Highland Games

No	Hazard	Who it effects	Unmanaged risk	Control measures	Managed risk
1	Insufficient Instruction/Supervision	Participants/ other site users	Medium	Highland Games to be run by suitably experienced instructors. Adequate group control to be maintained at all times or session should be stopped. Maximum instructor ratio of 1 instructor to 2 groups (maximum group size 12)	Low
2	Faulty equipment	Participants	Medium	All equipment to be checked prior to each use.	Low
3	Injuries from: Falls, Slips, Ropes, Equipment and lifting.	Participants	Medium	Clear instructions given before undertaking each task. Safe lifting techniques demonstrated if appropriate. Instructors to assess conditions and not use activities that are too slippery. Appropriate activities matched to groups abilities.	Low
4	Hypo/Hyperthermia and exposure	Participants	Medium	Instructors to ensure participants have appropriate clothing for the prevailing conditions and to monitor participants during the session.	Low
5	Medical conditions that could affect the activity	Participants	Medium	Instructors to check with group if there are any medical conditions/Injuries which may affect their participation.	Low
6	Slippery/uneven surfaces and trip hazards	Instructors & participants	Medium	Instructors to make participants aware of conditions underfoot. Extra care to be taken In wet weather.	Low

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Sean Crossan	21/01/26	21/01/27

Caber Toss

No	Hazard	Who it effects	Unmanaged risk	Control measures	Managed risk
1	Insufficient Instruction/Supervision	Participants/ other site users	Medium	Highland Games activities to be run by suitably experienced instructors. Adequate group control to be maintained at all times or session should be stopped. Maximum instructor ratio of 1 instructor to 2 groups (maximum group size 12)	Low
2	Faulty equipment	Participants	Medium	All equipment to be checked prior to each use.	Low
3	Injuries from: Falls, Slips, Ropes, Equipment and lifting.	Participants	Medium	Clear instructions given before undertaking the task. Safe lifting techniques demonstrated if appropriate. Instructors to assess conditions and not use activities that are too slippery. Appropriate pole size/weight matched to groups abilities.	Low
4	Injury from being hit by caber	Participants/ other site users/instructor	Medium	Cardboard, plastic or light wooden poles to be used. Designated areas for caber toss participants and spectators Caber toss technique to be demonstrated.	Low
5	Hypo/Hyperthermia and exposure	Participants	Medium	Instructors to ensure participants have appropriate clothing for the prevailing conditions and to monitor participants during the session.	Low
6	Medical conditions that could affect the activity	Participants	Medium	Instructors to check with group if there are any medical conditions/Injuries which may affect their participation.	Low
7	Slippery/uneven surfaces and trip hazards	Instructors & participants	Medium	Instructors to make participants aware of conditions underfoot. Extra care to be taken In wet weather.	Low

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Barrel Roll

No	Hazard	Who it effects	Unmanaged risk	Control measures	Managed risk
1	Insufficient Instruction/Supervision	Participants/ other site users	Medium	Highland Games activities to be run by suitably experienced instructors. Adequate group control to be maintained at all times or session should be stopped. Maximum instructor ratio of 1 instructor to 2 groups (maximum group size 12)	Low
2	Faulty equipment	Participants	Medium	All equipment to be checked prior to each use.	Low
3	Injuries from: Falls, Slips, Ropes, Equipment and lifting.	Participants	Medium	Clear instructions given before undertaking the task. Safe lifting techniques demonstrated if appropriate. Instructors to assess conditions and not use activities that are too slippery. Appropriate Barrel size/weight matched to groups abilities.	Low
4	Injury from being hit by Barrel	Participants/ other site users/instructor	Medium	Designated areas for Barrel Roll participants and spectators	Low
5	Hypo/Hyperthermia and exposure	Participants	Medium	Instructors to ensure participants have appropriate clothing for the prevailing conditions and to monitor participants during the session.	Low
6	Medical conditions that could affect the activity	Participants	Medium	Instructors to check with group if there are any medical conditions/Injuries which may affect their participation.	Low
7	Slippery/uneven surfaces and trip hazards	Instructors & participants	Medium	Instructors to make participants aware of conditions underfoot. Extra care to be taken In wet weather.	Low

