



# **AUCHENGILLAN OUTDOOR CENTRE**

## **ACTIVITY RISK BENEFIT ANALYSIS**

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# CONTENTS

GENERAL INFORMATION	3
TARGET SHOOTING	4
TARGET ARCHERY	5
PARADROP	6
ABSEILING	7
CLIMBING	8, 9
SINGLE PITCH (OFF SITE CLIMBING/ABSEILING)	10, 11
CRATE CLIMB	12
POLE CLIMB	13
ORIENTEERING	14
WIDE GAMES	15
NIGHT LINE	16
TEAM CHALLENGE.	17
SHELTER BUILDING/PIONEERING	18
ENVIRONMENTAL ACTIVITIES (GENERIC)	19
CAMPFIRE	20
CAMPING	21
ACTIVITY AREAS	22
INFLATABLES	23
GRASS SLEDGES	24
GYRO CARS/PEDAL KARTS	25
SWIMMING POOL	26
WATER WALKERZ	27
RAFT BUILDING	28, 29
KAYAKING AND CANOEING	30, 31
KAYAKING AND CANOEING OFFSITE	32, 33
MOUNTAIN BIKING	34, 35
OFFSITE MOUNTAIN BIKING (MILNGAVIE TO AUCHENGILLAN)	36, 37
OFFSITE MOUNTAIN BIKING (LOCH ARD FOREST)	38, 39
OFFSITE MOUNTAIN BIKING (MUGDOCK COUNTRY PARK)	40, 41
HILL WALKING	42, 43
SLACKLINING	44
BODY ZORBS	45
MEGA BAL	46

SLIP N SLIDE

47

AXE THROWING

48

LASER TAG

49

# GENERAL INFORMATION

This document is part of an overall risk assessment for Auchengillan outdoor centre and serves to provide underpinning knowledge to staff/volunteers/participants and group leaders involved in activities. This document cannot serve as a substitute for common sense, good judgment, decision making or an ongoing dynamic risk assessment. The abilities, maturity and aspirations of the group should all be considered as well as the prevailing weather and environmental factors which could impact upon the activity.

Instructors shall be inducted, trained and monitored to appropriate standards relevant to the activity and will hold a national governing body qualification where appropriate. All instructors will have received training in safeguarding and awareness and first aid. The centre operates an in-house training and assessment scheme for some activities which is verified by a technical adviser where necessary. Instructors will follow written operating procedures for each activity.

We will take all steps to ensure the health & safety of groups whilst at Auchengillan. However certain inherent risks remain, which are integral to the activity and which cannot be eliminated completely. The risk of serious injury is extremely remote but some activities may result in minor injuries; e.g. grazes sprains and bruises. The level of risk in participation in our activities is no greater than normal play activity. This is not a 'disclaimer' but serves to inform group leaders about what participants may experience.

The experience and exposure to risk is what provides challenge and development opportunities for the participants involved. Subsequently it allows learning points to be extracted and transferred out-with the experience by participants, staff and leaders alike. Therefore this risk benefit analysis looks to provide a reasonable and balanced approach to risk without rendering the benefits, excitement and enjoyment of the experience void.

This document shall be reviewed as part of an ongoing process taking into consideration, staff and participant feedback, equipment damage, incidents arising henceforth, current best practice and HSE advice.

This document should be read in conjunction with the Activity SOPS and Covid 19 Risk Assessment

***ANY ACTIVITY/AREA OF CONCERN SHOULD BE STOPPED AT THE EARLIEST CONVENIENCE, REPORTED TO THE APPROPRIATE PERSON AND RELEVANT PROCEDURES FOLLOWED.***

## TARGET SHOOTING

<b>QUALIFICATION:</b> NSRA YPS Rifle/Pistol Tutor		
<b>EXPERIENCES &amp; OUTCOMES:</b> Physical wellbeing, movement skills, competencies and concepts.		
<b>BENEFITS</b>		
<ul style="list-style-type: none"> <li>Promotes an awareness of safety culture in the handling of dangerous equipment</li> <li>Allows less able bodied persons to participate equally, enhancing self esteem</li> <li>Improves fine motor skills and muscle memory</li> </ul>		<ul style="list-style-type: none"> <li>Is holistic in that it combines physical, technical and psychological development</li> <li>A low impact activity which promotes relaxation</li> <li>Low cost for participants wishing to pursue thereafter</li> </ul>
<b>RISK</b>	<b>WHO'S AT RISK</b>	<b>CONTROL MEASURE</b>
Injury from pellet ricochet	Instructor, Participant	Range is constructed of materials recommended by the national small bore rifle association Deflectors and pellet catchers fitted where appropriate. Safety goggles to be worn when in front of safe area. Flat, diablo shaped pellets to reduce ricochet
Injury from falling barrier	Participant	Group to be made aware if risk and ensure barrier is fully engaged with latch.
Injury from faulty equipment	Instructor, Participant	Equipment subject to pre session safety check and formal monthly check. Participant should be encouraged to maintain a hand on the barrel when gun is cocked in case the spring catch fails.
Injury from being shot	Participant, Instructor	Individual shooting booths available. Safe area provided for spectators. Barrels to always point in a safe direction. No one to proceed down range unless instructor authorises safe to do so.
Injury from poor technique	Participant	Instructor to provide a safety briefing, demonstration & provide feedback and assistance where necessary, Unsafe practise to be dealt with immediately. Hands should be kept clear of the barrel end and cocking hinge.
Lead poisoning	Instructor, Participant	No eating or drinking within the range and participants to wash their hands on departure.
<b>RECOMMENDATIONS:</b>		

## TARGET ARCHERY

<b>QUALIFICATION:</b> Archery GB, Scout Archery Permit		
<b>EXPERIENCES &amp; OUTCOMES:</b> Physical wellbeing, movement skills, competencies and concepts.		
<b>BENEFITS</b>		
<ul style="list-style-type: none"> <li>Promotes an awareness of safety culture in the handling of dangerous equipment</li> <li>Promotes a strong sense of self discipline</li> <li>Improves co-ordination, concentration, patience, self-control and balance.</li> <li>Enhances dedication and adherence.</li> <li>Improves upper body strength</li> </ul>		<ul style="list-style-type: none"> <li>An inclusive activity in that it is gender and age indiscriminate and allows less physically abled persons to participate equally, enhancing self esteem</li> <li>Improves fine motor skills and muscle memory</li> <li>Holistic in that it combines physical, technical and psychological development</li> <li>A low impact activity that promotes relaxation</li> </ul>
RISK	WHO'S AT RISK	CONTROL MEASURES
Injury from arrow ricochet	Participant, Instructor	Backstop netting surrounding target area to prevent ricochet, bosses inspected by instructor. Shooting line at least 5 metres from target and as per GNAS recommendations.
Injury from faulty equipment	Participant, Instructor	Equipment subject to pre session safety check and formal monthly check.
Injury from poor technique	Participant	Arm bracers/finger tabs to be worn where necessary, participants to consider long sleeves. Instructor to provide a safety briefing and demonstration and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately
Injury from being shot Walking into arrow	Instructor, Participant, Spectator	Arrows to point in a safe direction at all times. No one to cross shooting line unless authorised.
Injury from tripping	Participant	No running in range and targets to be approached from the side
	Participant	Arrows to be carried with tips facing the ground
<b>RECOMMENDATIONS:</b>		

## PARADROP RISK BENEFIT ANALYSIS

<b>QUALIFICATION:</b> In House Assessment		
<b>EXPERIENCES &amp; OUTCOMES:</b> Mental and emotional wellbeing, Social wellbeing.		
<b>BENEFITS</b>		
<ul style="list-style-type: none"> <li>• Builds trust in equipment and others</li> <li>• Promotes confidence and a sense of accomplishment</li> <li>• Develops risk awareness</li> </ul>		<ul style="list-style-type: none"> <li>• Facilitates facing fears and overcoming challenges</li> <li>• Provides an awareness of safety systems</li> <li>• Responsibility for self and others</li> </ul>
<b>RISK</b>	<b>WHO'S AT RISK</b>	<b>CONTROL MEASURES</b>
Injury from faulty equipment	Participant	Equipment subject to pre session safety check and a formal monthly check. A six monthly inspection of the paradrop assembly is carried out by an external verifier Equipment to be correctly sized and fitted
Injury from poor technique - step off/landing	Participant	Instructor to provide a safety briefing and land based demonstration where appropriate providing feedback and assistance where necessary. Unsafe practise to be dealt with immediately Participants must only <b>step forwards</b> from the tower and land as directed to prevent shock loading Landing area gravel to be loose and not compacted to avoid injury
Injury from falling object	Participant, Spectator	Helmets to be worn at all times inside the tower compound excluding the shelter Equipment to be properly fitted and checked prior to each descent. Spectators to wait clear of bottom of tower
Fall from height	Participant, Instructor	Instructor to attach participant to safety line or paradrop as soon as possible. Instructor to ensure own safety at top of tower. Briefing and demonstrate how to climb and descend ladders safely. Only Participants 14 plus to use ladders for access. Cable, ferrule and connectors checked prior to each descent New cable tested with a dead weight, instructors must not test drop themselves.
Poor visibility/weather	Participant, Spectator, Other user	Activity to cease in high winds of F7 or above and poor visibility where the participant is not clearly visible.
Fire	Instructor, Participant, Spectator, Other user	Procedure in place for lightning  Tower evacuation procedures in place in event of a fire

		Only 1 non active participant waiting within tower Rescue bag to be at top of tower
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**RECOMMENDATIONS:** Activity to cease in high winds of F7 or above 15/09/18. 26/06/2019 added procedure in place for lightning



## ABSEIL RISK BENEFIT ANALYSIS

**QUALIFICATION:** In house assessment, CWI with Abseil Module or higher.

**EXPERIENCES & OUTCOMES:** Mental and emotional wellbeing, social wellbeing, movement skills, competencies and concepts

### BENEFITS

- Builds trust in equipment and others
- An accessible and inclusive activity for all
- Promotes confidence and a sense of accomplishment
- Develops risk awareness

