

**Area: Discover - Freeze and Shadow**

**Year: 2026**

**Assessor: Mark & Emma Spiller (26.04.2026)**

Reviewed by: William Day 22/5/26

<b>Hazard</b>	<b>Who Might Be Harmed</b>	<b>Is the Risk Adequately Controlled, or is More Needed</b>	<b>Review and Revision</b>
Trips, slips and falls during movement - Young people may trip or fall while moving, running or stopping suddenly during "freeze".	Young people.	Activity area checked before use for uneven ground, holes, roots or hazards	
		Clear boundaries set and explained at the start	
		Movement kept to dancing, walking or gentle jogging only (no sprinting)	
		Volunteers positioned around the activity area to observe and intervene	
		Young people reminded to watch where they are going	
		Head Injury assessment guidelines provided to activity leader	
Collisions between young people - Young people may bump into each other when moving or freezing.	Young people	Group sizes kept manageable	
		Clear instruction to keep space between each other	
		Activity stopped immediately if it becomes too energetic	
		Volunteers actively supervising and spacing the group if needed	
Cold or wet weather exposure	Young people. Adults	Parents/carers advised to provide appropriate wet weather clothing	
		Activity adapted to reduce standing still for long periods in cold weather	
		Volunteers monitor comfort and liaise with adult volunteers if a young person is uncomfortable	
		Activity can be shortened or paused if conditions deteriorate, if necessary activity will be stopped	
Unsafe behaviour during "freeze" (pushing, jumping, lying down) - Young people may push, jump, lie on the ground or freeze in unsafe positions.	Young people. Adults	Clear rules explained at the start (e.g. "freeze standing safely")	
		Demonstration of safe freezing positions	
		Volunteers correct behaviour immediately	
		Activity stopped if unsafe behaviour continues	
Distress or confusion about instructions	Young people	Instructions kept simple, age-appropriate and demonstrated	
		Volunteers use positive encouragement	
		Young people allowed to opt out or observe if needed	
		Adult volunteers support individual needs	