



Green Beret Risk Assessment Form

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Activity Human Pyramid

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Do you have an up to date and reviewed risk assessment for this activity?

No - click here for a template and examples.

Please complete the below which will be the risk assessment for the activity.

See attached the examples to help complete.

[Example 1](#) [Example 2](#) [Example 3](#)

Activity & Area Human Pyramids at Tolmers Woods

People at risk (instructors and visitors) Participants

POTENTIAL HAZARDS (equipment, structures, fall, others etc)

Slips & trips

Injury while falling from human pyramid

Injury from weight-bearing in human pyramid

ASSESSMENT OF RISK

Low

Medium

Medium



LIST MEASURES TAKEN TO CONTROL HAZARDS

Grassy area to reduce force of impact from falling

Instructors will sweep area for hard or sharp objects before the activity starts

Human pyramids will only be up to 3 levels high, with participants kneeling, so no participant is more than approx 1.5m above the ground

Older and larger participants will be told to remain at the bottom of the pyramid

Participants unsure on how to safely form pyramid will be directed on how to do so: one person at a time, with the older/larger members at the bottom

Participants behaving recklessly or dangerously will not be allowed to continue the activity

First aid kit at base. Leaders present have up to date first aid training.

REMAINING RISK USING CONTROL MEASURES ABOVE

Low

Low

Low

Date

Saturday, November 2, 2024

Signature