- Improves strength, sense of awareness and hand/eye co-ordination
- Facilitates facing fears and overcoming challenges
- Provides an awareness of safety systems
- Responsibility for self and others

RISK	WHO'S AT RISK	CONTROL MEASURES
Faulty equipment injury Fall from height	Participant, Instructor Participant, Instructor	Equipment subject to pre session safety check and formal monthly check. Instructor to provide a safety briefing including how to use ladders safely, safety checks to be used – ready to abseil & confirm participant is ready. 2 hands on safety rope/dead rope when not tied off. Instructor and participant to connect to safety line immediately at top of tower. Instructor will provide a demonstration, assistance and feedback where appropriate and necessary. Participants full weight to be on rope prior to lower. Use of ladder descent belay where necessary.
Unsupervised Climbing/Abseiling Poor technique injury	Participant/Spectator Participant	The instructor should provide explicit instruction of when to/not to climb. Use of a buddy system and safety calls must be employed. An adult supervisor must be present and available to directly supervise waiting participants to ensure no climbing takes place whilst the instructor is ascending. Gates and doors should be locked when not in use. Unsafe practise to be dealt with immediately. Instructor to control speed of descent if necessary.
Injury from falling object/abseil rope	Spectator, Other user	
Injury from entrapment	Participant	Helmets to be worn at all times excluding the shelter and equipment to be properly sized and fitted. Spectators to wait well clear from bottom of tower. Ensure kit is secured at top. Instructor to check before dropping ropes, use safety calls.
Poor visibility/weather	Participant, Spectator, Other User	Long hair/loose clothing/neck items to be removed or tucked away to reduce entrapment. Hands to be kept clear of descender. Rescue bag at top of tower, instructor to ensure they have a means of safe descent.
Fire	Participant, Instructor, Spectators, Other users	Activity to cease in high winds of F7 or above (ropes to be secured at top) and poor visibility where the top or bottom of the tower is not clearly visible. Procedure in place for lightning. Tower evacuation procedures in place in event of a fire, 1 non active participant waiting within tower. Rescue bag at top of tower, instructor to ensure they have a means of safe descent.

**RECOMMENDATIONS:** Activity to cease in high winds of F7 or above 15/09/18. Addition of unsupervised climbing/abseiling risk and control measure 09/06/2019. 26/06/2019 added procedure in place for lightning.

## CLIMBING RISK BENEFIT ANALYSIS

**QUALIFICATION:** In house assessment, CWI or RCI.

**EXPERIENCES & OUTCOMES:** Mental and emotional wellbeing, Social wellbeing, Physical education - movement skills, competencies and concepts, cooperation and competition, evaluating and appreciating, Physical wellbeing

### BENEFITS

- Promotes communication skills and trust in equipment and others
- Promotes confidence and a sense of accomplishment
- Improves strength, power, flexibility and a sense of awareness, proprioception, hand eye co-ordination, determination and balance

- Promotes visualisation, problem solving and memory skills
- Achievable and measurable goals
- Facilitates facing fears and overcoming challenges

RISK	WHO'S AT RISK	CONTROL MEASURES
Injury from faulty equipment	Participant, Instructor	Equipment subject to pre session safety check and formal monthly check.
Injury from poor technique	Participant, Belayer	Instructor to provide a safety briefing as per ops manual, Instructor will provide a demonstration, assistance and feedback where appropriate and necessary Unsafe practise to be dealt with immediately, bell ringers must move to the dead rope prior to descent.
Fall from height	Participant, Instructor	Instructor to back up rope at all times unless authorised to supervise belaying and only when satisfied of the groups maturity and demonstrated competency. Instructor to check climber's attachment prior to each ascent and promote a peer checking system and safety calls. Instructor to ensure own safety at top of tower. Bouldering or Traversing must be appropriately managed and boundaries set. Safe use of spotters where appropriate. Ensure climbers full weight is on rope prior to commencing descent. Specific operating procedures, maintenance and safety checks for auto belay use to be followed. Autobelays to be supervised at all times
Injury from falling object	Participant, Belayers, Spectators	Helmets to be worn at all times inside the tower compound excluding the shelter, equipment to be properly sized and fitted. Autobelays installed and checked by 2 instructors.
Injury from entrapment	Participant, Belayers.	Long hair/loose clothing/neck items to be removed or tucked away to reduce entrapment Climbers to be made aware of dangers of climbing using hanging bolts. Rescue rope readily available

Poor visibility/weather	Participant, Spectator, Other user	Activity to cease in high winds of F7 or above and poor visibility where the climber is not clearly visible. Procedure in place for lightning.
Injury to spectators from ropes	Spectator	Spectators to wait well clear from bottom of tower. Spotters to be used when bouldering and boundaries set. Ropes secured in high winds.
Fire	Participant, instructor, spectator, other user	Tower evacuation procedures in place in event of a fire.

**RECOMMENDATIONS:** 14/09/2018

Specific operating procedures, maintenance and safety checks for auto belay use to be followed.

Autobelays to be supervised at all times

Autobelays installed and checked by 2 instructors.

Activity to cease in high winds of F7 or above 15/09/18  
26/06/2019 added procedure in place for lightning.

## SINGLE PITCH (OFF SITE CLIMBING/ABSEILING) RISK BENEFIT ANALYSIS

**QUALIFICATION:** RCI or above.

**EXPERIENCES & OUTCOMES:** Mental and emotional wellbeing, Social wellbeing, Physical education - movement skills, competencies and concepts, cooperation and competition, evaluating and appreciating, Physical wellbeing

### BENEFITS

- Promotes communication skills and trust in equipment and others
- Promotes confidence and a sense of accomplishment
- Improves strength, power, flexibility and a sense of awareness, proprioception, hand eye co-ordination, determination and balance.

- Promotes visualisation, problem solving and memory skills
- Achievable and measurable goals
- Facilitates facing fears and overcoming challenges
- Conservation and environmental awareness

RISK	WHO'S AT RISK	CONTROL MEASURES
Road accident travelling to/from venue	Participant, instructor, other road users.	Drivers to drive to the conditions with consideration to passengers and length of vehicle. Trailer hitch, lights and securing should be checked prior to each journey. Late back procedures in place.
Environmental hazards	Participant, instructor	Instructor to check area prior to commencing activity – alternative plan available. Land management signs adhered to and consideration to nature and conservation.
Collision with other road users at get in/out.	Participant, instructor, spectators, other users	Group to be made aware of dangers. Instructor to manage group effectively and supervise road crossings.
Injury from trips or falls	Participant, instructor	Group to be shown safe route to top and bottom of crag and made aware of sensible footing.
Hypo/hyperthermia, sunburn, exposure	Participant	Participants should be appropriately prepared for the weather with full foot protection. Equipment should be correctly sized and fitted. Medication, food, spare clothes and shelter should be available along with a means of contacting help
Injury from faulty equipment	Participant, Belayer	Equipment subject to pre session safety check and formal monthly check.
Injury from poor technique	Participant, instructor	Instructor to provide a safety briefing as per ops manual, demonstrate where appropriate and provide feedback and assistance where necessary Unsafe practise to be dealt with immediately.

Fall from height	Participant, belayers, spectators, Instructors	Instructor to be in control of safety rope at all times unless teaching belaying and only when satisfied of competency and maturity. Instructor must self-protect at all times. Safe use of spotters to be used if appropriate when bouldering and boundaries set
Injury from falling object	Participant, belayers, Instructor, Other user	Helmets to be worn at all times at bottom of crag equipment to properly sized and fitted.
Injury from entrapment	Participant, Belayer	Long hair/loose clothing/neck items to be removed or tucked away to reduce entrapment. Instructor to demonstrate correct technique.
Poor visibility/weather	Participants, Spectators, Instructors	Activity to cease in high winds of F7 or above and poor visibility where the top or bottom of the pitch is not clearly visible. Procedure in place for lightning.
Injury to spectators from ropes	Spectators	Spectators to wait well clear from bottom and top of crag. Ropes to be secured in windy conditions.

**RECOMMENDATIONS:** Activity to cease in high winds of F7 or above 15/09/18. 26/06/2019 added procedure in place for lightning.

## CRATE STACK RISK BENEFIT ANALYSIS

**QUALIFICATION:** In house assessment

**EXPERIENCES & OUTCOMES:** Mental and emotional wellbeing, Social wellbeing, Physical education - movement skills, competencies and concepts, cooperation and competition, evaluating and appreciating, Physical wellbeing

### BENEFITS

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Builds trust in equipment and others</li> <li>• Promotes confidence and a sense of accomplishment</li> <li>• Improves strength, sense of awareness, concentration and balance</li> </ul> | <ul style="list-style-type: none"> <li>• Facilitates facing fears and overcoming challenges</li> <li>• Provides an awareness of safety systems</li> <li>• Responsibility for self and others and develops risk awareness</li> </ul> |
|---|---|

RISK	WHO'S AT RISK	CONTROL MEASURES
Injury from faulty equipment	Participant	Equipment subject to pre session safety check and formal monthly check.
Injury from poor technique	Participant	Instructor to provide a safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately.
Injury from falling object	Spectator, instructor	Helmets to be worn at all times and equipment to be sized and properly fitted Spectators to wait clear of bottom of crate stack, crates clipped to bungee to prevent falling on assistant. Assistants to step back from crate tower as soon as possible to prevent injury from falling crate Consider use of crate hoist to keep participants active and out with fall zone
Fall from height	Participant	Instructor to control belaying of participant with one hand on live rope and one hand on dead rope. <b>Authorised</b> instructors can supervise belaying where group is mature and has demonstrated competent to do so safely. Ensure rope is taken in quickly if participant is about to fall. Assistant to remove stepping crates as climber ascends past.
Environmental hazards	Participants, Instructor, Spectators	Instructor to visually check tree canopy and general area prior to start. Activity to cease in winds of F7 or above Procedure in place for lightning.
Injury from trip/fall	Instructor, Participant, Belayer	Exposed root plates to be covered with wood chippings to prevent trip hazards and avoid compaction. Instructor to make group aware of sensible footing.

