



# Sports Studies - R187 Topic Area 3



## Planning an OAA session / visit:

1. **Venue:** Must be appropriate for the size of the group, the activity and the weather
2. **Equipment:** There must be enough equipment for the group and it must be in good working order
3. **Timing:** Day and date will depend on the weather.
4. **Supervision:** Depends on the group. Every activity will have a specific child to staff ratio. What is yours?
5. **Contingency plan:** Your backup plan, if the original plan doesn't go as expected.

## Safety considerations

- **Risk assessment:** Lists the risks / hazards and their likelihood and severity. Includes ways of reducing risks
- **Hazards and Risks:** Things which could cause the participants harm. May relate to facilities, equipment or clothing
- **Basic 1st Aid:** A well stocked first aid kit should be available to deal with injuries
- **Child Protection:** Know who to contact with concerns
- **Emergency procedures:** Know what to do in an emergency
  - Location of 1st aid equipment
  - Contact details of first aider
  - Location of telephone

## Safe Practice

All areas of use should be safe for all participants:

- You should check for but not limited to:
  - broken glass
  - Check area is not too slippery
  - Water levels
  - Loose rocks etc
- Organise the group and activities safely
  - Remember to adult-to-child ratios
  - Consider splitting groups into smaller workable groups

## Other things to consider

### Company delivering the session must:

- Be accredited by a nationally recognised body
- Be insured
- Have risk assessments
- Must have the relevant skills and experience to deliver the activity

### Clothing

- All clothing for activities needs to be suitable.
- Thin breathable clothing
- Suitable footwear
- Waterproofs
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### Safety clothing / equipment

- Gloves
- Helmets
- Waterproof clothing
- Ropes
- Dry Bags