

Low Ropes and Adventure Course Risk Assessment

Activity Low Ropes and adventure course Activity Session

What are the hazards?

- Inappropriate use and falling from the equipment
- Rope burns
- Over balancing
- Wire splinters
- Crushing injuries
- Entrapment
- Wood splinters
- Head injuries
- Uneven Ground
- Back injuries due to Manual Handling
- Participants dropping one another
- Volume of participants
- Falling equipment

Who is at risk?

Staff, participants and members of the public

What are the risks?	Existing safety measures/controls	Likelihood	Risk Rating
Trips Slips and Falls	<ul style="list-style-type: none"> • Soft Ground cover (woodchips), Regular inspection of equipment and element to ensure it's safe to use. • Clear instructor briefings and group control • Instructor vigilance at all times • All Staff trained in appropriate spotting techniques • Elements visually inspected prior to every use • Any individuals not adhering to Avon Tyrrell's safe working practices will be asked to refrain from participating until they are able to do so. • Instructors to give clear briefings appropriate to the needs of the group and to inform all individuals of the consequences of not obeying rules and guidelines – sit out of session. • Demonstrations or clear instructions given for all aspects of the sessions – participants may be used for this. <p>No running between or on elements</p>	LOW	LOW

<p>Elements failing due to:</p> <ul style="list-style-type: none"> excessive weight poor design using unsuitable tree <p>leading to injuries</p>	<ul style="list-style-type: none"> there should be a maximum of 3 participants on a wire at any one time Mobile low ropes elements only set up under the supervision of a qualified instructor and in accordance with the Mobile Low Ropes Course training and manual The systems will be double checked before anyone uses the element <ul style="list-style-type: none"> Good instructor awareness 	<p>LOW</p>	<p>MEDIUM</p>
<p>Equipment Failure.</p>	<ul style="list-style-type: none"> All maillon rapides and shackles must be fastened and checked Instructors to check all equipment is secure and safe before allowing participants to use them. Low ropes only set up under the supervision of a qualified instructor. The system will be double checked before anyone uses the element The equipment is checked on a regular basis 	<p>LOW</p>	<p>LOW</p>
<p>Slipping from beams / bench / planks resulting in injury</p>	<ul style="list-style-type: none"> Teamwork encouraged. Relevant instruction given. Instructor/participants spotting throughout the exercise. Helmets worn. On the balance beams, spotters are enforced, one either side of the participant unless at a safe area Soft ground cover around activity areas. Help and advice given as required. Good instructor awareness 	<p>LOW</p>	<p>LOW</p>
<p>Slipping from the element when it is wet</p>	<ul style="list-style-type: none"> Group to be made aware of the risk and advised to take care. Session adapted (if necessary) to meet the needs of the group- such as extra spotting <ul style="list-style-type: none"> Apparatus regularly inspected and checked before use. 	<p>LOW</p>	<p>LOW</p>
<p>Head Injuries from falling or coming in contact with apparatus (for example tunnels)</p>	<ul style="list-style-type: none"> Helmets to be worn by all participants Clear instructor briefings and group control Instructor vigilance at all times 	<p>LOW</p>	<p>LOW</p>

	<ul style="list-style-type: none"> All instructors to be first aid qualified 		
Cuts and Grazes Including rope burn	<ul style="list-style-type: none"> Participants are advised to wear long sleeves and trousers Clear instructor briefings and group control. Instructor vigilance at all times and able to offer help and advice where required All structures regularly checked for rough edges etc. All issues reported to the CI and recorded on Papertrail and appropriate action taken to make this activity safe or remove element from use Participants spotted. Relevant instruction given. <ul style="list-style-type: none"> Help and advice offered if necessary. 	LOW	LOW
Overbalancing and Falling off the Platforms	<ul style="list-style-type: none"> Participants spotted. All wearing helmets. Instructors set suitable challenges for the group size and abilities. Horseplay is discouraged. Activity stopped if participants acting in a dangerous manner. Soft ground cover 	LOW	LOW
Wire Splinters	<ul style="list-style-type: none"> All participants told not to hold on to or touch wires. Participants spotted throughout. Help and encouragement offered when necessary. Regular Internal and external annual inspections check for any broken wires 	LOW	LOW
Crushing injuries from planks, Manual Handling including twisting with planks causing potential back injuries.	<ul style="list-style-type: none"> Instructors demonstrate the correct movement of planks. Instructors help and assist when necessary particularly with young groups or with disabled groups. 	LOW	LOW
Entrapment of Limbs in tyres, leading to twisted, broken ankles.	<ul style="list-style-type: none"> Groups shown how to correctly access and travel on/in tyres. Wood placed inside the smaller tyres to prevent feet getting trapped. Instructor vigilance and assistance throughout. 	LOW	LOW

<p>Entrapment of feet in Tyres, Falling from tyres</p>	<ul style="list-style-type: none"> • Groups shown how to correctly sit on tyre. • Assistance offered when pulling rope etc. 	<p>LOW</p>	<p>LOW</p>
<p>Finger injuries, crushing fingers. Splinters from bridge</p>	<ul style="list-style-type: none"> • Participants must shuffle on hands and knees or in a sitting position. • There are limits to the number of participants on the bridge and they must have two clear poles between each other to prevent crushing. • Poles checked regularly and daily before use. 	<p>LOW</p>	<p>LOW</p>
<p>Injury from falling off flying fox or hitting platform</p>	<ul style="list-style-type: none"> • Instructor are trained on the best way to use the flying fox • Instructors will give a clear brief to the group on how to use the flying fox and encourage the group to assist each other to sit on the tyre • The instructor will clearly brief the group or assist the participant at the end of the flying fox to minimise the chance that participants hit the platform. • No pulling off platform 	<p>LOW</p>	<p>LOW</p>
<p>Hit by moving objects including other participants</p>	<ul style="list-style-type: none"> • Clear instructor briefings and group control. • Instructor vigilance at all times • Hard edges softened where possible. • Trees overhanging the course inspected and dead wooded annually • Helmets worn • Instructor to assist with lifting of equipment/participants as required. 	<p>LOW</p>	<p>LOW</p>
<p>Falling in to a trees</p>	<ul style="list-style-type: none"> • Teamwork and help encouraged. • Relevant instruction given. • Participants spotted throughout elements where this is a risk. • Groups told to move in a controlled way. • Helmets worn throughout. 	<p>LOW</p>	<p>LOW</p>
<p>Falling from wires</p>	<ul style="list-style-type: none"> • Soft ground cover around activity base. • Thorough briefing given. 	<p>LOW</p>	<p>LOW</p>