**RECOMMENDATIONS:** Activity to cease in high winds of F7 or above 15/09/18



## POLE CLIMB RISK BENEFIT ANALYSIS

**QUALIFICATION:** In house assessment

**EXPERIENCES & OUTCOMES:** Mental and emotional wellbeing, Social wellbeing, Physical education - movement skills, competencies and concepts, cooperation and competition, evaluating and appreciating, Physical wellbeing

### BENEFITS

- Builds trust in equipment and others
- Promotes confidence and a sense of accomplishment
- Improves strength, sense of awareness, concentration and balance

- Facilitates facing fears and overcoming challenges
- Provides an awareness of safety systems, responsibility for self and others and develops risk awareness

RISK	WHO'S AT RISK	CONTROL MEASURES
Injury from faulty equipment	Participant	Equipment subject to pre session safety check and formal monthly check.
Injury from poor technique	Participant	Instructor to provide a safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Participants must climb and descend the pole one at a time (only one belay rope is active).
Injury from falling object	Participants, instructor, spectators	Helmets to be worn at all times and equipment to be sized and properly fitted
Injury from trip/fall	Participants, instructor, spectator	Exposed roots to be covered with wood chippings to prevent trip hazards. Instructor to make group aware of sensible footing.
Fall from height	Participant	Instructor to ensure equipment is sized and fitted correctly. Instructor to control both safety ropes - take in, pay out and lowering of participant. Instructor must position themselves and the group to see the Italian hitch at all times during peer belaying. Authorised instructors may supervise belaying where group maturity and competence allows.
Injury from collision with pole	Participant	Dismount by leaning backwards facing the pole to deflect any collision. If participant needs to dismount sitting they must sit on the edge of the pole facing the belay rope and the belay rope must be taken tight as the participant slowly lowers their weight onto the rope.
Environmental Hazards	Participant, Instructor, Spectators	Ladder to be removed as soon as participant is on pole. Instructor to check area prior to activity, paying particular attention to tree canopy.



		Activity to cease in winds of F7 or above. Procedure in place for lightning.
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**RECOMMENDATIONS:** Activity to cease in high winds of F7 or above 15/09/18

## ORIENTEERING RISK BENEFIT ANALYSIS

**QUALIFICATION:** In house assessment

**EXPERIENCES & OUTCOMES:** Social wellbeing, Physical wellbeing, listening and talking skills, finding and using information, understanding analysing, evaluating angles, symmetry and transformation

### BENEFITS

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• A progressive and challenging activity introducing problem solving, skill development and environmental awareness</li> <li>• Can improve planning, responsibility, communication, risk awareness and team work</li> </ul> | <ul style="list-style-type: none"> <li>• Teaches personal and group safety awareness</li> <li>• Promotes a sense of independence and achievement</li> <li>• Involves decision making, prioritising and use of judgement</li> <li>• Improves physical fitness</li> </ul> |
|--|---|

RISK	WHO IS AT RISK?	ANALYSIS
Injury from trips or falls	Participant	Activity to be run in accordance with operating procedures. Consider minimum group number. Instructor to provide a safety briefing including boundaries, hazards and what to do in the event of an incident. Instructor to provide feedback and assistance where necessary, and deal with unsafe practice Highlight risk areas e.g. – high drops, bogs, streams
Getting lost	Participant	Instructor to have a means of recalling group, access to first aid and torch if required Identify out of bounds area to group, record groups intended location/check in and out times and give cut off times. Participants to receive instruction on use of map, a central base and point of return should be identified. Cut off times and record of each groups intended controls should be maintained.
Health problems arising from pre-existing medical conditions	Participant	Instructor should be made aware of any issues
Hypo/hyperthermia, sunburn, exhaustion	Participant	Participants should be appropriately prepared for the activity weather.
Tick-borne disease	Participant	Information leaflets on notice boards, long sleeves and trousers encouraged.
Environmental hazards	Participant	Instructor to ensure areas are safe prior to sending group e.g. windblown trees/site works. Procedure in place for lightning, activities in woodlands not to proceed in winds F7 or above

**RECOMMENDATIONS:** 26/06/2019 added procedure in place for lightning.

## WIDE GAMES RISK BENEFIT ANALYSIS

**QUALIFICATION:** In house assessment

**EXPERIENCES & OUTCOMES:** Physical wellbeing, Social Wellbeing

### BENEFITS

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|---|--|
| <ul style="list-style-type: none"> <li>• A progressive and challenging activity introducing problem solving, strategy, imagination and environmental awareness</li> <li>• Improves physical fitness</li> <li>• Can improve planning, responsibility, communication, risk awareness and team work</li> </ul> | <ul style="list-style-type: none"> <li>• Teaches personal and group safety awareness</li> <li>• Promotes a sense of independence and achievement</li> <li>• Involves decision making and use of judgement</li> </ul> |
|---|--|

RISK	WHO'S AT RISK	CONTROL MEASURES
Injury from trips or falls	Participant, Instructor	Activity to be ran in accordance with operating procedures. Instructor to provide a full safety briefing including boundaries, hazards and what to do in the event of an accident. Instructor to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Consider a minimum group number.
Getting lost	Participant	Instructor to have a means of recalling group, access to first aid and torch if required A central base and point of return should be identified. Cut off times should be adhered to
Hypo/hyperthermia, sunburn, exhaustion	Participant, Instructor	Participants should be appropriately prepared for the weather and activity
Health problems arising from pre-existing medical conditions	Participant, Instructor	Any participant suffering from pre-existing medical conditions should ensure that they are carrying appropriate medication and inform their instructor of any concerns.
Tick-borne disease	Participant, Instructor	Information leaflets on notice boards, encourage trousers.
Environmental hazards	Participant, Instructor	Instructor to ensure areas are safe prior to sending group e.g. windblown trees/site works Activity to cease in woodlands in high winds of F7 or above. Procedure in place for lightning.
Collision with object	Participant, Instructor	Brief participants of area, consider torches if appropriate.

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**RECOMMENDATIONS:** Activity to cease in woodlands in high winds of F7 or above 15/09/18. 26/06/2019 added procedure in place for lightning.

## NIGHT LINE RISK BENEFIT ANALYSIS

**QUALIFICATION:** In house assessment

**EXPERIENCES & OUTCOMES:** Physical wellbeing, Social Wellbeing, listening and talking skills

### BENEFITS

- Develops communication skills, teamwork, and sensory awareness
- Exploring the environment, adventure, new experience, encounter wildlife and astronomy, increases knowledge
- Introduces hazard awareness and risk management

- Improves listening skills, facing fears and understanding risk, responsibility, and challenge
- A fun physical activity, good for building relationships – both within the group and with the instructor

RISK	WHO'S AT RISK	CONTROL MEASURES
Injury from trips or falls	Participant, instructor, spectators	Activity to be ran in accordance with operating procedures. Instructor to provide a full safety briefing including boundaries, hazards and what to do in the event of an accident. Instructor to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Helmets to be worn.
Environmental hazards (tree damage/site work/nettles)	Participant, instructor, spectators	Instructor to ensure area safe prior to activity, area subject to routine maintenance. Activity to cease in winds of F7 or above Procedure in place for lightning
Getting lost	Participant, spectators	Participants should be encouraged to share information relating to obstacles as they arise Participants to keep one hand in contact with the line and on hand on shoulder of person in front if appropriate Instructor to carry torch if appropriate and means for contacting help. Instructor to employ good group management throughout with regular opportunities to account for whole group. A central base and point of return should be identified.
Hypo/hyperthermia, sunburn, exhaustion, pre-existing medical conditions	Participants, spectators	Participants should be appropriately prepared for the weather with full foot and leg coverage. Any participant suffering from asthma, diabetes, epilepsy or other pre-existing medical conditions should ensure that they are carrying appropriate medication.
Tick-borne disease	Participants, instructors, spectators	Information leaflets on notice boards, advise participants to wear long sleeved top and full length trousers
Collisions	Participants	Instructor to promote good communication, advise of specific hazards and be on hand to assist participants. Helmets must be worn

**RECOMMENDATIONS:** Helmets must be worn

Activity to cease in high winds of F7 or above 15/09/18

26/06/2019 added procedure in place for lightning.

## TEAM CHALLENGES RISK BENEFIT ANALYSIS

**QUALIFICATION:** In house assessment

**EXPERIENCES & OUTCOMES:** Physical wellbeing, Social Wellbeing, listening and talking skills, forces, properties of 2D shapes and 3D objects. movement skills, competencies and concepts, cooperation and competition

### BENEFITS

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Progressive and challenging activities introducing problem solving, communication and team working skills which teaches personal and group safety awareness</li> <li>• Develops trust, self-confidence, leadership and awareness of limitations (group and individual)</li> <li>• Can improve planning, responsibility, communication, risk awareness and relationship building</li> </ul> | <ul style="list-style-type: none"> <li>• Promotes a sense of independence and achievement and encourages exploring possibilities and understanding consequences</li> <li>• Opportunity to explore the environment</li> <li>• Encourages reflection, creativity, negotiation, sharing and supporting</li> <li>• Involves decision making and use of judgement</li> </ul> |
|---|---|

RISK	WHO'S AT RISK	CONTROL MEASURES
Injury from trips or falls	Participant, instructor	Instructor to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary Unsafe practise to be dealt with immediately.
Environmental hazards	Participants, Instructor	Instructor to check the area and equipment prior to use Activity to cease in woodlands in winds of F7 or above. Procedure in place for lightning. Instructor to promote good manual handling
Poor manual handling	Participant	Moving or passing equipment must not exceed waist height; spars should not exceed 3m.
Injury from collision with object/ falling object	Participant	Exercise good judgement when choosing blind fold areas.
Falling from height	Participants	Spiders web and trust fall should be undertaken with extra caution Safe spotting whenever participants are being lifted or carried. Instructors to ensure participants are fully supported by team members. Maturity of the group must be considered prior to these challenges. Tasks should be progressive to gauge group's ability. Instructor should ensure group maintain a minimum number for tasks that require counter balance.

