bruises | Participants | 2 | 2 | 4 | <ul style="list-style-type: none"> Staff member to check body zorbs regularly to ensure they are adequately inflated (it needs to be 'squashy'). | 2 | 1 | 2 |

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| | Incorrectly fitted Body Zorb leading to musculo-skeletal injuries | Participants | 3 | 2 | 6 | <ul style="list-style-type: none"> Staff member to show participants how to get into the body zorb and ensure each participant is safely and comfortably in the harness. Staff member to brief participants to always hold the handles. Staff member must ensure there is at least 10cm distance from the participants head and the top of the body zorb. | 3 | 1 | 3 |
| Participants | Collisions with other participants causing concussion, bruises or abrasions | Participants | 2 | 2 | 4 | <ul style="list-style-type: none"> Staff member to ensure participants are spaced apart when activity takes place. Staff member to ensure there is good participant control during the session. Staff member to brief participants not to bump into unaware participants. Staff member to brief participants to be aware and considerate of smaller participants. Staff member to show waiting participants/spectators a safe area to watch from. Staff member to brief participants to stay in designated area. Staff member to remain vigilant and ensure participants are safe and comfortable within the harness at all times. Staff member to brief participants not to run at each other at full pelt and to start games with body zorbs no more than 4m apart. Staff member to remain vigilant. | 2 | 1 | 2 |
| Spectators | Collisions with participants causing concussion, bruises or abrasions | Public | 2 | 2 | 4 | <ul style="list-style-type: none"> Staff member to mark a designated area in which the body zorbs must stay. Staff member to show spectators a safe area to watch from. Staff member to brief participants to stay in designated area. | 2 | 1 | 2 |
| Surfaces | Hard, uneven or slippery surfaces causing slips, trips and falls | Team | 3 | 2 | 6 | <ul style="list-style-type: none"> Site specific risk assessment carried out to ensure the area is appropriate for the activity. Area checked for hazards before session. Participants checked to ensure they are wearing suitable footwear. Staff member to offer participants the option of wearing knee pads. | 3 | 1 | 3 |

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| | Rolling on surface incorrectly leading to musculo-skeletal injuries | Participants | 3 | 2 | 6 | <ul style="list-style-type: none"> 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. Staff member must show the participants how to get up by themselves (roll on to their stomach, bring their knees up and get up using their knees). Staff member to offer participants the option of wearing knee pads. | 3 | 1 | 3 |
| Jewellery/Objects in Pockets | Injuries due to falling onto objects or entrapment of jewellery | Participants | 2 | 2 | 4 | <ul style="list-style-type: none"> Participants checked to ensure they have removed jewellery and objects from pockets. | 2 | 1 | 2 |
| Claustrophobia | Panic attack/ short breathed due to participant panicking | Participants | 2 | 2 | 4 | <ul style="list-style-type: none"> Staff member to brief participants 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. Staff member to remain vigilant of participants wishing to stop the activity. Staff member to be aware of signs participants may exhibit if they suffer from claustrophobia e.g. nervous on entry, unsure whether to participate, panic as they enter body zorb, sweating. | 2 | 1 | 2 |
| Over-exertion/ Pre-existing medical conditions | Muscle strains | Participants | 3 | 2 | 6 | <ul style="list-style-type: none"> Staff member to ensure a thorough warm-up is carried out prior to the activity starting. Staff member to brief participants 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. Staff member to remain vigilant of participants looking tired and remove them from the body zorb as and when necessary. Staff member to ensure participant has read and understands safety disclaimer before participating in body zorbing. Staff member to double check if any pre-existing medical conditions are present before commencing. | 3 | 1 | 3 |

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| Weather | Risk of sunburn, heat exhaustion and dehydration; or hyperthermia during activity | Team | 3 | 2 | 6 | <ul style="list-style-type: none"> • Ensure regular water breaks are taken. • If it is hot, ensure participants wear sun cream and hats and there is a shaded area available. • If it is cold, ensure participants are wearing suitable clothing to keep warm. | 3 | 1 | 3 |
| Insufficient warm up | Muscle sprain or strain | Participants | 3 | 2 | 6 | <ul style="list-style-type: none"> • All participants must carry out a thorough and appropriate warm up prior to going in the body zorb. | 3 | 1 | 3 |
| Lost Child | Lack of supervision leading to injuries | Participants | 3 | 2 | 6 | <ul style="list-style-type: none"> • Staff member to carry out regular head counts based on session bookings and remain vigilant at all times. • A clear waiting area to be defined to the participants | 3 | 1 | 3 |