



Normal Operating Procedure (inc. Risk Assessment) AEROBALL

For leader led delivery this document should be read in conjunction with PGL's Leader Led resources and when reading this document substitute 'Instructor' with 'Leader'

Risk Profile

The following risks have been identified through PGL's risk assessment process:

- a. Equipment Failure – Structure, Springs, Beds
- b. Slips/trips/falls inside the frame/compartments and from the external frame
- c. Impact with the frame, nets and all parts, including springs
- d. Entering and exiting the structure
- e. Friction burns due to contact with bed, walls
- f. Extreme Weather
- g. Entrapment of hair, fingers, loose clothing, jewellery in frame, nets and all parts, including springs
- h. Injury from participation/physical exertion
- i. Injury from/to person crawling under structure
- j. Fatigue/exhaustion/dehydration

Implementation of the following operating procedures reduces the residual risk to a level as low as reasonably practicable given the intended purpose of the activity.

Control Measures

Deployment Requirements

Instructor Qualifications:	Centre based Training and Assessment by a competent person Leader led complying with 'Leader Led Resource' Document
Instructor: Participant ratio:	1:15
Max group size	15
Active participation:	1:4

1. Equipment Requirements

Per Instructor:

- Stopwatch
- Scoresheet



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Per Activity Base:

- Soft foam balls – 1 per 2 on individual trampolines, 1 per 4 on single trampoline.
(Basketballs and footballs are not suitable)

2. Specific Clothing Requirements:

Participants & Instructor: (only if participating)

- Loose fitting sports clothing - t-shirts & shorts may be worn)
- Long hair tied back
- Socks

3. Session Preparation

- a. Aeroball unit and beds must be checked visually as per the ACOP
 - i. before each session
 - ii. monthly:
- b. Participants' medical forms must be checked to identify any neck, ankle, back or other medical condition that might preclude a participant from taking part
- c. An upper safe working limit of 16 stone or 100kgs must be applied to each individual pod on the aeroball structure.

4. Session Instruction

- a. A warm up must be carried out prior to each game as well as at the very start of the activity
- b. Long hair must be tied back
- c. Participants must be given the safety brief as per the ACOP
- d. Going underneath the Aeroball beds is strictly prohibited
- e. An agreed safe word must be in place to stop a game in progress
- f. Participants must be taught correct bouncing technique as described in the ACOP
- g. Only one participant is permitted per section
- h. Shoes must be removed before entering the Aeroball unit
- i. The instructor must supervise participants entering and exiting the Aeroball unit
- j. Participants must remain seated in their section until everyone is in position and told to stand. When each game is over they must stop and sit down before exiting
- k. Games should be a maximum of three minutes' long
- l. All games must be continuously monitored.
- m. All non-active participants must likewise be monitored; they may approach the Aeroball structure, but must not touch moving parts (springs, bed) or joints in the frame
- n. The game must be stopped if:
 - i. An injury is sustained by any participant
 - ii. The ball becomes lodged in the structure
 - iii. Any of the group behave inappropriately
 - iv. If a participant places themselves in immediate danger
- o. The instructor should encourage participants to take a drink after playing each game and may organize a 'drinks break' if there are no drinks immediately available, especially in hot weather or indoor venues.



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5. Session Conclusion

- a. If not in a secured area, ensure that access is closed after use
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FOR CENTRE USE ONLY:

The risk assessment procedure has been completed by:

DATE	PRINT NAME	SIGNATURE