

Problem Solving ice breaker games and Trust Walk Risk Assessment





Activity: Problem Solving, ice breaker games and Trust Walk Activity Sessions









What are the hazards?









- Unauthorised Use
- Vandalism
- Slips, Trips and Falls
- Items falling from height/being hit by moving objects
- Injury caused by handling equipment
- Adverse weather conditions
- Human error, inappropriate use of equipment.
- Walking in to objects while blindfolded
- Collisions with objects whilst blindfolded
- Eye irritation from blindfolds
- Participant injury from trust falls





Who is at risk?

Staff, participants and members of the public.

What are the risks?	Existing safety measures/controls	Likelihood	Risk Rating
Slips, trips and falls This includes falls from height, due to failing equipment or unstable footing Maximum height 1 meter	<ul style="list-style-type: none"> • All activities to take place in safe areas assessed by the instructor prior to activities commencing. • Clear instructions given for all activities. • Instructor training and assessments procedures prior to running sessions independently. • Instructor spotting where appropriate. • Any potential hazards are pointed out to groups and unnecessary hazards are removed from the area. • Maximum trust fall height of 1m • Helmets worn as appropriate by group/activity 		
Manual handling injuries from moving equipment – Instructors and participants	<ul style="list-style-type: none"> • Mechanical aids used to transport equipment- i.e. wheelbarrows • No particularly heavy equipment used. • Good instructor briefing and awareness. • Challenges chosen must be appropriate to the group. 		

	<ul style="list-style-type: none"> • Instructor training and assessment procedures prior to running sessions independently. • Annual manual handling training for staff 		
Walking into objects while blindfolded. Being hit by moving objects whilst blindfolded.	<ul style="list-style-type: none"> • Clear instructions are given • Instructors remain vigilant throughout and stop participants getting into danger. • Instructor training and assessment procedure prior to running independently. • Clear instructor briefings and awareness. • Instructor training and assessment procedures prior to running sessions independently • Where appropriate the use of goggles can be used for eye protection • Clear location chosen 		
Hypothermia	<ul style="list-style-type: none"> • The use of water on activities should be considered depending on the temperature. • Good instructor awareness and training. • All staff first aid qualified and easy access to first aid kits and survival blankets. 		
Handling rough equipment such as ropes and wire leading to cuts, rope burns, strangulation and injuries from heavy equipment	<ul style="list-style-type: none"> • Instructors vigilant throughout, groups told not to wrap ropes around wrists. • Clear instructor briefing and overall awareness. • Instructor training • Good instructor brief and awareness. • Instructors vigilant throughout, immediately able to stop or adapt any unsafe practice. • Heavy objects such as poles are carried by at least 2 people • Good instructor positioning for maximum coverage. • Boundaries are set to keep participants within the instructor's line of sight. • Instructor training and assessment procedures prior to running sessions independently. 		
Inappropriate use of equipment	<ul style="list-style-type: none"> • All equipment packed away at the end of the day. • Vigilant Instructors and intervention if necessary. 		

	<ul style="list-style-type: none"> Instructors authorized to stop sessions if groups pose potential risks to themselves or others. Instructor training and assessment procedures prior to running sessions independently 		
Human error-groups not listening to briefings and taking in vital information	<ul style="list-style-type: none"> Full co-operation from the group leaders in group control and discipline 		
Eye irritation caused by reaction to blindfold fabric or washing powder	<ul style="list-style-type: none"> No participants are forced to use blindfolds. Safety goggles are provided or participants are given the option to simply close their eyes. Hypo-allergenic washing powder is used when laundering the blindfolds. Instructor vigilance for irritation. Medical information is available Participants encouraged to keep their eyes closed while wearing blindfolds 		
Participants emotional wellbeing by wearing of blindfolds/goggles	<ul style="list-style-type: none"> The ethos 'challenge by choice' should be followed during this session, with no participant being forced to wear a blindfold/goggles against their will If a participant refuses to wear the safety goggles, this may restrict their participation in the session, or restrict the areas the groups are able to use. This decision should be made by the instructor in accordance with the needs of the group and group leader. 		
Injuries from falls from height during a trust fall	<ul style="list-style-type: none"> Instructor training required in spotting before allowed to perform these Helmets worn by instructors, participants and leaders Participants should always be below 1 M Judgment made based on the suitability of group and stopped if it becomes unsafe. Clear instruction and information regarding individual responsibilities 		

<p>Falls from height from the use of the Acid lake and or bridge crossing (south of the low ropes compound)</p>	<ul style="list-style-type: none"> On acid lake and bridge crossing (south of low ropes compound) all safety equipment must be fitted correctly, all knots tied correctly and all other equipment used appropriately. If staff are unsure they are to ask for training 		
<p>Splinters from wood</p>	<ul style="list-style-type: none"> All equipment is checked prior to use for splits, cracks and rough surfaces. All poles purchased are treated and smooth. Instructors remain vigilant throughout the sessions. All staff are first aid qualified with easy access to a first aid kit. 		

Reference to other manuals assessments:

- Avon Tyrrell reference and training folder
- [UK Youth Health and Safety policy](#)

Reviewed June 2019 by Chief Instructor

Approved by Director of Avon Tyrrell & Operations

Next review June 2020