

Name of activity, event, and location	Aerobics/Zumba exercise class	Date of risk assessment	10/08/2022	Name of person doing this risk assessment	Chris Wood
	12th South West Cheshire Shavington Scouts	Date of next review	09/08/2023, or earlier as appropriate		

What hazard have you identified? What are the risks from it?	Who is at risk?	How are the risks already controlled? What extra controls are needed?	What has changed that needs to be thought about and controlled?
<p><b>A hazard</b> is something that may cause harm or damage.</p> <p><b>The risk</b> is the harm that may occur from the hazard.</p>	For example: young people, adult volunteers, visitors	<p><b>Controls</b> are ways of making the activity safer by removing or reducing the risk.</p> <p>For example, you may use a different piece of equipment or you might change the way you do the activity.</p>	<p>Keep <b>checking</b> throughout the activity in case you need to change what you're doing or even <b>stop</b> the activity.</p> <p>This is a great place to add comments which will be used as part of the review.</p>
Behaviour - Risk of over excitement	All Present	Everyone to follow section code of conduct that sets clear expectations and behaviour standards.	
Slippery Floor Surface – Risk of Slips, trips, falls, broken bones, head injuries, sprained ankles	YP	<ul style="list-style-type: none"> <li>Ensure floors are dry of any liquids/spillages and the start of the session and throughout.</li> <li>Appropriate footwear to be worn.</li> </ul>	
Exhaustion – Risk of Fainting, slips, trips, falls	YP	<ul style="list-style-type: none"> <li>Rest breaks to be taken frequently for recovery.</li> <li>Scouts to bring high-energy snacks and drinks to maintain energy levels.</li> </ul>	
Lack of specific training/ Instruction – Risk of Scouts 'dancing' into one	YP	<ul style="list-style-type: none"> <li>Qualified, well-practised instructor to teach and lead teach classes.</li> <li>Lots of space in exercise area to prevent people knocking into one another.</li> </ul>	

You can find more information in the Safety checklist for leaders and at [scouts.org.uk/safety](https://scouts.org.uk/safety)

12<sup>th</sup> Shavington Scout Group – Cubs / Scouts – Aerobics/Zumba exercise class – August 2022

another, falls, sprained ankles etc			
Dehydration – Risk of Fainting, headaches	YP	<ul style="list-style-type: none"> <li>• Qualified, well-practised instructor to ensure class moves at an appropriate pace.</li> <li>• Scouts to bring snacks and drinks and instructore/leaders to ensure there are areas to relax and take breaks.</li> </ul>	
Pulled Muscles – Risk of injury.	YP	<ul style="list-style-type: none"> <li>• Scouts are warmed up and there is cool down time.</li> <li>• Instructor to advise Scouts to warm up while they are setting up or in the first few minutes of the session.</li> </ul>	
Emergency aid	All Present	<p>A qualified first aider will be present throughout the activity.</p> <p>A first aid kit will be on site during the activity.</p>	

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