

Risk assessment and Management 2026	Zorbing
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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
Bouncing around inside zorb and hurting yourself, especially head / neck Falling out of the zorb	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.
Twisted ankles / legs	All	Correct size zorb.
Being 'bumped' while not in a zorb	All	Non-zorbers to sit out of Zorbing Area
Getting too hot / tired	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

- Clear briefing to highlight risks, safety measures and expectations.

Risk assessment conducted by: E3Adventures Ltd	Date Conducted: 2/2/2026
Signed: Bryn Beach	Review Date: February 2027

An E3Adventures Ltd director will review and update this document yearly AND following any near miss or incident, or should circumstances demand it.

- 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.

Lesson Plan

Zorbing

Equipment. 6 x zorbs (green- small/ blue- big)- pump up before session- pumps in bag/clear area.

Preparation

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

First 5 Minutes

Safety- Correct way to get in zorb, straps on shoulders at all times and hold the handles.
NO BUMPING. Have regular drink breaks

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.

Stage 1- rolling onto tummy and stand up, rolling onto back and stand up, forward roll, backward roll

Stage 2- relay races- in pairs- one child one end (1) and other child other end (2). 1 in zorb runs to 2- swap zorb over and 2 runs to the end.

As above with forward rolls

Doing it themselves.

Stage 3- Bull dog- Split group in half- 1 child in the middle in zorb. Other 5 children in zorbs run from one end to other. The bull dog tries to knock the children over by bumping them- **ALL CHILDREN MUST BE IN ZORB PROPERLY WITH STRAPS OVER SHOULDERS AND HOLDING THE HANDLES**

Swap over with the other group

Stage 4- free play- have a bumping area and a non bumping area

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In bumping area have a 'sumo challenge' create a circle with cone and the children have to bump each other until 1 leaves the circle

In non bumping area it is 'free play' **without** bumping



Instructor Incapacitated

Critical Incident Plan

Ensure that the teacher/visiting staff knows where your copy of the 'Instructor Incapacitated' and 'Critical Incident Plan' are.

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INSTRUCTOR INCAPACITATED

In the case of an incident / accident the E3Adventures staff will follow the 'critical incident plan' (see over). However in the situation where they are incapacitated this crib sheet will help you manage the situation until help arrives.

Group Safety

- **Look after yourself**, do not put yourself in danger.
- **Look after the group**, make sure they are out of danger. In this scenario the group may be worried, you might need to tell them where to go/sit and not move so they do not put themselves in danger.
- If necessary **move the casualty** out of any further danger.

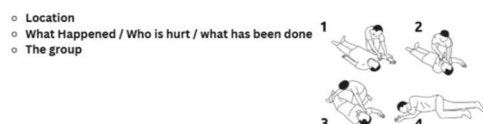
First Aid

- Perform **first aid** (do what you can)
 - If it is bleeding - stop it bleeding (direct pressure)
 - If it is broken - don't move it
 - If they are unconscious - put them in the safe airway position (below)
 - If they are not breathing and you feel you can start CPR



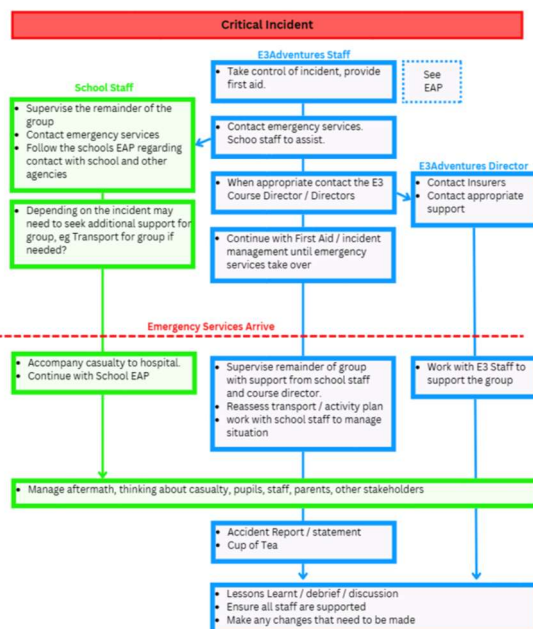
Call for Help

- You can Phone **999 / 112** using your phone or the instructors phone
- If there are other groups near by you can **shout for help**
- You can contact other staff via the **WhatsApp group**



CRITICAL INCIDENT PLAN

The below 'Critical Incident' plan gives useful process to follow in the case of a critical incident. However any incident is likely to have its own unique features and it will be up to the E3Adventures staff with the support of the Group staff to manage an incident in the way that produces the best outcomes.



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