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Hammer Throws

No	Hazard	Who it effects	Unmanaged risk	Control measures	Managed risk
1	Insufficient Instruction/Supervision	Participants/ other site users	Medium	Highland Games activities to be run by suitably experienced instructors. Adequate group control to be maintained at all times or session should be stopped. Maximum instructor ratio of 1 instructor to 2 groups (maximum group size 12)	Low
2	Faulty equipment	Participants	Medium	All equipment to be checked prior to each use.	Low
3	Injuries from: Falls, Slips, Ropes, Equipment and lifting.	Participants	Medium	Clear instructions given before undertaking the task. Safe lifting/Throwing techniques demonstrated if appropriate. Instructors to assess conditions and not use activities that are too slippery. Appropriate Hammer size/weight matched to groups abilities.	Low
4	Injury from being hit by Hammer	Participants/ other site users/instructor	Medium	Designated areas for Hammer throw participants and spectators. Hammer throw technique to be demonstrated.	Low
5	Hypo/Hyperthermia and exposure	Participants	Medium	Instructors to ensure participants have appropriate clothing for the prevailing conditions and to monitor participants during the session.	Low
6	Medical conditions that could affect the activity	Participants	Medium	Instructors to check with group if there are any medical conditions/Injuries which may affect their participation.	Low
7	Slippery/uneven surfaces and trip hazards	Instructors & participants	Medium	Instructors to make participants aware of conditions underfoot. Extra care to be taken In wet weather.	Low

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Haggis Hurling

No	Hazard	Who it effects	Unmanaged risk	Control measures	Managed risk
1	Insufficient Instruction/Supervision	Participants/ other site users	Medium	Highland Games activities to be run by suitably experienced instructors. Adequate group control to be maintained at all times or session should be stopped. Maximum instructor ratio of 1 instructor to 2 groups (maximum group size 12)	Low
2	Faulty equipment	Participants	Medium	All equipment to be checked prior to each use.	Low
3	Injuries from: Falls, Slips, Ropes, Equipment and lifting.	Participants	Medium	Clear instructions given before undertaking the task. Safe hurling techniques to be demonstrated if appropriate. Instructors to assess conditions and not use activities that are too slippery. Appropriate Haggis weight matched to groups abilities. Throwing barrel to be 60cm or lower from the ground.	Low
4	Injury from being hit by Haggis	Participants/ other site users/instructor	Medium	Designated areas for Haggis hurl participants and spectators	Low
5	Hypo/Hyperthermia and exposure	Participants	Medium	Instructors to ensure participants have appropriate clothing for the prevailing conditions and to monitor participants during the session.	Low
6	Medical conditions that could affect the activity	Participants	Medium	Instructors to check with group if there are any medical conditions/Injuries which may affect their participation.	Low
7	Slippery/uneven surfaces and trip hazards	Instructors & participants	Medium	Instructors to make participants aware of conditions underfoot. Extra care to be taken In wet weather.	Low

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Weight Over Bar

No	Hazard	Who it effects	Unmanaged risk	Control measures	Managed risk
1	Insufficient Instruction/Supervision	Participants/ other site users	Medium	Highland Games activities to be run by suitably experienced instructors. Adequate group control to be maintained at all times or session should be stopped. Maximum instructor ratio of 1 instructor to 2 groups (maximum group size 12)	Low
2	Faulty equipment	Participants	Medium	All equipment to be checked prior to each use.	Low
3	Injuries from: Falls, Slips, Ropes, Equipment and lifting.	Participants	Medium	Clear instructions given before undertaking the task. Safe lifting techniques demonstrated if appropriate. Safe throwing techniques to be demonstrated if appropriate. Instructors to assess conditions and not use activities that are too slippery. Appropriate weight matched to groups abilities.	Low
4	Injury from being hit by weight	Participants/ other site users/instructor	Medium	Designated areas for Haggis hurl participants and spectators. Low weight used Participants to be briefed to be aware of falling weights.	Low
5	Hypo/Hyperthermia and exposure	Participants	Medium	Instructors to ensure participants have appropriate clothing for the prevailing conditions and to monitor participants during the session.	Low
6	Medical conditions that could affect the activity	Participants	Medium	Instructors to check with group if there are any medical conditions/Injuries which may affect their participation.	Low
7	Slippery/uneven surfaces and trip hazards	Instructors & participants	Medium	Instructors to make participants aware of conditions underfoot. Extra care to be taken In wet weather.	Low

