



Beaundesert Outdoor Adventures

Standard Operating Procedure (SOP) & Risk Assessment:

Frisbee Golf (Disc Golf)

Document ID: SOP-BOA-FRISBEE-001

Effective Date: May 2026

Review Date: May 2027

1.0 Purpose

To outline the standardized and safe procedure for conducting Frisbee Golf (Disc Golf) sessions. This activity promotes coordination, teamwork, and spatial awareness while ensuring safe interaction with surrounding activity areas and terrain.

2.0 Scope & Leadership Options

This activity may be delivered under two formats:

Instructor-Led:

Supervised and led by Beaundesert In-House Trained staff.

Self-Led:

Supervised by competent visiting adults (e.g., Teachers, Scout Leaders).

A Beaundesert staff member will issue equipment and brief the leader on this SOP. The visiting leader assumes responsibility for enforcing all safety rules.

Technical Advisor: Martin Kirby (Operations Manager)





3.0 Location & Ratios

3.1 Location

Equipment Issue: Reception

Hole 0 (Practice Area):

Located on the **East side of the Pedal Kart container** (used for demonstration and practice throws).

Main Course (8 Holes):

Located on the **field to the West of the Pedal Kart track, adjacent to Castle Ring.**

Adjacent Hazards:

- Pedal Kart Track
 - Castle Ring Lodge Track (vehicle access route)
 - Woodland edges (nettles, brambles, uneven ground)
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3.2 Ratios

Standard Ratio: 1:12 (One Instructor/Leader to twelve participants)

Group Size: Participants split into **small groups of 3–6**

4.0 Equipment & Management

Discs:

- Issued from Reception
- Must be **counted out and counted back in** after the session
- Each group must track:
 - Disc **colour**
 - Disc **number**
 - **Clothing:**
- Suitable outdoor clothing and footwear required
- Long trousers recommended due to vegetation (nettles/brambles)



5.0 Safety Briefing & Rules

Mandatory briefing before starting the session.

Core Gameplay Rules

- Participants throw **one at a time**
- All players throw first shot, then:
 - Group moves to the **furthest disc from the basket**
 - That participant throws next
- Continue until the hole is completed

Positioning & Awareness

- **Never stand in front of someone throwing**
- Maintain safe spacing between group members
- Be aware of surrounding groups (especially during shotgun start)

Movement

- Walk at all times – **no running**
- Be aware of uneven ground, logs, and vegetation

Disc Retrieval

- Do not enter dense bushes/brambles without adult support
- **Adults to retrieve discs where necessary**

Course Hazards

- **Pedal Kart Track:**
 - **Do not enter the track under any circumstances if karts are operating**
 - **Castle Ring Lodge Track (Holes 3 & 6):**
 - Check for vehicles before retrieving discs
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6.0 Session Procedure

6.1 Pre-Session Checks (Instructor/Leader)

- Confirm discs are present, safe, and accounted for
 - Check course layout (baskets, boundaries, hazards)
 - Assess:
 - Pedal kart activity level
 - Vehicle movement near Castle Ring track
 - Identify any environmental hazards (nettles, debris, ground condition)
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6.2 Session Setup

Group Splitting:

Participants split into **groups of 3–6**

Shotgun Start (Preferred Method):

- Group 1 → Hole 1 → 1–8
- Group 2 → Hole 2 → 2–8 → then 1
- Group 3 → Hole 3 → 3–8 → then 1–2

Alternative Staggered Start (fewer groups):

- Example:
 - Group 1 → Hole 1
 - Group 2 → Hole 4
 - Group 3 → Hole 6
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6.3 Activity Management

- Instructor/leader circulates between groups
- Monitor:
 - Safe throwing behaviour
 - Group spacing
 - Interaction with nearby activities

Key observation points:

- Pedal kart track crossings
- Holes 3 & 6 near vehicle route
- Bush/vegetation retrieval areas

6.4 Session Conclusion

- All groups complete final hole
- **Count all discs back in (critical)**
- Confirm all equipment returned to Reception
- Debrief group on teamwork and scores

7.0 Emergency Procedure

Minor Incidents:

- Treat cuts, grazes, nettle stings with first aid
- Record incident

Major Incidents:

- Contact Reception/Duty Manager immediately
- Provide:
 - Location (Hole number / field area)
 - Nature of incident

Vehicle / Track Incident Risk:

- Immediately stop activity
- Move group to safe area away from hazard

8.0 Risk Assessment

Activity: Frisbee Golf (Disc Golf)

Review Date: May 2027

Assessment by: Martin Kirby – Operations Manager

What are the hazards?	Who might be harmed?	Controls: What are you doing to control hazards?	Risk Rating (with controls)
Being struck by a frisbee	Participants, Leaders	<ul style="list-style-type: none"> • One-at-a-time throwing enforced • Group stays behind current thrower. • Rule: Never stand in front of thrower 	Trivial
Participants standing in unsafe positions	Participants	<ul style="list-style-type: none"> • Clear briefing on positioning • Instructor monitoring • Turn-based throwing system 	Trivial
Running / collisions between participants	Participants	<ul style="list-style-type: none"> • Strict “no running” rule • Walking between throws only 	Trivial
Interaction with Pedal Kart Track	Participants	<ul style="list-style-type: none"> • Clear rule: No entry to track • Instructor highlights risk at briefing 	Tolerable
Retrieving discs near moving vehicles (Holes 3 & 6)	Participants	<ul style="list-style-type: none"> • Briefing to check for vehicles • Adult supervision when retrieving discs 	Tolerable
Slips, trips, uneven ground	Participants	<ul style="list-style-type: none"> • Terrain briefed • Suitable footwear required • Groups move at walking pace 	Tolerable
Nettles, brambles, bushes	Participants	<ul style="list-style-type: none"> • Disc retrieval controlled by adults • Long trousers recommended 	Trivial
Participants entering bushes unsafely	Participants	<ul style="list-style-type: none"> • Instruction: Do not enter without adult • Leader retrieves where needed 	Trivial
Lost / missing equipment	Staff / Groups	<ul style="list-style-type: none"> • Discs counted out and back in • Groups track disc number/colour 	Trivial
Groups interfering with each other (Shotgun Start)	Participants	<ul style="list-style-type: none"> • Clear starting holes assigned • Staff monitor group spacing 	Trivial

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10.0 Document Control & Review History

Document Creation

Action	Name / Role	Date
Created By	Martin Kirby – Operations Manager	May 2026
Approved By	Martin Kirby, Luke Chance & Oliver Tombs	May 2026
Technical Auth.	Martin Kirby (Technical Advisor)	May 2026

Review Log

Date of Review	Reviewed By	Comments / Changes Made	Next Review Due
May 2026	<i>MKirby</i>	Document Created (V1.0). Added Pedal Kart and Castle Ring vehicle interaction controls.	May 2027