RISK ASSESSMENT WIZARD



ICE SKATING

Safety Guide

Sports Recreation

6	40	22
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Balance & Coordination

Enhances balance and coordination through gliding and maneuvering on ice.

Lower Body Strength

Improves lower body strength and endurance through repetitive skating motions.

Flexibility & Agility

Develops flexibility and agility with dynamic movements and directional changes.

Mental Focus

Boosts mental focus and concentration required for maintaining balance and executing skills.

Cardiovascular Fitness

Increases cardiovascular fitness and stamina through sustained skating activity.

Muscle Toning

Supports muscle toning and overall physical fitness through active engagement and exercise.

KEY HAZARDS & CONTROL MEASURES

Slippery Ice Surface

- ✔ Conduct regular maintenance to ensure smooth ice
- ✔ Use proper resurfacing techniques
- ✔ Monitor and adjust humidity levels
- ✔ Provide clear signage for hazardous areas

Collisions with Other Skaters

- ✔ Enforce rink rules regarding skating direction and speed
- ✔ Supervise the rink to prevent reckless behavior
- ✔ Provide clear signage indicating traffic flow
- ✔ Limit capacity to prevent overcrowding

Sharp Skate Blades

- ✔ Ensure blades are properly maintained
- ✔ Educate skaters on safe handling
- ✔ Provide protective guards for off-ice use
- ✔ Prohibit mishandling of skates in public areas

Overcrowded Rink

- ✔ Monitor and limit capacity as needed
- ✔ Designate separate areas for different skill levels
- ✔ Implement timed sessions or reservation systems
- ✔ Provide adequate supervision during busy periods

Inexperienced Skaters

- ✔ Offer beginner lessons and instructional sessions
- ✔ Encourage use of protective gear
- ✔ Provide designated areas for novice skaters
- ✔ Supervise the rink to assist beginners

Faulty Ice Skates

- ✔ Regularly inspect rental skates for damage
- ✔ Provide assistance with skate fitting
- ✔ Ensure skates are properly sharpened
- ✔ Replace worn or damaged equipment promptly

Cold Temperatures

- ✔ Maintain comfortable rink temperature
- ✔ Encourage appropriate clothing
- ✔ Provide warming areas for breaks
- ✔ Monitor for signs of cold stress

Wet Floor Surrounding Rink

- ✔ Place non-slip mats around entry/exit points
- ✔ Regularly mop up excess water
- ✔ Provide signage warning of wet floors
- ✔ Encourage use of skate guards off the ice

Fast Skaters Near Beginners

- ✔ Designate separate areas or times for different levels
- ✔ Enforce speed limits and safe skating practices
- ✔ Staff should monitor and intervene when necessary
- ✔ Educate all skaters on rink etiquette

Lack of Supervision

- ✔ Ensure trained staff are present during all sessions
- ✔ Maintain appropriate staff-to-skater ratios
- ✔ Train staff in first aid and emergency procedures
- ✔ Implement policies for handling misconduct

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Ensure all identified hazards have control measures in place
- [ ] Brief all staff on key risks and emergency procedures

Ice & Facility

- [ ] Ice surface smooth and maintained
- [ ] No debris on ice
- [ ] Entry/exit points clear
- [ ] Non-slip mats in place
- [ ] Adequate lighting
- [ ] First aid kit accessible
- [ ] Temperature comfortable

Equipment

- [ ] Rental skates inspected
- [ ] Skates properly sharpened
- [ ] Laces in good condition
- [ ] Skate guards available
- [ ] Skating aids ready
- [ ] Helmets available
- [ ] Protective gear available

Supervision & Safety

- [ ] Trained staff present
- [ ] Capacity limits monitored
- [ ] First aider identified
- [ ] Emergency procedures known
- [ ] Rules displayed

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