Highland Games

No	Hazard		Who it effects	Unmanaged risk	Control measures	Managed risk
1	Insufficient Pa		Participants/	Medium	Highland Games to be run by suitably experienced instructors.	Low
	Instruction/Su	pervision	other site users		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)	
2	Faulty equipm	ent	Participants	Medium	All equipment to be checked prior to each use.	Low
3	Injuries from:		Participants	Medium	Clear instructions given before undertaking each task.	Low
	Falls, Slips, Ropes,				Safe lifting techniques demonstrated if appropriate.	
	Equipment and lifting.				Instructors to assess conditions and not use activities that are too slippery.	
					Appropriate activities matched to groups abilities.	
4	Hypo/Hyperth	ermia and	Participants	Medium	Instructors to ensure participants have appropriate clothing for the	Low
	exposure				prevailing conditions and to monitor participants during the session.	
5	Medical condit	tions that	Participants	Medium	Instructors to check with group if there are any medical conditions/Injuries	Low
	could affect th	e activity			which may affect their participation.	
6	Slippery/uneve	en surfaces	Instructors &	Medium	Instructors to make participants aware of conditions underfoot.	Low
	and trip hazard	ds	participants		Extra care to be taken In wet weather.	
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Caber Toss

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

No	Hazard		Who it effects	Unmanaged risk	Control measures	Managed risk
1			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 equipm	nent	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/Hyperth exposure	hermia and	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			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/Su	upervision	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 equipm	nent	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/Hyperth exposure	hermia and	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/unev and trip hazar		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	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 equip	ment	Participants	Medium	All equipment to be checked prior to each use.	Low
3	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	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	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 Participants/		Medium	Highland Games activities to be run by suitably experienced instructors.	Low	
	Instruction/Super	rvision	other site users		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)	
2	Faulty equipment	t	Participants	Medium	All equipment to be checked prior to each use.	Low
3	Injuries from:		Participants	Medium	Clear instructions given before undertaking the task.	Low
	Falls, Slips, Ropes	S,			Safe lifting techniques demonstrated if appropriate.	
	Equipment and lifting.				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.	
4	Injury from being	Injury from being hit by		Medium	Designated areas for Haggis hurl participants and spectators.	Low
	weight		other site		Low weight used	
			users/instructor		Participants to be briefed to be aware of falling weights.	
5	Hypo/Hypertherr	mia and	Participants	Medium	Instructors to ensure participants have appropriate clothing for the	Low
	exposure				prevailing conditions and to monitor participants during the session.	
6	Medical condition	ns that	Participants	Medium	Instructors to check with group if there are any medical conditions/Injuries	Low
	could affect the a	activity			which may affect their participation.	
7	Slippery/uneven	surfaces	Instructors &	Medium	Instructors to make participants aware of conditions underfoot.	Low
	and trip hazards		participants		Extra care to be taken In wet weather.	
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Farmers Walk

No	Hazard		Who it effects	Unmanaged risk	Control measures	Managed risk
1	Insufficient Participants/ Instruction/Supervision other site users		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 Part		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/Hypert exposure	thermia and	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	- FF- <i>H</i>		Instructors & participants	Medium	Instructors to make participants aware of conditions underfoot. Extra care to be taken In wet weather.	Low
Asse	ssor	Date	Review Date			
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Sword Dance

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

Date	Review Date
01/03 2025	01/03 2026
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