**RECOMMENDATIONS:** Activity to cease in high winds of F7 or above 15/09/18. 26/06/2019 added procedure in place for lightning.





## SHELTER BUILDING/PIONEERING RISK BENEFIT ANALYSIS

**QUALIFICATION:** In house assessment

**EXPERIENCES & OUTCOMES:** Craft, design engineering and graphics contexts for developing technological skills and knowledge. Social wellbeing physical wellbeing, Angle symmetry and transformation, listening and talking, People place and environment mental and emotional wellbeing

### BENEFITS

- Promotes teamwork, physical activity, reflection, building relationships, social skills
- Develops imagination, planning, safety awareness, new skills (knots)
- Encourages reflection, creativity, negotiation, sharing and supporting

RISK	WHO IS AT RISK?	ANALYSIS
Injury from trips or falls	Participants, instructor	Instructor to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Boundaries to be established.
Environmental hazards	Participants, instructor, spectators	Instructor to check the area and equipment prior to use, particularly overhanging branches and leaning trees. Activity to cease in winds of F7 or above. Procedure in place for lightning, Saws, axes and knives should only be used by those competent to do so under the strict supervision of an instructor trained in the safe use of said tools with maturity of group in mind.
Injury from sticks/tools	Participants	Instructors to regularly check main structure for signs of collapse, large rotten logs/branches should not be used for main structure, demolition of shelters should be supervised by a responsible person
Injury from structures collapsing	Participants	Larger logs must be carried by more than one person, larger logs must be kept below head height, helmets may be worn by younger groups, larger logs must be lifted using appropriate technique
Injury from poor manual handling	Participants	Group made aware of risk, area should be reasonably brashed.
Collision with tree	Participants	Gloves provided
Injury from collecting wood/brash	Participants, Instructor	

**RECOMMENDATIONS:** Area to be brashed – completed 07/09/18

Activity to cease in high winds of F7 or above 15/09/18

26/06/2019 added procedure in place for lightning.

## ENVIRONMENTAL ACTIVITIES RISK BENEFIT ANALYSIS

**QUALIFICATION:** In house assessment

**EXPERIENCES & OUTCOMES:** Biodiversity and interdependence, energy sources and sustainability. People places and environment, social wellbeing and physical wellbeing, mental and emotional wellbeing, art and design.

**BENEFITS**

- Increased understanding and awareness of the world around us
- Teamwork, exploring the environment, discovery, understanding risks
- Increased knowledge (ecology, environmental issues, and biology etc.).

RISK	WHO'S AT RISK	CONTROL MEASURES
Injury from trips or falls	Participants, instructor	Instructor to provide a safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Boundaries to be established. Instructors must carry an appropriate first aid kit.
Collision	Participant	Group made aware of risks
Environmental hazards	Participants, instructor, spectators	Instructor to check the area and equipment prior to use Group to be managed appropriately Procedure in place for lightning. Activity to cease in woodlands in winds of F7 or above
Drowning	Participants	Instructor must have a means of rescue when working close to water
Poisoning, infection, stings, bites, allergic reactions, ticks	Participants, instructors	Participants must wash hands before eating Cuts must be covered with a plaster or gloves worn where possible Participants should be made aware of the dangers of eating something they cannot clearly identify as safe or without appropriate supervision. Information leaflets on notice boards Participants to be appropriately dressed for weather and environment long trousers and sleeves are recommended. Any participant suffering from pre-existing medical conditions should ensure that they are carrying appropriate medication.
Getting lost	Participants	Participants must be aware of what to do in case of getting lost or being injured (wait and call for help).

**RECOMMENDATIONS:** Activity to cease in woodlands in high winds of F7 or above 15/09/18. 26/06/2019 added procedure in place for lightning.

## CAMPFIRE RISK BENEFIT ANALYSIS

**QUALIFICATION:** In house assessment

**EXPERIENCES & OUTCOMES:** Participation in performance and presentation, dance, drama, music, social wellbeing

### BENEFITS

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Promotes teamwork, physical activity</li> <li>• Reflection, building relationships, social skills</li> <li>• Develops imagination/storytelling, safety awareness, relaxation, new skills (fire lighting).</li> </ul> | <ul style="list-style-type: none"> <li>• Encourages reflection, creativity, negotiation, sharing and supporting</li> <li>• Safety awareness, relaxation</li> </ul> |
|---|--|

RISK	WHO'S AT RISK	CONTROL MEASURES
Injury from trips or falls	Participant, instructor	Instructor to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary Unsafe practise to be dealt with immediately No running when collecting or carrying firewood or near fire. Boundaries to be established.
Burns/Scald	Participant, instructor	Group to be shown how to safely put sticks/logs on fire, size of fire to be appropriate Cooking and Marshmallow toasting should be in small groups under direct supervision from an adult.
Uncontrolled fire	Participant, instructor, other users	Fire to be supervised by a responsible adult and extinguished after use Instructor to check the area and equipment prior to and after use
Explosion	Participant, instructor, other users	Accelerants to be kept away from fire
Environmental hazards	Participant, instructor, other users	Area to be checked prior to use Procedure in place for lightning, activities in woodlands not to proceed in winds F7 or above
Food poisoning	Participant	Instructors trained in foraging and safe identification. Ingredients must be fresh or best before date and of low risk. Good food hygiene practise should be employed.
Injury from sticks/tools	Participants	

		<p>Saws, axes and knives should only be used by those competent to do so under the strict supervision of an instructor trained in the safe use said tools with maturity of group in mind.</p>
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**RECOMMENDATIONS:** 26/06/2019 added procedure in place for lightning.

## CAMPING RISK BENEFIT ANALYSIS

**QUALIFICATION:** In house assessment

**EXPERIENCES & OUTCOMES:** Physical wellbeing, mental and emotional wellbeing, social wellbeing, listening and talking, craft, design engineering and graphics, Space and planet earth.

### BENEFITS

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>Promotes teamwork, physical activity, reflection, building relationships, social skills</li> <li>Develops safety awareness, independence, self-sufficiency and risk assessment</li> </ul> | <ul style="list-style-type: none"> <li>Raises environment awareness and responsibility</li> <li>Sense of adventure, increases knowledge of environment and astronomy</li> </ul> |
|--|---|

RISK	WHO IS AT RISK?	ANALYSIS
Injury from trips or falls	Participant, instructor	Instructor to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Boundaries to be established.
Environmental hazards	Participant, instructor	Instructor to check the area and equipment prior to use, Procedure in place for lightning, activities in woodlands not to proceed in winds F7 or above
Injury from structures collapsing	Participant	Instructors to check tents for signs of collapse/damage
Burns	Participant, instructor	Campsite to be away from fire and flammable materials
Hypothermia	Participant	An alternative plan for shelter must be available and a means of contacting help Participants must be appropriately dressed and prepared for an overnight camp.

**RECOMMENDATIONS:** 26/06/2019 added procedure in place for lightning.

## ACTIVITY AREAS RISK BENEFIT ANALYSIS

<b>QUALIFICATION:</b> In house assessment		
<b>EXPERIENCES &amp; OUTCOMES:</b> Physical wellbeing, mental and emotional wellbeing, social wellbeing, listening and talking		
<b>BENEFITS</b>		
<ul style="list-style-type: none"> <li>Provides fun, adventure and an opportunity to explore</li> <li>Promotes teamwork, physical activity, building relationships, social skills</li> <li>Develops movement skills and techniques, improves physical fitness</li> </ul>		<ul style="list-style-type: none"> <li>Safety awareness /for self and others,</li> <li>Introduces risk awareness</li> </ul>
<b>RISK</b>	<b>WHO'S AT RISK</b>	<b>CONTROL MEASURES</b>
Injury from trips or falls	Participant	Group to be supervised at all times and safety rules followed. Electrical cables should be covered or ran discreetly.
Collision with object/person	Participant	Group leader to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Boundaries to be established. Adequate supervision and ratios. Maximum numbers should not be exceeded. Groups should be made aware of hazards.
Fall from height/obstacle	Participant	Climbing on the furniture is not permitted unless specifically designed for that purpose. Appropriate fall surfaces in place. Indoor wall only to be used with an instructor, anti climb mats in place when wall not in session. Member of staff and group leader to check area/equipment before use
Entrapment	Participant	Equipment should be set up and taken down by staff only, shutters set up by staff only. Legs kept clear of below bird nest swing.
Electrocution Damage to equipment	Participant, Instructor	Electrical equipment PAT tested, only operated by trained staff. Equipment tested prior to start of activity
Fire	Participant, Spectator, Instructor	Repairs should only be carried out by a competent person, blowers and cables should be lifted and transported
Poor weather	Participant, spectator, instructor	Areas subject to routine maintenance checks Fire exit/procedures and equipment readily available Procedure in place for lightning. Activities in to cease in winds of F7 or above.
<b>RECOMMENDATIONS:</b> Display no unauthorised access signs or similar 20/11/2016. Anti climb mats in place when wall not in session. Electrical equipment PAT tested, only operated by trained staff. Equipment should be set up and taken down by staff only, shutters set up by staff only. 26/06/2019 added procedure in place for lightning.		

