

Low Ropes and Challenge Course Risk Assessment

Activity

Low Ropes and challenge 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
<p>Elements failing leading to injuries due to:</p> <ul style="list-style-type: none"> • excessive weight • poor design • using unsuitable tree 	<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. • Good instructor awareness • Limited amounts of people on each element at any one time. 		
<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 must be worn in Low Ropes. • Spotting should be encouraged throughout the Adventure Course & on Low Ropes. • Soft ground cover around activity areas. • Help and advice given as required. • Good instructor awareness 		

What are the risks?	Existing safety measures/controls	Likelihood	Risk Rating
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 		
Entrapment of Limbs / fingers	<ul style="list-style-type: none"> • Groups shown how to correctly access and travel on elements. • Instructor vigilance and assistance throughout. 		
Hit by moving objects including other participants	<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 must be worn in Low Ropes • Instructor to assist with lifting of equipment/participants as required. 		
Falling from elements	<ul style="list-style-type: none"> • On Adventure Course, groups remain close to the floor on elements. Where elements are higher, these are used if age appropriate for the group, the group have a high level of maturity and it is weather appropriate. • Soft ground cover around activity base. • Thorough briefings given. • 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. • Participants advised not to lunge for platforms. 		
Lifting others	<ul style="list-style-type: none"> • Groups should not be lifting each other in the Adventure Course. On the Up & Over wall, groups must be of a set age and considered mature by the instructor (See SOP). The group is there to provide a foot 		

What are the risks?	Existing safety measures/controls	Likelihood	Risk Rating
	<p>hold / support. They are not there to lift the participant over the wall.</p> <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. • People should be lifted feet first so that when lowered to the fall their feet are there first. 		
<p>Spotters/catchers dropping the participant on trust falls – leading to head, back injuries to the faller, arm injuries to catchers also clashing heads.</p>	<ul style="list-style-type: none"> • Trust Falls should not take place during Adventure Course sessions. • Helmets worn throughout Low Ropes sessions and during this activity. • No falls to take place until the instructor is happy everyone is prepared. • Soft ground cover. • Relevant instruction given and all instructors to assist in catch. • 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. 		
<p>Injuries to spectator</p>	<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. 		

Reference to other manuals assessments:

- UK Youth Health and Safety policy

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Land Activities Risk Assessment

Activity: Activities Team session delivery

What are the Hazards?

- Weather
- Uneven ground
- Lack of communication
- Manual handling
- Uncooperative/ horseplay from groups
- Unskilled instructors
- Lake, swimming pool and Pond water
- Road, tracks, and car parks
- Barbed wire

Who Is at Risk? Staff, participants, and members of the public.

What are the Risks?	Existing Safety Measures/Controls	Likelihood	Risk Rating
Hypothermia and Hyperthermia	<ul style="list-style-type: none"> • Uniform provided for Avon Tyrrell staff (PPE) • Instructors to equip themselves suitable for the prevailing conditions. • Shelters and taps with drinking water located at or near to all activities to provide shade and hydration reducing the risk of overheating. • Guests are provided with suggested clothing for each session prior to participation. • Instructors to monitor groups and are aware of symptoms and actions to take to avoid situations arising from Hypothermia or Hyperthermia 		
Slips, trip, falls, cuts & grazes	<ul style="list-style-type: none"> • All areas maintained to a practical level in keeping with the environment for the activity in question (i.e., natural woodland for environmental sessions, clear footing where spotting is required etc.) • Area & activities visually inspected prior to sessions. • Instructors and guests will wear appropriate footwear for the activity in question. Unless otherwise stipulated, trainers are the recommended footwear but secure walking boots, wellington boots and shoes will be accepted for most activities. • Clear instructor briefings and group control • Instructors aware of and to use the C.L.A.P throughout sessions. 		

What are the Risks?	Existing Safety Measures/Controls	Likelihood	Risk Rating
	<ul style="list-style-type: none"> • 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. • Participants are advised to wear long sleeves and trousers. • All Staff trained in appropriate spotting techniques. • Demonstrations or clear instructions given for all aspects of the sessions – participants may be used for this. 		
Equipment Failure	<ul style="list-style-type: none"> • Area & activities visually inspected prior to sessions. • Activities follow a comprehensive monthly / bi-monthly physical inspection regime. 		
Lack of communication leading to situation worsening	<ul style="list-style-type: none"> • A radio will be carried on sessions or located at the activity base. • Mobile phones (turned to silent) encouraged on session as a backup. • When operating offsite then a charged mobile phone must be carried • Procedures in place to support staff if an incident occurs. • DI on duty and monitors activities Team and delivery 		
Injuries through lifting heavy and awkward objects	<ul style="list-style-type: none"> • Training given to all staff prior to running the activities independently which includes manual handling techniques. • Where staff hold qualifications, the manual handling advice provided during this training must be carried out. • Staff are encouraged to work together and use equipment where necessary to aid lifting where possible. • Instructors demonstrates correct lifting and manual handling techniques. • Instructors to help with lifting and moving equipment. 		
Injuries to staff and guests due to improper training	<ul style="list-style-type: none"> • Training will be provided to guests for all activities in line with the specific operating procedure for the activity. • Training will be provided for instructors; this will be done with external and internal training courses. • The delivery of session is monitored by a senior member of the activities team and feedback is given 		
Human error – groups not listening to	<ul style="list-style-type: none"> • Full co-operation from group leaders in group control and discipline 		

What are the Risks?	Existing Safety Measures/Controls	Likelihood	Risk Rating
briefings and taking in vital information.	<ul style="list-style-type: none"> Instructors can stop a session if they feel that group members are acting in a dangerous or irresponsible manner. If there is an issue, there will be a senior member of staff available to assist. 		
Contracting Lime disease Ehrlichiosis, Babesiosis and Bartonella from ticks	<ul style="list-style-type: none"> Groups are encouraged not to go through bracken, tall grass, or high vegetation. Especially between the high-risk months of May-June and September – October. Groups are encouraged to wear long sleeves and trousers in the high-risk months when doing activities. 'Tick twisters' available to assist in removal of ticks if found during visits and advice given to seek medical attention if any of the signs/symptoms appear. 		
Injury or death from vehicles working or visiting the site	<ul style="list-style-type: none"> Group leaders to be aware of traffic areas and be responsible for the group- setting boundaries and making their group aware of Roads, tracks, and car parks. Roads, tracks, and car parks are marked on the Avon Tyrrell map. Speed limits around site 15MPH Instructor running session to minimise time on roads and in car parks and where possible avoid. Ensure good group control. Speeding drivers or inappropriate driving to be challenged by staff 		
Injuries from Barbed wire (used across Avon Tyrrell's boundary to keep livestock out)	<ul style="list-style-type: none"> Group leaders to be advised on arrival there are sections of barbed wire around the site, and these have warning signs. Group leaders to be responsible for the group- setting boundaries and making their group aware of location of Barbed wire. 		
Getting lost and injured	<ul style="list-style-type: none"> Group leaders to be responsible for the group- setting boundaries and making their group aware of hazards. Avon Tyrrell has a lost person procedure that can be put into action if someone is missing. On session the instructor will be familiar with the area they are using Instructors to maintain control over a group and regularly check numbers present 		

What are the Risks?	Existing Safety Measures/Controls	Likelihood	Risk Rating
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. • Instructor training and assessment procedures prior to running sessions independently. • Annual manual handling training for staff 		

Reference to Other Manuals Assessments:

UK Youth Health and Safety policy
 Unattended Child Policy
 Missing child policy
 Emergency procedures

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