	<ul style="list-style-type: none"> • Correct methods of traversing given during the briefing. • Participants moving on wire must have a spotter. • Good instructor awareness of what participants are doing. • Participants encouraged to step down instead of falling off 		
Equipment Failure.	<ul style="list-style-type: none"> • All bottle screws, maillon rapides and shackles must be fastened and checked. • Instructors to check all equipment is secure and safe before allowing participants to use the element. 	LOW	LOW
Falling on to platforms	<ul style="list-style-type: none"> • Participants told not to lunge for platforms. • Helmets worn throughout. • Participants spotted and instructor vigilance throughout. 	LOW	LOW
Falling to the ground because spotting from participants is poor	<ul style="list-style-type: none"> • The instructors will teach/coach suitable spotting techniques when participants are required to spot • Participants only spot if the instructor is confident they can carry out the task appropriately 	LOW	LOW
Lifting others	<ul style="list-style-type: none"> • Correct techniques applied. • Lifting with legs, keeping back straight. • All participants wearing helmets. • Instructor talks through and demonstrates as required, correct lifting practice. • Instructor aware and assisting if required. • Instructor makes sure that appropriate people are lifting and being lifted. 	LOW	LOW
Being Lifted on spiders web	<ul style="list-style-type: none"> • Instructor talks through how a person should be carried – flat on their back, arms folded across chest, head facing sky and going through the web head first. Instructor assists with lift or receive. • Instructor makes sure that the group knows that their job is not complete until the lifted person is stood upright and that the feet are the first thing that must be lowered to the floor. 	LOW	LOW

<p>Lifting people on the giants finger leading to injuries</p>	<ul style="list-style-type: none"> • Instructor talks through and demonstrates if appropriate, how to lift people, or with groups on development programmes, guests may come up with the plan which needs to be approved by the instructor • Participants at height need to be spotted • People lifting need to work together and be strong enough for the task at hand • Stepping on shoulders and heads should be discouraged • Tyre should not be dropped or thrown instead passed back down to the ground. 	<p>LOW</p>	<p>LOW</p>
<p>Being hit by the tyre on the giants finger during the challenge leading to injuries</p>	<ul style="list-style-type: none"> • Good briefing and group control throughout the activity • Match the challenge to the group, if necessary replace the tyre with a plastic hoop or set the challenge as getting the tyre to reach a coloured marker and not off the top • The metal pole can be placed in the giants finger below the tyre so if the type is dropped mid challenge it does not hit people • Tyre should not be dropped or thrown instead lowered back down to the ground in a controlled way. 	<p>LOW</p>	<p>LOW</p>
<p>Entanglement in spiders web</p>	<ul style="list-style-type: none"> • Instructor sets ground rules during the briefing process. • No diving or jumping through web - it must be a controlled method. • Instructor keeps watch during the exercise and stops any unsafe behaviour. 	<p>LOW</p>	<p>LOW</p>
<p>Feet caught under the seesaw when it tilts</p>	<ul style="list-style-type: none"> • Participants taught to enter the platform from the pivot point • Good group management 	<p>LOW</p>	<p>LOW</p>
<p>Spotters/catchers dropping the participant on trust falls – leading to head, back injuries to the faller, arm injuries to</p>	<ul style="list-style-type: none"> • No falls to take place until the instructor is happy everyone is prepared. • Helmets worn throughout the activity. • Soft ground cover. • Relevant instruction given and all instructors to assist in catch. 	<p>LOW</p>	<p>LOW</p>

catchers also clashing heads.	<ul style="list-style-type: none"> Instructor to make sure everyone is positioned correctly and that there are appropriate numbers available to catch. Falls to take place from no higher than 1.5 meters. 		
Elements failing due to excessive weight from a variety of participants leading to falls from the activities	<ul style="list-style-type: none"> The construction of the low ropes course is strong enough to hold the weight of multiple participants. Below is the rule of thumb for specific activities: <ul style="list-style-type: none"> Burma bridge-3 people max See saw- 12 people max LAA-1 person on rope Other wires- 4 people max Platforms- 12 people max 	LOW	LOW
Entrapment injuries from the see saw	<ul style="list-style-type: none"> Participants told to enter and exit the see saw from the centre point 	LOW	LOW
Staff injuring themselves while adjusting the balance point of the see saw	<ul style="list-style-type: none"> Staff encouraged to work together and use levers to assist in the repositioning of the see saw Staff to attend annual manual handling g update training 	LOW	LOW
Injuries to spectator	<ul style="list-style-type: none"> Any spectators should be positioned a suitable distance from the activity to not interrupt or be affected by the actions of the participants- unless assisting with spotting or physically assisting with the session. 	LOW	LOW

Reference to other manuals assessments:

- UK Youth Health and Safety policy

When was the assessment reviewed and by whom?

- November 2018 Chief Instructor

Date of next review and to be done by whom?

- November 2019 Chief Instructor