## INFLATABLES RISK BENEFIT ANALYSIS

<b>QUALIFICATION:</b> In house assessment		
<b>EXPERIENCES &amp; OUTCOMES:</b> Physical wellbeing, mental and emotional wellbeing, social wellbeing, listening and talking		
<b>BENEFITS</b>		
<ul style="list-style-type: none"> <li>Provides fun, adventure and an opportunity to explore</li> <li>Promotes teamwork, physical activity, building relationships, social skills</li> <li>Develops movement skills and techniques, improves physical fitness</li> </ul>		<ul style="list-style-type: none"> <li>Safety awareness /for self and others,</li> <li>Introduces risk awareness</li> </ul>
RISK	WHO'S AT RISK	CONTROL MEASURES
Injury from trips or falls	Participant, spectators	Group leader to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Boundaries to be established. Ensure group are aware of guy lines as a trip hazard
Friction burns	Participant	Bungee harness should not be held at any time during activity. Harness should not contact bare skin.
Collision with object/person	Participant	Member of staff and group leader to check area/equipment before use Safety equipment should be worn at all times. Stopper knot on wrecking ball should be taped.
Fire	Participant, spectators, other users	Group to be supervised at all times and safety rules followed. Areas subject to routine maintenance checks Fire exit/procedures and equipment readily available
Fall from height	Participant	Mats placed at appropriate locations around activity. Sumo mat must have an additional row of mats placed around the perimeter. Spectators to spot around perimeter to prevent participants leaving mat area.
Damage/injury due to high winds	Participant, spectators, other users	Inflatables should not be placed outside during high winds max 38kmh force 5, weather shall be monitored throughout activity ceased and deflated where appropriate. Inflatables should be tethered to the ground if appropriate. Procedure in place for lightning.
<b>RECOMMENDATIONS:</b> Display no unauthorised access signs or similar, Inflatables should be tethered and not placed outside in high winds, review as a result of accident in Essex. 20/11/2016. Safety equipment should be worn at all times added to risk assessment. Sumo suits must have 2 rows of mats 07/03/18. Added spectators to spot on sumo suits 21/03/18. Added Stopper knot on wrecking ball taped 27/06/18. 26/06/2019 added procedure in place for lightning.		



## GRASS SLEDGES RISK BENEFIT ANALYSIS

**QUALIFICATION:** In house assessment

**EXPERIENCES & OUTCOMES:** Physical wellbeing, mental and emotional wellbeing, social wellbeing, listening and talking

### BENEFITS

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Provides fun, adventure</li> <li>• Increases confidence and trust, building relationships, social skills</li> <li>• Improves physical fitness</li> </ul> | <ul style="list-style-type: none"> <li>• Safety awareness /for self and others,</li> <li>• Introduces risk awareness</li> </ul> |
|---|---|

RISK	WHO'S AT RISK	CONTROL MEASURES
Injury from trips or falls	Participant	Group leader to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Boundaries to be established. Walking/running or sliding up and down the track is prohibited.
Unauthorised access	Participant	No unauthorised entry signs displayed
Collision with object/person	Participants, spectators	Riders should descend the track, sitting and forwards with brakes covered. No one should attempt to ascend/descend the track unless using the sledge in the appropriate way. Spectators must wait in a safe area, crash mat in place at bottom.
Entrapment (participant)	Participant	Participants should be discouraged from propelling the sledge by their hands on the track
Faulty equipment	Participant	Member of staff and group leader to check area/equipment before use  Areas subject to routine maintenance checks  Group to be supervised at all times and safety rules followed
Poor weather	Participant, instructor, spectator	Participants to leave track immediately by the exit ramp, riders must not descend unless the track is clear Procedure in place for lightning. Activities in to cease in winds of F7 or above.

**RECOMMENDATIONS:** Display no unauthorised access signs or similar.. 26/06/2019 added procedure in place for lightning.

## PEDAL KARTS RISK BENEFIT ANALYSIS

<b>QUALIFICATION:</b> In house assessment		
<b>EXPERIENCES &amp; OUTCOMES:</b> Physical wellbeing, mental and emotional wellbeing, social wellbeing, listening and talking		
<b>BENEFITS</b>		
<ul style="list-style-type: none"> <li>Provides fun, adventure, strategy</li> <li>Increases confidence and trust, building relationships, social skills, improves communication skills</li> <li>Improves physical fitness</li> </ul>		<ul style="list-style-type: none"> <li>Safety awareness /for self and others,</li> <li>Introduces risk awareness</li> </ul>
<b>RISK</b>	<b>WHO'S AT RISK</b>	<b>CONTROL MEASURES</b>
Injury from trips or falls	Participants	Group leader to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Boundaries to be established. Areas subject to routine maintenance checks
Unauthorised access	Participants	Area to be locked when not in use
Faulty equipment	Participants	Member of staff and group leader to check area/equipment before use  Group to be supervised at all times and safety rules followed.  Spectators to wait in safe area
Collision with object/person	Participants, spectators	Participants should wait on kart until all have stopped moving
Entrapment	Participants	Hands should be kept clear of the chain and gearing any faults should be reported to a member of staff for repair
Fall from height	Participants, spectators Instructor	Stairs to be used entering and exiting track, the walls and fence of the track area should not be climbed Access to the pool is strictly prohibited
Poor weather Injury from lifting Karts	Participants. Instructor, spectator Participants, spectators	

	Instructor	Procedure in place for lightning. Activities in to cease in winds of F7 or above. Minimum of 2 persons to lift karts, ramps provided. Correct manual handling used.
<b>RECOMMENDATIONS:</b> In the event of collision or issue, participants should wait in the kart until all karts have ceased movement. Area to be locked when not in use, no unauthorised entry signs displayed. 26/06/2019 added procedure in place for lightning. 07/08/2019 access to the pool is strictly prohibited.		

## SWIMMING RISK BENEFIT ANALYSIS

<b>QUALIFICATION:</b> NPLQ or equivalent		
<b>EXPERIENCES &amp; OUTCOMES:</b> Physical wellbeing, mental and emotional wellbeing, social wellbeing, listening and talking		
<b>BENEFITS</b>		
<ul style="list-style-type: none"> <li>Provides fun, adventure and skill development</li> <li>Promotes teamwork, physical activity, building relationships, social skills</li> <li>Develops movement skills and techniques, improves physical fitness – aerobic fitness, flexibility, speed and power</li> </ul>		<ul style="list-style-type: none"> <li>Safety awareness /for self and others,</li> <li>Introduces risk awareness</li> </ul>
RISK	WHO'S AT RISK	CONTROL MEASURES
Injury from trips or falls	Participants, spectators	Group leader to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Boundaries to be established. Pool area subject to routine maintenance. Safety signs displayed.
Unauthorised access	Participants	Area to be locked when not in use, no unauthorised entry signs displayed
Collision with object/person/poolside	Participants	Member of staff and group leader to check area/equipment before use, safety signs displayed. No diving.
Drowning	Participants	Pool hook available, trained first aiders on site. Lifeguard present, ratios adhered too.
Hypothermia/sunburn (participants, spectators)	Participants, Spectators	Participants to be prepared for the weather and activity.  Careful consideration to air and water temperature. Wetsuits, or activity not to proceed when water temperature is below 15 degrees where risk of immersion is high. Procedure in place for lightning. Group to be supervised at all times and safety rules followed. Group leader to have means of alerting users.
Fall from height (participants, spectators)	Fall from height (participants, spectators)	
<b>RECOMMENDATIONS:</b> Area to be locked when not in use, no unauthorised entry signs displayed Careful consideration to air and water temperature. Wetsuits, or activity not to proceed when water temperature is below 15 degrees where risk of immersion is high. 14/09/18 26/06/2019 added procedure in place for lightning.		

## WATER WALKERZ RISK BENEFIT ANALYSIS

<b>QUALIFICATION:</b> In house assessment		
<b>EXPERIENCES &amp; OUTCOMES:</b> Physical wellbeing social wellbeing mental and emotional wellbeing		
<b>BENEFITS</b>		
<ul style="list-style-type: none"> <li>• Can improve your aerobic fitness, strength, endurance and cardiovascular fitness</li> <li>• An opportunity to hone coordination, flexibility and balance</li> </ul>		<ul style="list-style-type: none"> <li>• Teaches personal and group safety awareness</li> <li>• Opportunity to explore the environment from a different perspective</li> </ul>
<b>RISK</b>	<b>WHO'S AT RISK</b>	<b>CONTROL MEASURES</b>
Electric shock	Instructor, participant	Electric blower to be kept away from edge of pool, pat tested and kept dry. Blower fitted with safety button. Equipment subject to pre session safety check and formal monthly check.
Injury from trips or falls	Participant, instructor	Activity to be run in accordance with operating procedures. Instructor to provide a safety briefing. Unsafe practise to be dealt with immediately.
Drowning	Participant, instructor	Balls tethered for retrieval. Pool hook & knife available, minimum user weight of 15 stone. Instructor to pull ball to edge in case of emergency. Only as a last resort should the instructor enter the pool.
Collision with other water users	Participant	One person in a ball at a time, instructors to deflect ball away from edge of pool
Collision with side of pool	Participant	Participants to crawl on entry and exit to pool Water Walkerz to be tethered and zip to be securely fastened with no gaps, this should be checked prior to each water entry
Hypo/hyperthermia, sunburn, exhaustion	Participant	Participants should be appropriately prepared for the weather. Average ball time is 5 mins per entry.
Infectious disease	Participants	Careful consideration to air and water temperature. Wetsuits, or activity not to proceed when water temperature is below 15 degrees where risk of immersion is high. Procedure in place for lightning. Activities in to cease in winds of F7 or above.
High Temperature	Participants, Instructor	Wear socks as appropriate  In high temperatures ensure the balls are are not over inflated to allow room for air expansion. The balls can become hot to touch when left in direct sunlight, store in shade, cool in pool water if necessary.

