



**POST SPORTS EVENT AROMATHERAPY MASSAGE – RISK ASSESSMENT**

Event		Hosting Organisation	
Date		Contact Name & Mobile	
Aromatherapist Name		Qualification & Insurance details	
Massage offered <i>(eg selection of head &amp; shoulder, feet, hands)</i>			

HAZARD	RISK	SEVERITY RATING (H M L) High Medium Low	LIKELIHOOD (H M L) High Medium Low	CONTROL MEASURES
Hall / Location	Slipping  Too cold Too hot	L	L	Wear appropriate footwear (flat non-slip and comfortable)  Check heating and air con available or ask for fan or heater.  Therapist to wear layers so s/he can adapt.
Allergic reaction	Skin sensitization	L	L	The organizers, when they send out the race instructions, will let people know about the availability of the free massage at the end. It will be made clear that anyone accepting massage does so at their own risk and should not partake if they have any injuries, pre-existing medical conditions or an overly sensitive skin which may be adversely affected.  There will also be a notice board at the entrance where people will queue with this information and the clip board with the register of people who partake is in a list form but with the information above at the top.

				<p>All oils used are from a reputable source (an ATC Aromatherapy Trade Council) approved supplier and the batch numbers and details will be noted on the registration clip board. The dose of essential oils within the massage medium is at less than half what would normally be expected so as to avoid any risk of skin sensitization.</p> <p>Under 16s not allowed to partake</p> <p>The therapist will observe during the massage and if any redness occurs the treatment will be stopped and the oil will be quickly wiped away. The area washed with water from a bottle which will be on site</p>
Falling from the couch or couch collapse	Injury	L	L	<p>A professional purpose built standard massage couch will be used.</p> <p>A step will be available for anyone that needs it</p> <p>It will be checked by two people to ensure it is erected correctly</p> <p>The capacity of the couch has been checked and has a 20 stone limit. (Given the nature of a sporting event it is unlikely the couch would be challenged in this way)</p>
Overuse injury	Injury to the therapist	L	L	<p>Couch the correct height and a ten minute break every 45 mins. No more than three hours per shift.</p>
Pre-existing Injuries/Illness	Making them worse	L (most conditions benefit from massage after exercise)	L	<p>Under 16s not allowed to partake</p> <p>Fully qualified and experienced therapist delivering the treatments and no one else will be allowed to help</p> <p>There will be a notice board saying that the Aromatherapist will not accept anyone for a massage if they have a medical condition which might be aggravated by gentle massage or the use of very low dilution Lavender and Tea Tree essential oils.</p> <p>The organizers, when they send out the race instructions, will let people know about the availability of the free massage at the end. It will be made clear that anyone accepting massage does so at their own risk and should not partake if they have any injuries, pre-existing medical</p>

				<p>conditions or an overly sensitive skin which may be adversely affected.</p> <p>There will also be a notice board at the entrance where people will queue with this information and the clip board with the register of people who partake is in a list form but with the information above at the top.</p>
Assault	Allegation or actual	L	L	<p>Privacy is provided on three sides only. The queue is positioned 5 metres away to avoid immediate noise and activity disruption but still within sight. This offers an effective chaperone facility. The therapist massages only to half way up the inner thigh (sports people often ask for higher – however in this situation it will be refused)</p>
Infection	Cross contamination from one client to the next or infection passed to the therapist	L	L	<p>The oil that is being used is grapeseed and has 0.2% blend of therapeutic grade Lavender and Tea Tree added. These essential oils offer some antibacterial and viral protection.</p> <p>Clean couch paper is used between each client, and used couch paper is disposed of appropriately.</p> <p>Where there is no sink close by, tissues and antibacterial gel are available for the clients as they queue and for the therapist between each client.</p> <p>Clients to be dry of all sweat before climbing on to the couch (tissues are available)</p> <p>Therapist wearing professional uniform. Disposable apron available if the therapist on the day judges that the risk is sufficient to need to wear one</p>
First Aid and Emergencies	Miscellaneous	L	L	<p>Therapist is a qualified first aider</p> <p>There will be three other first aiders on site</p> <p>A mobile phone is carried in case the need to call an ambulance arises</p> <p>The location of a land line is identified on the premises where accessible</p> <p>Address and postcode are printed close by so that they can be given to the emergency services</p>

**DISCLAIMER:**

The massage treatments delivered by the therapist are based on professional therapeutic content and delivered as a basic low level treatment to avoid any risks to health and wellbeing. Adult participants sign on seeing a disclaimer which makes it clear that ultimate responsibility for safety lies with the individual. The therapist's responsibility is to deliver a safe and effective massage treatment to participants in a way that minimizes any risks as far as is reasonably possible.

Signed: (Therapist)  
(Print name)

Date

Signed for and on behalf of the Hosting Organisation  
(Print name)

Date