

UCET Work Method Statement

MUST READ RAMS

For other instructions relevant to this activity, you must read the following:

- ED 1 RAMS Activities Outdoors with Children (or Indoors)

1. **The Activity: Method Statement**

Activity being carried out: Disc Golf and Ultimate Frisbee

How is the activity completed?

Disk Golf

- Equipment: Coloured buckets, coloured cones, specific golf disk
- Method: place the coloured buckets around the site with a 'tee' marked by coloured cones matching the coloured bucket. Object is to play 'golf' with the disks and land the disk in the buckets. Players keep scores of their number of throws
- Teach backhand, forehand, yo-yo and axe throws
- Practice throwing along a long line of cones with everyone throwing in the same direction
- Put a bucket, hoop or cone on the floor and concentrate on accuracy – Disk Bowls – how close can you get?
- Practice from a standing position and then with a couple of steps

Ultimate

- Equipment: Coloured cones, specific Ultimate disks, bibs
- Practise throwing and catching using the crocodile snap catch
- Stand opposite each other. Take a step out if you catch successfully, take a step in if not
- Catching relay – all line up with a set of cones in front of you. First person runs to first cone, passes back to second player. Second player runs to second cone, passes to first player. First player passes to third player. Third player runs to third cone, passes to second player who passes to first player. Repeat until the whole team has reach a cone. Then, starting from the back, run to the end line and throw the disk back along the line

Group management

- The smaller the team, the more active each member is
- Can introduce a rule that each member must have touched the disk before a point can be scored
- Can introduce a rule where all team members have to score a point before someone can score a second
- Have an odd number of teams to ensure teams rest between matches

Education RAMS 27 Disc golf and Ultimate frisbee

Version 1

- 1 To start a match, both teams start at the end line.
- 2 Flip the disk, one team is heads, the other is tails. This decides who begins
- 3 Once the disk has been thrown, the game has started.
- 4 If you are holding the disk, you can only pivot on the spot.
- 5 No player can stand nearer than an extended arm of the person holding the disk
- 6 Object is to pass the disk between your players and catch it in the opposing scoring zone

Version 2

- Introduce the drop rule – if you drop the disk or you knock it to the floor, the opposing team gain possession
- Make the scoring zone smaller

How is the activity completed?

Children work as a team to score a point or land their disc in the bucket depending on the objective of the session.

What equipment is used?

Frisbee, cones, buckets, coloured bibs

What locations are approved for this activity?

Open areas e.g. Ufton Adventure field, Coach park field, Marvyn tree field

Who can lead this activity?

A member of the Education team who has been trained in delivery and deemed competent (see Tiered Activity Competencies).

Leader: student ratios

1:40

What else are we expecting visiting schools to do in addition to ED RAMS 1?

- Make sure that they and the children follow any activity briefing given by Ufton staff

What else are we expecting Ufton Staff to do in addition to ED RAMS 1?

- Give a thorough briefing
- Show throwing techniques
- Check area and equipment prior to use

Which parts of this activity are visiting schools prohibited from doing?

- Straying on to the roads

2. The Risk Assessment

Who is at Risk:

The following people may be at risk of injury either when taking part in this activity or being in the area:

Children engaged in the activity, Their leaders, Members of staff, Wedding guests, Anyone else who may visit the site whilst the activity is in progress.

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Significant Hazards (These are in addition to those on any of the MUST READ RAMS)	Control measures in Place	Risk Controls Applied				Overall risk and additional comments
		Likelihood	Injury Outcome	Business Risk	Environmental impact	
Hit by flying object	Safety briefing given before activity starts Throwing techniques shown and practiced Players asked to stand arm's length from player in possession of the disk Not to be played in strong winds Not to throw Disc when group coming back together	2	2	1	1	4
Tripping whilst activity is taking place	Area checked for any potential trip hazards prior to activity and activity moved if necessary	2	2	1	1	4
Colliding with other players	Safety briefing given before activity starts Players asked to stand arm's length from player in possession of the disk					

Key

Likelihood	Injury Outcome	Business Risk	Environmental Impact
1 Remote – no historical occurrences here but has happened elsewhere	1 No treatment	1 No impact	1 No impact
2 Unlikely – Occurs here but extremely rare (not in last year)	2 On site first aid administered	2 Minor impact	2 Minor Impact
3 Possible – has occurred in the last year	3 Treatment by external medical professional and same day discharge	3 Moderate short term impact	3 Moderate short term impact
4 Foreseeable – occurs occasionally (once per term)	4 Admission to hospital	4 Serious medium term impact	4 Serious medium term impact
5 Regular – occurs regularly (weekly)	5 Death or life changing injury	5 Very serious long term impact	5 very serious long term impact
Multiply Likelihood x Injury Outcome x Business Risk x Environmental Impact. Any score above 25 must result in control measures being applied in the additional comments column			