**RECOMMENDATIONS:** Careful consideration to air and water temperature. Wetsuits, or activity not to proceed when water temperature is below 15 degrees where risk of immersion is high. 14/09/18. *Balls tethered for retrieval. Instructor to pull ball to edge in case of emergency. Only as a last resort should the instructor enter the pool* 11/05/2019. 26/06/2019 added procedure in place for lightning. 03/08/2019 entry added for high water temperature. 18/08/20 Participants to enter and exit the ball on the non pool side.

## RAFT BUILDING RISK BENEFIT ANALYSIS

<b>QUALIFICATION:</b> In house assessment		
<b>EXPERIENCES &amp; OUTCOMES:</b> Craft, design, engineering and graphics contexts for developing technological skills and knowledge. Social wellbeing, physical wellbeing. Angle symmetry and transformation, listening and talking, People places and environment, mental and emotional wellbeing. Forces, properties of 2D shapes and 3D objects. Movement skills, competencies and concepts, cooperation and competition.		
<b>BENEFITS</b>		
<ul style="list-style-type: none"> <li>• Problem solving, teaches consequences and seeing an idea through from start to end</li> <li>• Skill development, imagination, sharing and negotiating</li> <li>• Improves planning communication, leadership, risk awareness and team work</li> </ul>		<ul style="list-style-type: none"> <li>• Teaches personal and group safety awareness</li> <li>• Sense of achievement</li> <li>• Opportunity to explore the environment from a different perspective</li> </ul>
RISK	WHO'S AT RISK	CONTROL MEASURES
Injury from trips or falls	Participant/instructor	Equipment subject to pre session safety check and formal monthly check. Activity to be run in accordance with operating procedures and BCU guidelines. Instructor to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately
Injury from poor manual handling	Participant, instructor	Rafts to be lifted as a group endorsing good manual handling technique
Injury from rocks etc. on pond bed	Participant	Participants should be appropriately prepared for the weather with full foot protection. Equipment should be correctly sized and fitted. Buoyancy aids and helmets to be worn at all times on water
Hypo/hyperthermia, sunburn , poor weather	Participant	Activity operational out with winter months. Participants appropriately dressed and prepared for activity and weather.  Careful consideration to air and water temperature. Wetsuits, or activity not to proceed when water temperature is below 15 degrees where risk of immersion is high. Procedure in place for lightning. Activities in to cease in winds of F7 or above.
Injury from entrapment/drowning	Participant	Instructor to check raft prior to launch for any entrapment issue Instructor to carry a knife and means of assisting raft, Participants to position themselves on raft to avoid entrapment.

<p>Waterborne disease</p> <p>Collision with raft/other water users/paddles</p>	<p>Participant, instructor</p> <p>Participant, instructor</p>	<p>Attempts to flip the raft should be discouraged</p> <p>Participants to cover all open wounds and wash after session</p> <p>Activity of other users to be taken into consideration and instructor to adapt accordingly</p>
<p><b>RECOMMENDATIONS:</b> Careful consideration to air and water temperature. Wetsuits, or activity not to proceed when water temperature is below 15 degrees where risk of immersion is high. 14/09/18. 26/06/2019 added procedure in place for lightning.</p>		



## PADDLESPORTS RISK BENEFIT ANALYSIS

<b>QUALIFICATION:</b> UKCC Level 1 Coach or above		
<b>EXPERIENCES &amp; OUTCOMES:</b> Physical, social, mental, and emotional wellbeing, listening and talking, physical education, people, places and environment.		
<b>BENEFITS</b>		
<ul style="list-style-type: none"> <li>• A low impact activity with a reduced risk of wear-and-tear on joints and tissues</li> <li>• Can improve your aerobic fitness, strength and flexibility and cardiovascular fitness</li> <li>• Can be peaceful and meditative as well as fun and exciting</li> </ul>		<ul style="list-style-type: none"> <li>• An opportunity to hone coordination, flexibility and patience</li> <li>• Improves communication, awareness and team work</li> <li>• Teaches personal and group safety awareness</li> <li>• Provides the opportunity to explore the environment from a different perspective</li> </ul>
<b>RISK</b>	<b>WHO'S AT RISK</b>	<b>CONTROL MEASURES</b>
Injury from poor manual handling and from poor paddling technique	Participant, instructor	Boats to be lifted as a group endorsing good manual handling technique
Injury from capsize/entrapment	Participant, instructor	Equipment subject to pre session safety and formal monthly checks. Helmets available if necessary. Instructor to carry knife for entanglement & boat rescues.
Collision with other water users/road users	Participant, instructor, other users	Activity of other users to be taken into consideration and instructor to adapt accordingly, good group management to be employed throughout
Injury from rocks etc. on water bed	Participant	Full foot protection
Hypo/hyperthermia, sunburn, exposure	Participant, instructor	Participants should be appropriately prepared for the weather. Run out-with winter months. Equipment should be correctly sized and fitted. Buoyancy aids to be worn at all times on water. Medication, /food/fluids and shelter should be available, and means of contacting help Procedure in place for lightning.
Drowning Injury from trips or falls	Participant, instructor, spectators, other users	Careful consideration to air and water temperature. Wetsuits, or activity not to proceed when water temperature is below 15 degrees where risk of immersion is high.

Waterborne disease	Participant, instructors	<p>Activity to be run in accordance with operating procedures and BCU guidelines. Instructor to provide a safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately.</p> <p>Participants to cover all open wounds and wash after session, water quality checked annually.</p>
<p><b>RECOMMENDATIONS:</b> Careful consideration to air and water temperature. Wetsuits, or activity not to proceed when water temperature is below 15 degrees where risk of immersion is high. 14/09/18. 26/06/2019 added procedure in place for lightning.</p>		

## PADDLESPORTS (OFFSITE) RISK BENEFIT ANALYSIS

<b>QUALIFICATION:</b> UKCC Level 2 or above		
<b>EXPERIENCES &amp; OUTCOMES:</b> Physical, social, mental, and emotional wellbeing, listening and talking, physical education, people, places and environment.		
<b>BENEFITS</b>		
<ul style="list-style-type: none"> <li>• A low impact activity with a reduced risk of wear-and-tear on joints and tissues</li> <li>• Can improve your aerobic fitness, strength and flexibility and cardiovascular fitness</li> <li>• Can be peaceful and meditative as well as fun and exciting</li> <li>• An opportunity to hone your coordination, flexibility and patience</li> <li>• Improves communication, awareness and team work</li> <li>• Teaches personal and group safety awareness and aspects of self sufficiency</li> <li>• Provides opportunity for journeying and exploration, opportunity to explore the environment from a different perspective</li> </ul>		
<b>RISK</b>	<b>WHO'S AT RISK</b>	<b>CONTROL MEASURES</b>
Road accident travelling to/from venue.	Participants, Instructor, other road users.	Drivers have appropriate license and drive to the conditions with consideration to passengers and length of vehicle. Trailer hitch, lights and securing's should be checked prior to each journey.
Injury loading/unloading trailer and from poor manual handling	Participant, Instructor	Instructor to employ, supervise and promote good manual handling, boats to be lifted as a group.
Collision with other road users at get in/out.	Participant, Instructor	Group to be made aware of dangers. Preferred get in at Loch End Cottage Get in at layby (nn47908) requires particular care due to blind corner. Instructor to manage group effectively and supervise road crossings.
Poor paddling technique	Participant	Activity to be run in accordance with operating procedures and BCU guidelines and instructor to provide a safety briefing and demonstration where appropriate providing feedback and assistance where necessary.
Drowning	Participant, Instructor	Unsafe practise to be dealt with immediately. Multiple opportunities to get out available and late back procedures in place. Main body of loch can be greatly affected by wind – appropriate planning with reference to BCU environment guidelines, forecast and a dynamic risk assessment performed. An alternative activity should be available. Bouyancy aids to be worn at all times on water
Injury from capsize/strainers/	Participant, Instructor	Equipment subject to pre session safety check and formal monthly check. Instructor to carry a knife.

entrapment		Group to be managed effectively – particular care on slow moving water section – the narrows.
Lost group/participants	Participant	Instructor to employ effective group management strategies to keep group together – when travelling upstream on the narrows – adopt a position of most usefulness in order to assist paddlers against flow and maintain a line of sight for rest of group.
Collision with other water users	Collision with other water users	Activity of other users to be taken into consideration and instructor to adapt accordingly, good group management to be employed throughout
Hypo/hyperthermia, sunburn, exposure	Participant, Instructor	Participants should be appropriately prepared for the weather with full foot protection. Medication, food, spare clothes and shelter should be available along with a means of contacting help  Careful consideration to air and water temperature. Wetsuits, or activity not to proceed when water temperature is below 15 degrees where risk of immersion is high.
Waterborne disease	Participant, Instructor	Participants to cover all open wounds and wash after session
Environmental hazards	Participant, Instructor	Instructor to check area prior to commencing activity – alternative plan available. Land management signs adhered to. Procedure in place for lightning. Activities in woodlands to cease in winds of F7 or above.
Injury from trips or falls	Participants, Instructor	Group made aware of risks

**RECOMMENDATIONS:** Careful consideration to air and water temperature. Wetsuits, or activity not to proceed when water temperature is below 15 degrees where risk of immersion is high. 14/09/18. 26/06/2019 added procedure in place for lightning.

