



# Normal Operating Procedure (inc. Risk Assessment) AEROBALL

*For teacher led delivery this document should be read in conjunction with PGL's Teacher led resource and when reading this document substitute 'Instructor' with 'Teacher'.*

## 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 and 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.

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## 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
Total group size:	15
Active participation:	1:4



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## **1. Equipment Requirements**

### **Per Instructor:**

- Stopwatch
- Scoresheet

### **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. 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.



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- 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.

### **5. Session Conclusion**

- a. If not in a secured area, ensure that access is closed after use.
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