

<b>Activity Risk Assessment</b>		<b>GRASS SLEDGING</b>	
Date of Initial Assessment	6 <sup>th</sup> April 2008	Date of Initial Management Committee Approval	30 <sup>th</sup> January 2010
Latest assessment review	1 <sup>st</sup> February 2025	Review approved and issued by Management Committee	1 <sup>st</sup> February 2026
Signature	JP	Signature	PEC

Hazards	Existing Control Measures	Who is at risk?	What has changed that needs to be thought about and controlled
	<p><b>This activity is self-run by the visiting group leaders. The information below is provided to assist the groups' responsible leaders in the preparation of their own documented Risk Assessment</b></p> <p><b>Our risk assessment cannot take in to account the competence of the supervision nor the ability, medical condition, or attitude of the participants.</b></p> <p><b>It is expected that the factors below will be considered by the groups' responsible leader when completing their own documented Risk Assessment before and during use of the activity</b></p>		
Lifting and carrying sledges to and from container, muscle strain	<ul style="list-style-type: none"> <li>• Store on mid/lower shelving</li> <li>• Safe manual handling techniques by supervising adults – 2 adults per sledge to lift</li> </ul>	Supervising Adults, Site staff	
Slips trips and falls whilst carrying sledges	<ul style="list-style-type: none"> <li>• Ensure safe lifting techniques are used with sufficient number of people lifting 2 adult's YL's per sledge</li> <li>• Clear trip hazards from area before accessing</li> <li>• Ensure carry handle is inside the sledge and not dragging on the ground</li> </ul>	Supervising Adults, Site staff	
Slips trips and falls whilst towing sledges	Sledge should be dragged across grass only using the towing handle fitted	Supervising Adults, Site staff	
Slips trips and falls whilst accessing sledges	Follow guidance on how to access sledge	Participants	
Moving parts Trapped fingers in runners – bruising, cuts and abrasions	<ul style="list-style-type: none"> <li>• Do not put fingers inside moving tracks on sledges</li> <li>• User must keep hands inside the sledge when riding, hold handles during travel</li> <li>• Gloves should be worn (need to supply own due to hygiene)</li> <li>• Active and firm group control/supervision</li> </ul>	Participants	
Moving parts – clothing, jewelry or hair entangling in moving parts	<ul style="list-style-type: none"> <li>• Ensure participants are wearing suitable clothing, loose enough for free movement but with no flapping bits that may become entangled, remove lanyards, and long hanging jewellery and necker's from around the neck</li> <li>• Tie long hair back to prevent entanglement</li> </ul>	Participants	
Trapping fingers between sledge and another sledge while running	<ul style="list-style-type: none"> <li>• Use as per manufacturers guidelines and instructions for use</li> <li>• Gloves should be worn (need to supply own due to hygiene)</li> <li>• User must keep hands inside the sledge when riding, hold handles during travel</li> <li>• Run one sledge at a time if more than one sledge is being used ensure they run parallel</li> </ul>	Participants	
Collisions with other	<ul style="list-style-type: none"> <li>• Use as per manufacturers guidelines and instructions for use.</li> </ul>	Participants	

sledge/other riders	<ul style="list-style-type: none"> <li>• Leaders to brief participants as to how to use sledge prior to session starting</li> <li>• Participants to wear helmets while riding</li> <li>• Ensure slope is clear before commencing run</li> <li>• Active and firm group control/ supervision</li> <li>• One seated rider per sledge</li> <li>• Do not use head first</li> </ul>		
Collisions with bystanders participants	<ul style="list-style-type: none"> <li>• Use as per manufacturers guidelines and instructions for use</li> <li>• Establish sledging area and cordon off area for bystanders</li> <li>• Establish route for re climbing slope</li> <li>• Ensure route is clear of bystanders/pedestrians before initiating run</li> <li>• Sledge can be given a controlled push off by one bystander</li> <li>• Do not ride head first</li> </ul>	Participants, Bystanders	
Collisions with trees, structures, debris, molehills and rabbit holes on the track Head injuries broken limbs whiplash	<ul style="list-style-type: none"> <li>• Use as per manufacturers guidelines and instructions for use</li> <li>• Use safety helmets</li> <li>• Ensure slope is clear before commencing run</li> <li>• Adverse speeds – do not permit participants to run down the slope behind sledges or pushing a sledge</li> <li>• Heavier sledges travel further do a trial run before session start to ensure you have a large enough safe area</li> <li>• Instruct all use to brake in a timely manner to avoid collisions</li> <li>• Users should wear sturdy footwear to ensure safety when walking up slope towing sledge No open toes sandals, flip flops, crocs or bare feet</li> </ul>	Participants	
Roll over due to bumps, molehills, rabbit holes, debris on sledge run or sledge malfunction or excessive speed	<ul style="list-style-type: none"> <li>• Check equipment is in good order prior to use</li> <li>• Use as per manufacturers guidelines and instructions for use</li> <li>• Use safety helmets</li> <li>• Walk planned track way before use and remove debris or obstructions</li> <li>• Do not permit participants to run down the slope pushing a sledge</li> </ul>	Participants	
Slips, trip and falls whilst alighting from sledge	Follow guidance on method of alighting	Participants	
Slippery ground conditions	<ul style="list-style-type: none"> <li>• Assess ground conditions if slippery/wet postpone activity till conditions improve</li> <li>• Monitor conditions during activity during use. Cancel activity if conditions are dangerous</li> </ul>	Participants, Bystanders	

Reviewed: 1<sup>st</sup> February 2025

By: The Oaks Management Committee