## MOUNTAIN BIKING RISK BENEFIT ANALYSIS

<b>QUALIFICATION:</b> TCL Training or equivalent		
<b>EXPERIENCES &amp; OUTCOMES:</b> Physical, social, mental, and emotional wellbeing, listening and talking, physical education, people, places and environment.		
<b>BENEFITS</b>		
<ul style="list-style-type: none"> <li>Physical activity which improves aerobic and cardiovascular fitness, muscular endurance, power, speed and stamina.</li> <li>Progressive skill development</li> <li>Personal and group awareness as well as risk awareness and assessment</li> <li>Can involve elements of trust</li> </ul>		<ul style="list-style-type: none"> <li>Responsibility for self and others, communication and team working skills</li> <li>Exploration, journeying, challenge and sense of achievement</li> <li>Promotes planning, thinking ahead, anticipation and decision making skills</li> </ul>
<b>RISK</b>	<b>WHO'S AT RISK</b>	<b>CONTROL MEASURES</b>
Injury from faulty equipment	Participant, instructor	Equipment subject to pre session safety check and formal monthly check supervised by Weldtech mechanic. Means of trailside repair available.
Poor technique	Participant	Instructor to provide a full safety briefing and demonstration where appropriate and to provide feedback on trail and obstacles with assistance where necessary
Injury from falling from bike	Participant, instructor	Any unsafe practise to be dealt with immediately. Route/trail choice to be appropriate to group's ability and maturity. Helmets and gloves to be worn at all times and equipment correctly sized and fitted
Hypo/hyperthermia/sunburn/exhaustion/pre-existing medical conditions	Participant, instructor	Medication must be carried and instructor made aware of any issue Participants to be prepared for ride and conditions
Injury/damage from loose fitting clothing	Participant	Loose clothing/items etc. to be tucked away
Lost group/individuals	Participants	Group to regroup regularly and encouraged to stay within sight of instructor.
Injury/death from collision with other trail or road user/obstacle	Participant, instructor, other users	Group to be aware of dangers and managed effectively Promote a give way attitude Group should move to side of track during stops

Environmental hazard	Participant, Instructor	Instructor to check area, trail prior to riding with group Procedure in place for lightning. Activities in woodlands to cease in winds of F7 or above.
<b>RECOMMENDATIONS:</b> 26/06/2019 added procedure in place for lightning.		

## MOUNTAIN BIKING (MILNGAVIE TO AUCHENGILLAN) RISK BENEFIT ANALYSIS

<b>QUALIFICATION:</b> TCL or equivalent		
<b>EXPERIENCES &amp; OUTCOMES:</b> Physical, social, mental, and emotional wellbeing, listening and talking, physical education, people, places and environment.		
<b>BENEFITS</b>		
<ul style="list-style-type: none"> <li>Physical activity which improves aerobic and cardiovascular fitness</li> <li>Muscular endurance, power, speed and stamina.</li> <li>Progressive skill development</li> <li>Personal and group awareness as well as risk awareness and assessment</li> <li>Promotes planning, thinking ahead, anticipation and decision making skills</li> </ul>		<ul style="list-style-type: none"> <li>Responsibility for self and others</li> <li>Communication and team working skills</li> <li>Can involve elements of trust. Exploration, journeying, challenge and sense of achievement.</li> </ul>
<b>RISK</b>	<b>WHO'S AT RISK</b>	<b>CONTROL MEASURES</b>
Road accident travelling to/from venue.	Participants, instructor, other road users	Drivers to drive to the conditions with consideration to passengers and length of vehicle. Trailer hitch, lights and securing's should be checked prior to each journey.
Injury loading/unloading trailer and from poor manual handling	Participant, instructor	Instructor to supervise and promote good manual handling, bikes to be secured before another is added to prevent falling form trailer.
Injury from manual handling/lifting bikes through gate at end of site	Participant, instructor	Instructor to supervise and promote good manual handling, Instructor to assist and support bikes as participant moves through gate.
Injury from faulty equipment	Participant, instructor	Equipment subject to pre session safety check and formal monthly check supervised by Weldtech mechanic. Means of trailside repair available.
Poor technique	Participant	Instructor to provide a safety briefing and demonstration where appropriate and to provide feedback on trail and obstacles with assistance where necessary Group to regroup regularly and encouraged to stay within sight of instructor. Any unsafe practise to be dealt with immediately
	Participant, instructor	Participants should be appropriately prepared for the weather and activity Medication must be carried and instructor made aware of any issues. Appropriate clothing/food/shelter and fluids to be carried by group or means of obtaining them available.

Hypo/hyperthermia/sunburn/exhaustion/pre-existing medical conditions	Participant, instructor	Instructor to be familiar with the trail venue and able to navigate to safety; carry a map of route and means of contacting help. Emergency cut off points available. Late back procedures in place.
Navigational error resulting in lost group/individuals	Participant, instructor	Helmets and gloves to be worn at all times and equipment correctly sized and fitted. Route/trail choice to be appropriate – specific sections of trail ridden will be at the discretion of the instructor based on the group’s ability and maturity.
Injury from falling from bike	Participant	Following technical sections – all optional with walk around – exercise caution with novices NS538769 technical trail close to steep bank drops to Allander river NS547765 rocky descent from Drumclog moor NS552757 descent with small step drops
Injury/damage from loose fitting clothing	Participant, instructor, other users	Loose clothing/items etc. to be tucked away  Group to be managed effectively at road crossings – consider dismounting if appropriate. Instructor to provide direct supervision.
Injury/death road accident at road crossings – B821 forest path junction NS537797 Khyber pass NS538771 Milngavie riverside - NS552746.	Participant, instructor, other users	Hi vis jackets should be worn in low visibility or cycling along the road.  WHW and Mugdock wood heavily used by other users, Group to be managed effectively and encouraged to give way with particular care exercised on single track descents. Instructor to be in a position of most usefulness.
Injury/death from collision with other trail user/obstacle	Participant, Instructor	Riverside and technical trails only to be used with experienced and proficient mountain bikers. Not suitable for novices. Instructor to check area prior to commencing activity – alternative plan available. Procedure in place for lightning. Activities in woodlands to cease in winds of F7 or above.
Environmental hazards		Land management signs adhered to. Instructor to assess the area for hazards.



<p><b>RECOMMENDATIONS:</b> 26/06/2019 added procedure in place for lightning. 07/08/2019 - updated manual handling for access gate at bottom of site. 07/08/2019 updated info on technical trails.</p>		

**MOUNTAIN BIKING (LOCH ARD FOREST) RISK BENEFIT ANALYSIS**

<p><b>QUALIFICATION:</b> UKCC Level 2 or equivalent</p>		
<p><b>EXPERIENCES &amp; OUTCOMES:</b> Physical, social, mental, and emotional wellbeing, listening and talking, physical education, people, places and environment.</p>		
<p><b>BENEFITS</b></p>		
<ul style="list-style-type: none"> <li>Physical activity which improves aerobic and cardiovascular fitness</li> <li>Muscular endurance, power, speed and stamina</li> <li>Progressive skill development</li> <li>Personal and group awareness as well as risk awareness and assessment</li> <li>Promotes planning, thinking ahead</li> </ul>		<ul style="list-style-type: none"> <li>Anticipation and decision making skills</li> <li>Responsibility for self and others</li> <li>Communication and team working skills</li> <li>Can involve elements of trust. Exploration, journeying, challenge and sense of achievement.</li> </ul>
<b>RISK</b>	<b>WHO'S AT RISK</b>	<b>CONTROL MEASURES</b>

Road accident travelling to/from venue.	Participants, instructor, other road users	Drivers to drive to the conditions with consideration to passengers and length of vehicle. Trailer hitch, lights and securing's should be checked prior to each journey.
Injury loading/unloading trailer and from poor manual handling	Participant, instructor	Instructor to supervise and promote good manual handling, bikes to be secured before another is added to prevent falling form trailer.
Injury from faulty equipment	Participant, instructor	Equipment subject to pre session safety check and formal monthly check supervised by Weldtech mechanic. Means of trailside repair available.
Poor technique	Participant	Instructor to provide a safety briefing and demonstration where appropriate and to provide feedback on trail and obstacles with assistance where necessary Group to regroup regularly and encouraged to stay within sight of instructor any unsafe practise to be dealt with immediately
Hypo/hyperthermia/sunburn/exhaustion/pre-existing medical conditions	Participant, instructor	Medication must be carried and instructor made aware of any issues. Appropriate clothing/food/shelter and fluids to be carried by group or means of obtaining them available.
Navigational error resulting in lost group/individuals	Participant, instructor	Instructor to be familiar with the trail venue and able to navigate to safety; carry a map of route and means of contacting help. Emergency cut off points available. . Late back procedures in place.
Injury from falling from bike	Participant, instructor	Instructor should consider directing group at junction nn45107 to avoid missing turn off  Helmets and gloves to be worn at all times and equipment correctly sized and fitted. Route/trail choice to be appropriate – specific sections of trail ridden will be at the discretion of the instructor based on the group's ability and maturity.  NN45107 long descent from to lochside – consider positioning, regrouping and pace setting. NN47951 technical single track by Rob Roy's cave – difficult for novice riders.
Injury/damage from loose fitting clothing	Participant	Loose clothing/items etc. to be tucked away  All track is fire track and local access only – group to be made aware of dangers and managed effectively

Injury/death from road accident	Participant, Instructor, Other user	Encourage group to give way. During stops ensure group leave trail/road clear.
Injury/death from collision with other trail user/obstacle	Participant, instructor, other users)	Group to be managed effectively and encouraged to give way. Particular care exercised on single track descents. Instructor to be in a position of most usefulness.
Environmental hazards	Participant, Instructor	Instructor to check area prior to commencing activity – alternative plan available. Land management signs adhered to. Procedure in place for lightning. Activities in woodlands to cease in winds of F7 or above.  Appropriate clothing/food/shelter and fluids to be carried by group or means of obtaining them available.

