

Swamp Skis

Equipment Required

	No. required	Comment
Skis	4	
Marker Cones	4	

Set Up / Assembly

1. Ideally on flat grass but will work on tarmac
2. Set up start and finish lines approximately 15m apart
3. Position two pairs of skis at start line

Operator Instructions

1. Teams are split up into two equal groups. Each half-group gets a set of swamp skis. If there are 'spare' people, everyone else must keep quiet and only the person not on the skis can speak – or the 'spare' team member can be a substitute, so if one person falls off, they must swap. The instructor controls the race and referees.
2. Variations can be used i.e. NOT allowed to use the words 'Left' and 'Right' etc. People who fall off must face backwards on the skis or run back to the start and then back to the group

I have read and fully understand the risk assessment, assembly, operating & briefing instructions and any other safety procedures in relation to:

Swamp Skis team building exercise

Signed:

Date:

Event Manager / Trainer Signature:

Print:

Print:

Risk Assessment for:
 AR Entertainments
 Mount Pleasant Way
 Stokesley Business Park
 Stokesley North Yorkshire
 TS9 5NZ

ASSESSMENT UNDERTAKEN
 Date:
 Assessor:
 Activity / Equipment: Swamp Skis

ASSESSMENT REVIEW
 1st: 03 – 09 – 2014

Significant Hazard	People at Risk	Control Measure
Fall from 'skis'	Participants	Flat, even ground Safety Briefing Supervision
Injury from manual handling	Participants Operator	Correct manual handling technique to be briefed / used
Injury from being struck by ski when being lifted	Participants Operator	Safety Briefing Supervision