

Area: Discover - Hula hooping

Year: 2025

Assessor: Mark & Emma Spiller

Reviewed by: C Tompkins 12.05.2025

Hazard	Who Might Be Harmed	Is the Risk Adequately Controlled, or is More Needed	Review and Revision
Bumps, trips and falls	Young people	Young people to be supervised at all times by supervising leaders and young people's supporting adults	
Frustration at not being able to do activity causing angry outbursts or becoming withdrawn	Young people	Adult supervision by young people's leaders, activity supervising leaders are reminded to account for young people's needs and demonstrate / explain activities at a suitable pace	
Strangulation from someone pulling a hoop that is around someone's neck	Young people, adults	Young people to be supervised at all times by supervising leaders and young people's supporting adults	
Trodden fingers if bend down to pick up hoop	Young people	Do activity in plenty of space, limit participants to number of hoops (10)	
		Many leaders will have First Response training, with additional support from on-site First Aid	