



Supreme Incursions

Engaging. Educational. Hands on.

Task-Based Risk Assessment: Mind & Body

Identify Task		Identify hazard	Potential Impact	Risk Rating before controls	Control Measures	Risk Rating following corrective action
1	All activities	Trips, slips and/or falls.	Students could slip, trip and/or fall between moving across the room from one mat to another and/or into other students.	High	Explain boundaries to students and how to move safely to ensure adequate spacing is between them. Position students so there is adequate space to move safely. Assess area to determine if it's an appropriate and safe workspace. Class numbers limited to 40 to ensure sufficient individual attention.	Low
2		Pulled/cramped muscles or muscle sprains and strain.	Injuries caused by students overworking their muscles and bodies. Students could hurt themselves if they do not exercise appropriately for their own level of capability or could aggravate an existing health condition.	Medium	Ensure students are warmed up and there is a cool downtime. Encourage breaks. Advise learners to take responsibility for their own movements and work at own level of ability. Students/staff alert instructor to existing medical information through discussion prior to the session. Instructor demonstrates and cues safe way to perform movements.	Low
3		Dehydration and exhaustion.	Students could faint or experience headaches.	High	Ensure students move around at an appropriate pace. Ensure regular consumption of water appropriate to the activity intensity and duration. Constantly monitor students for fatigue and exhaustion.	Low



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In assessing the level of risk, considerations such as the likelihood of an incident happening in combination with the seriousness of a consequence are used to gauge the overall risk level for an activity. The matrix below has been used as a guide to assist with developing the risk assessment:

Likelihood	Consequence				
	1 Insignificant	2 Minor	3 Moderate	4 Major	5 Critical
5 Almost Certain	Medium	Medium	High	Extreme	Extreme
4 Likely	Low	Medium	High	High	Extreme
3 Possible	Low	Medium	High	High	High
2 Unlikely	Low	Low	Medium	Medium	High
1 Rare	Low	Low	Low	Low	Medium

Risk Level	
Low	Little chance of incident or serious injury.
Medium	Some chance of an incident and injury requiring first aid.
High	Likely chance of a serious incident and injury requiring medical treatment.
Extreme	High chance of a serious incident resulting in highly debilitating injury.