

Fighting Fit

Risk management guidelines for leading a physical activity or sports group / session

This 3 page document is intended to offer advice to all staff / carers / coaches as they support adults who are learning disabled to lead physically active lifestyles. The first two pages will apply to all episodes of activity. The last page is for you to complete and relates to your specific venue / session.

It is important to appreciate that simply being 'aware' of the risks involved is a major part of the management of the risk (even where the risk itself can not be eliminated). It is also important to appreciate the risk involved to people's health and well being if they lead sedentary lifestyles and gain weight. There are no risk free options.

It is often difficult to gather information relating to a persons' health problems, medical condition, or disability (for numerous reasons). Until comprehensive Health Action Plans and screening processes are available to all this is likely to remain the case. This should not however prevent people from being physically active. Most people are already physically active (if only for 5 minutes a week); they just need to do more.

Be aware of the possible risks and manage them in a common sense and reasonable way, i.e. 'gradually' build up activity levels, aim for 'moderate' intensity only, incorporate frequent rest intervals, observe and talk to people throughout, and plan and structure the session.

There are numerous Fighting Fit Resources to assist you; training opportunities, training packs and booklets, physically activity leads and contacts, and equipment.

For the 'Physical Activity Readiness Questionnaire' visit www.bluesuit.ukgateway.net/pary.pdf

Fighting Fit Risk Management Guidelines for Physical Activity / Sport Sessions

Note: Risks are in order of ‘likelihood of occurrence’ i.e. an aggravated arthritic knee or muscle soreness is more likely to occur than a fall from a rock climbing wall, or a heart attack (which obviously have greater impact)

Risk	Risk Management	Persons Responsible
Aggravation of existing health problem / disability	<p>Existing health issues / disabilities to be brought to the attention of the activity lead / coach (complete a physical activity readiness questionnaire)</p> <p>Activity lead or coach to accommodate / cater for the above</p> <p>Adapt activities as necessary (or request professional advice)</p> <p>If acute illness, injury, or neck instability among people with D. Syndrome (signs = neck / ear pain, limited neck movement, deterioration of gait, or bladder and bowel difficulties) avoid physical activity</p>	<p>Activity lead to request the info; the person, main carer, or staff who know them best to provide.</p> <p>Activity lead</p>
Distress triggered by activity	<p>Aim for ‘moderate’ intensity activity throughout (not vigorous)</p> <p>Talk to people throughout (if they can’t talk it is too intense)</p> <p>Discourage eating or fizzy drinks during or prior to session</p> <p>‘Gradually’ build up the amount of physical activity (fitness?)</p> <p>Closely observe all of the participants for any signs of distress (i.e. dizziness, breathlessness, or pain)</p> <p>Terminate activity session as necessary</p> <p>Incorporate rest breaks / intervals as appropriate</p> <p>Ensure that people are hydrated, that water is available</p> <p>Ensure adequate ventilation</p> <p>Ensure appropriate clothing</p>	Activity lead

Accidents or injuries

Incorporate a warm up / cool down as best as possible
Ensure a safe environment / identify possible risks
Complete venue specific risk factors attached
Ensure safe use of equipment / props
Organise a structured activity session
Ensure appropriate size of group for facility
Appropriate number of coaches / leaders for the session
Ensure professional guidance is followed for high-risk activities
i.e rock climbing, heavy weights, trampoline
Ensure that people who need individual support during the session are accompanied
Utilise the support and knowledge of other staff and carers
Ensure people wear appropriate footwear
Document and report any concerns, problems, near misses

Activity lead

Emergencies

Adhere to all of the above guidelines
Be familiar with arrangements for 1st Aid or emergencies
Falls: ensure first aider present
Seizures: ensure relevant history and management information is available, and staff / carer with relevant experience present
Loss of consciousness: awareness of existing health issues
Cardiac Arrest: staff trained in CPR

Activity lead

The person, main carer, support staff

Venue specific risk management

Venue:

Session:

Date:

Risk

Management of risk where necessary

Difficulty getting health / medical information

Access to building; uneven pathway/ incline / steps to building / other

Immovable obstructions in activity area

Ceiling lampshades / windows

Slippery floors

Unwanted furniture / equipment in room / manual handling issues

Ventilation of room

Restricted size of area

Other

(If Outdoors)

Proximity to main roads

Unleashed dogs in park

Other

(General Comments / the main risk issues)

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Signed (Activity Lead): (Manager): Date for next review: