

# Activity-in-a-box

## Parachute

### What's included?

- 1 Large parachute – 5m diameter with 24 handles
- 2 Sets of parachute games ideas cards
- 24 Foam tennis balls (7cm) – 6 each of red, blue, yellow and green

### Indoor or outdoor?

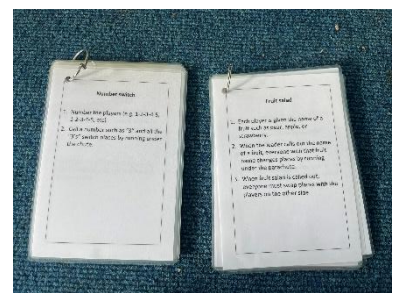
Can be used indoors (Main Hall) or outdoors. Please don't use outdoors if it is wet/muddy,

### Instructions for set-up

- Make sure that you have a large enough playing area – if you're using the parachute indoors in the Main Hall there won't be room for anything else in there at the same time.
- Ensure that the playing area is clear of any debris which could damage the parachute.
- The parachute is ready to use out of the box.

### Suggested rules (adapt as needed for your group)

1. Always follow the instructions of the adult in charge.
2. Do not touch any equipment until told you may do so.
3. No more than 24 players to use the parachute at the same time.
4. Always hold the parachute by the handles (the fabric is fragile and can rip).
5. Do not walk on the parachute with your shoes on.



*This is a generic assessment provided only to assist with planning and preparation. Please ensure you complete your own assessment, tailored to your own group.*

<b>Risk Assessment prepared by</b>		<b>Date of assessment</b>	
<b>Leader in charge</b>		<b>Nominated first aider</b>	
<b>Location</b>	24 <sup>th</sup> Abingdon (Dry Sandford) Scout Group, Lashford Lane, Dry Sandford, Abingdon OX13 6DY		

<b>Risk and hazards</b>	<b>People at risk</b>	<b>How is risk controlled?</b>	<b>People responsible for controls</b>
Tripping over, collision, tripping over objects used in the games, falling whilst under parachute and slipping – injury, twisted ankles, cuts and bruises		<ul style="list-style-type: none"> <li>• Provide adult supervision at all times</li> <li>• First aid kit and qualified first aider available throughout the event</li> <li>• Activity equipment that is not in use is put away</li> <li>• Appropriate footwear to be worn by group</li> </ul>	
Jumping on participants under parachute and pulling people under parachute – back and other injuries		<ul style="list-style-type: none"> <li>• Adult supervision provided throughout</li> <li>• Dynamic risk assessment to be carried out</li> </ul>	
Claustrophobia – panic		<ul style="list-style-type: none"> <li>• Adult supervision provided throughout</li> <li>• Dynamic risk assessment to be carried out</li> </ul>	
Young People may mess around/run around – risk of injury from collision	All participants	<ul style="list-style-type: none"> <li>• Adults to supervise Young People at all times while outdoors</li> </ul>	
Terrain – uneven ground, branches, nettles etc	All participants	<ul style="list-style-type: none"> <li>• Check the playing/activity area outside for trip hazards and clear/mark any as necessary</li> </ul>	
Participants may suffer muscle injury though excessive stress/strain	All participants	<ul style="list-style-type: none"> <li>• Ensure that Participants all warm up and cool down properly</li> </ul>	
Participants may show a negative physical response to exercise – overly heavy breathing, dizziness etc	All participants	<ul style="list-style-type: none"> <li>• Adults to ensure that Young People drink plenty of water and eat sensibly</li> </ul>	