

**Risk assessment and Management 2024**
**Zorbing**

**Description.** Zorb balls are large inflatable spheres that are worn with a shoulder strap – see pictures.

**Managing Risk Statement.** The zorbs are designed so that participants can bump and fall while protected by the zorb. Staff are experienced at managing participants in dynamic environments and controlling groups.

**Benefits.** Trying a new activity and developing your confidence in something new is a transferable skill that is important in all aspects of life. Developing physical literacy and confidence.

The Hazard, what is causing a risk?	Who might be affected	How we manage the risk
<b>Bouncing around inside zorb and hurting yourself, especially head / neck</b>  <b>Falling out of the zorb</b>	All	Make sure shoulder straps are on shoulders. Participants MUST hold handles at all times.  Participants must NOT bump someone that does not know a bump is coming.
<b>Twisted ankles / legs</b>	All	Correct size zorb.
<b>Being 'bumped' while not in a zorb</b>	All	Non-zorbers to sit out of Zorbing Area
<b>Getting too hot / tired</b>	All	If it is hot set enforced 'time outs' where everyone has to sit out for 2-5 mins and have a drink etc.

**Specific assessments**
**Operating Procedures**
**Before**

- Check medical / consent forms.
- Check the weather forecast – does your plan still work.
- Instructor to inspect all kit to ensure it is usable.

**During**

Risk assessment conducted by: E3Adventures Ltd

Date Conducted: 1/2/2024

Signed: Bryn Beach

Review Date: Jan 2025

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- Clear briefing to highlight risks, safety measures and expectations.
- Any assistants / staff to briefed on their role.

After

- Return kit.
- Inform E3Adventures of any damages or loss.

Inform course leader of any issues with group / venue to assist with planning for future.

<b>Lesson Plan</b>	<b>Zorbing</b>
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**Equipment.** Zorbs, pumps, clear area.

**Preparation**  
Check the area for any lumps, bumps, sharp objects they could land on.

**First 5 Minutes** Show participants how to get in and out of Zorb and that

**Explanation.** Explain to the group that they will be in 2s /3s helping each other and even if they have done it before OR at home that you want to see them do it before they can complete the circuit without a buddy walking with them.

**Practice** without running around or bumping each other the participants can practice the following skills.  
Falling on face and getting up, falling on back and getting up, rolling on side and getting up, head over heels and getting up. Head stand and get up.  
Once you are happy everyone can do these skills in 2s/3s they can try bumping into each other.

**Doing it themselves.** You can play some games. Football, tag (or similar), relay races, head over hill races, rolling races.



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