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Farmers Walk

No	Hazard	Who it effects	Unmanaged risk	Control measures	Managed risk
1	Insufficient Instruction/Supervision	Participants/ other site users	Medium	Highland Games activities to be run by suitably experienced instructors. Adequate group control to be maintained at all times or session should be stopped. Maximum instructor ratio of 1 instructor to 2 groups (maximum group size 12)	Low
2	Faulty equipment	Participants	Medium	All equipment to be checked prior to each use.	Low
3	Injuries from: Falls, Slips, Ropes, Equipment and lifting.	Participants	Medium	Clear instructions given before undertaking the task. Safe lifting techniques demonstrated if appropriate. Instructors to assess conditions and not use activities that are too slippery. Appropriate weights matched to groups abilities.	Low
5	Hypo/Hyperthermia and exposure	Participants	Medium	Instructors to ensure participants have appropriate clothing for the prevailing conditions and to monitor participants during the session.	Low
6	Medical conditions that could affect the activity	Participants	Medium	Instructors to check with group if there are any medical conditions/Injuries which may affect their participation.	Low
7	Slippery/uneven surfaces and trip hazards	Instructors & participants	Medium	Instructors to make participants aware of conditions underfoot. Extra care to be taken In wet weather.	Low

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Sword Dance

No	Hazard	Who it effects	Unmanaged risk	Control measures	Managed risk
1	Insufficient Instruction/Supervision	Participants/ other site users	Medium	Highland Games activities to be run by suitably experienced instructors. Adequate group control to be maintained at all times or session should be stopped. Maximum instructor ratio of 1 instructor to 2 groups (maximum group size 12)	Low
2	Faulty equipment	Participants	Medium	All equipment to be checked prior to each use.	Low
3	Injuries from: Falls, Slips, Ropes, Equipment and lifting.	Participants	Medium	Clear instructions given before undertaking the task. Instructors to assess conditions and not use activities that are too slippery. Only Swords with collapsible handles to be used.	Low
5	Hypo/Hyperthermia and exposure	Participants	Medium	Instructors to ensure participants have appropriate clothing for the prevailing conditions and to monitor participants during the session.	Low
6	Medical conditions that could affect the activity	Participants	Medium	Instructors to check with group if there are any medical conditions/Injuries which may affect their participation.	Low
7	Slippery/uneven surfaces and trip hazards	Instructors & participants	Medium	Instructors to make participants aware of conditions underfoot. Extra care to be taken In wet weather.	Low

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Tug of War

No	Hazard	Who it effects	Unmanaged risk	Control measures	Managed risk
1	Insufficient Instruction/Supervision	Participants/ other site users	Medium	Highland Games activities to be run by suitably experienced instructors. Adequate group control to be maintained at all times or session should be stopped. Maximum instructor ratio of 1 instructor to 2 groups (maximum group size 12)	Low
2	Faulty equipment	Participants	Medium	All equipment to be checked prior to each use.	Low
3	Injuries from: Falls, Slips, Ropes, Equipment and lifting.	Participants	Medium	Clear instructions given before undertaking the task. Instructors to assess conditions and not use activities that are too slippery.	Low
4	Injury from falling	Participants/ other site users/instructor	Medium	Designated areas for Haggis hurl participants and spectators. Low weight used Participants to be briefed to be aware of falling weights.	Low
5	Friction injuries from Rope	Participants	Medium	A clear stop signal must be issued and the activity supervised closely with an instructor's hands above the rope	Low
6	Injuries from Entanglement	Participants	Medium	Participants **MUST NOT** attempt to wrap the rope around themselves or form any loops to hold on to. A clear stop signal must be issued and the activity supervised closely with an instructor's hands above the rope	Low
7	Hypo/Hyperthermia and exposure	Participants	Medium	Instructors to ensure participants have appropriate clothing for the prevailing conditions and to monitor participants during the session.	Low
8	Medical conditions that could affect the activity	Participants	Medium	Instructors to check with group if there are any medical conditions/Injuries which may affect their participation.	Low
9	Slippery/uneven surfaces and trip hazards	Instructors & participants	Medium	Instructors to make participants aware of conditions underfoot. Extra care to be taken In wet weather.	Low

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