**RECOMMENDATIONS:** 26/06/2019 added procedure in place for lightning.

### **MOUNTAIN BIKING (MUGDOCK COUNTRY PARK) RISK BENEFIT ANALYSIS**

<b>QUALIFICATION:</b> TCL or equivalent	
<b>EXPERIENCES &amp; OUTCOMES:</b> Physical, social, mental, and emotional wellbeing, listening and talking, physical education, people, places and environment	
<b>BENEFITS</b>	
<ul style="list-style-type: none"> <li>• Physical activity which improves aerobic and cardiovascular fitness</li> <li>• Muscular endurance, power, speed and stamina</li> <li>• Progressive skill development</li> <li>• Personal and group awareness as well as risk awareness and assessment</li> <li>• Promotes planning, thinking ahead</li> </ul>	<ul style="list-style-type: none"> <li>• Anticipation and decision making skills</li> <li>• Responsibility for self and others</li> <li>• Communication and team working skills</li> <li>• Can involve elements of trust exploration, journeying, challenge and sense of achievement.</li> </ul>

RISK	WHO'S AT RISK	CONTROL MEASURES
Road accident travelling to/from venue.	Participants, instructor, other road users.	Drivers to drive to the conditions with consideration to passengers and length of vehicle. Trailer hitch, lights and securing's should be checked prior to each journey.
Injury loading/unloading trailer and from poor manual handling	Participant, instructor	Instructor to supervise and promote good manual handling Bikes to be secured before another is added to prevent falling from trailer.
Injury from faulty equipment	Participant, instructor	Equipment subject to pre session safety check and formal monthly check supervised by Weldtech mechanic. Means of trailside repair available.
Poor technique	Participant	Instructor to provide a safety briefing and demonstration where appropriate and to provide feedback on trail and obstacles with assistance where necessary Group to regroup regularly and encouraged to stay within sight of instructor Any unsafe practise to be dealt with immediately
Hypo/hyperthermia/sunburn/exhaustion/stings/bites/pre-existing medical conditions	Participant, instructor	Appropriate clothing/food/shelter and fluids to be carried by group or means of obtaining them available. Participants to be prepared for ride.
Navigational error resulting in lost group/individuals	Participant, Instructor	Instructor to be familiar with the trail venue and able to navigate to safety; carry a map of route and means of contacting help. Emergency cut off points available. Late back procedures in place.
Injury/damage from loose fitting clothing	Participant	Loose clothing/items etc. to be tucked away, medication must be carried and instructor made aware of any issues.
Injury/death road accident at road crossings	Participant, instructor, other users	Helmets and gloves to be worn at all times and equipment correctly sized and fitted. Route/trail choice to be appropriate – specific sections of trail will be at the discretion of the instructor based on the group's ability and maturity.
	Participant, instructor	The following descents should be treated with caution with novices:

Injury from falling from bike		NS539788 – Cuilt Brae NS550771 - Mugdock wood NS547765 - Drumclog moor NS547781 to Dumbrock loch
Injury from collision with other road user	Participant, instructor, other user.	NS554768 – single track descent to road - stop group before end of section as track opens onto road Group to be managed effectively at road crossings – consider dismounting if appropriate. Instructor to provide direct supervision. Ensure group are managed effectively in car park, cars enter by blind corner ensure group remain within coach bay Hi- vis jackets should be worn in low visibility or cycling along the road.
Ns547781 visitor centre, Ns554761 Mugdock reservoir to ns555769. (participant, instructor)	Participant, instructor, other user.	Mugdock park heavily used by other users, group to be managed effectively and encouraged to give way. Particular care exercised on single track descents. Instructor to be in a position of most usefulness. Procedure in place for lightning. Activities in woodlands to cease in winds of F7 or above.
Injury/death from collision with other trail user/obstacle	Participant, instructor	Instructor to check area prior to commencing activity – alternative plan available. Land management signs adhered to
Environmental hazards		

**RECOMMENDATIONS:** 26/06/2019 added procedure in place for lightning.

## HILLWALKING RISK BENEFIT ANALYSIS

<b>QUALIFICATION:</b> Appropriate to terrain	
<b>EXPERIENCES &amp; OUTCOMES:</b> Physical, social, mental, and emotional wellbeing, listening and talking, physical education, people, places and environment	
<b>BENEFITS</b>	
<ul style="list-style-type: none"> <li>Physical activity which improves aerobic and cardiovascular fitness, muscular endurance, power, speed and stamina.</li> <li>Personal and group awareness as well as risk awareness and assessment</li> <li>Promotes planning, thinking ahead, anticipation and decision making skills</li> </ul>	<ul style="list-style-type: none"> <li>Responsibility for self and others, communication and team working skills</li> <li>Can involve elements of trust</li> <li>Exploration, journeying, challenge and sense of achievement</li> <li>Progressive skill development</li> </ul>

RISK	WHO'S AT RISK	CONTROL MEASURES
Injury from ill-fitting footwear	Participant	Group to receive appropriate pre walk advice and instructor to be first aid trained.
Injury from trip/falling Falling from height	Participant, instructor	Route/trail choice to be appropriate to group's ability and maturity. Instructor to provide a full safety briefing and demonstration where appropriate and to provide feedback on trail and obstacles with assistance where necessary, group to regroup regularly and encouraged to stay within sight of instructor.
Hypo/hyperthermia/ sunburn/exhaustion/ pre-existing medical conditions	Participant	Any unsafe practise to be dealt with immediately. Group to be made aware of terrain and risks.  Group to be prepared for the activity and weather Medication must be carried and instructor made aware of any issues. Appropriate clothing/food/shelter and fluids to be carried by group or means of obtaining them available.
Navigational error resulting in lost group/individuals	Participant, instructor	Instructor to be familiar with the venue is able to navigate, a map of the area, compass and emergency contact details must be carried Lateback procedures in place
Insect bites/stings allergic reaction	Participant, instructor  Participant, instructor, spectator	First aid kit and means of contacting help. Emergency cut off points available.
Poor weather		Procedure in place for lightning. Areas monitored for high winds, activities in woodlands not to proceed above F7
Injury/death from collision with other trail or road user/obstacle	Participant, instructor, Other user	Roads used only when necessary group managed effectively on road, hi vis jackets available for poor visibility, land management signs adhered to.
<b>RECOMMENDATIONS:</b> 26/06/2019 added procedure in place for lightning.		



## SLACKLINING RISK BENEFIT ANALYSIS

**QUALIFICATION:** In house assessment

**EXPERIENCES & OUTCOMES:** Physical wellbeing, Social Wellbeing, listening and talking skills

### BENEFITS

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Develops communication skills, teamwork, and sensory awareness</li> <li>• Introduces hazard awareness and risk management</li> <li>• Promotes concentration, determination, balance and co-ordination skills</li> <li>• Develops problem solving skills</li> </ul> | <ul style="list-style-type: none"> <li>• Improves listening skills, understanding risk, personal responsibility and challenge</li> <li>• A fun physical activity, good for building relationships – both within the group and with the instructor</li> </ul> |
|---|--|

RISK	WHO'S AT RISK	CONTROL MEASURES
Injury from trips or falls (Generic)	Participant, instructor, spectators	Activity to be ran in accordance with operating procedures. Instructor to provide a full safety briefing including boundaries, hazards and what to do in the event of an accident. Instructor to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately.
Injury falling from/onto line	Participant, instructor, spectators	Spectators to be in designated area away from line and fall space. Horseplay to be discouraged. Line to be no more than 50cm in height with appropriate surfacing under line (grass, mats) Full length trousers worn with appropriate footwear/or bare feet. Equipment checked prior to use.
Environmental hazards (tree damage/site work/nettles)	Participant, spectators, environment	Instructor to inspect the area prior to use Tree protectors used where required Procedure in place for lightning.
Hypo/hyperthermia, sunburn, exhaustion, pre-existing medical conditions	Participants, spectators	Any participant suffering from asthma, diabetes, epilepsy or other pre-existing medical conditions should ensure that they are carrying appropriate medication. Instructor should be notified of any existing injuries or conditions that may be affected by participation. Participants dressed and prepared as per the prevailing conditions.
Tick-borne disease	Participants, instructors, spectators	Instructor to choose are which is well maintained to reduce likelihood, notices displayed.
Collisions	Participants	Instructor to promote good communication, advise of specific hazards and be on hand to assist participants. Games played should be relative to the groups age and maturity.

**RECOMMENDATIONS:** 26/06/2019 added procedure in place for lightning.



## BODY ZORBS RISK BENEFIT ANALYSIS

<b>QUALIFICATION:</b> In house assessment		
<b>EXPERIENCES &amp; OUTCOMES:</b> Physical wellbeing, mental and emotional wellbeing, social wellbeing, listening and talking		
<b>BENEFITS</b>		
<ul style="list-style-type: none"> <li>Provides fun, adventure and an opportunity to explore</li> <li>Promotes teamwork, physical activity, building relationships, social skills</li> <li>Develops movement skills and techniques, improves physical fitness</li> </ul>		<ul style="list-style-type: none"> <li>Safety awareness /for self and others,</li> <li>Introduces risk awareness</li> </ul>
RISK	WHO'S AT RISK	CONTROL MEASURES
Injury from trips or falls	Participant, spectators	Group leader to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Activity to take place within the designated area, knee pads to be worn if using on hard surface. Electrical cables should be covered if necessary .
Collision with object/person	Participant, Spectator	Member of staff and group leader to check area/equipment before use, no one to be in arena unless wearing a zorb. Suit to be worn appropriately holding handles and harness fastened appropriately. Group to be supervised at all times and safety rules followed. Zorbs should not be over inflated. Zorbs must be fitted appropriate to size. Avoid larger riders with smaller riders. Items must be removed from pockets.
Pre existing medical conditions	Participant	Supervisor to be made aware of any issues, not suitable for high blood pressure, heart conditions or epilepsy, back or neck problems or pregnancy.
Exhaustion/over heating	Participant	
Damage/injury due to high winds	Participant, spectators, other users	Supervisor to monitor constantly, consider temperature and allow appropriate rest and hydration opportunities Inflatables should not be placed outside during high winds greater than F5, weather shall be monitored throughout activity ceased and deflated where appropriate. Inflatables should be tethered to the ground if appropriate. Procedure in place for lightning.
<b>RECOMMENDATIONS:</b> Electrical cables should be covered to avoid trips Activity to cease in high winds of F5 or above 15/09/18. 26/06/2019 added procedure in place for lightning.		

## MEGA BALL RISK BENEFIT ANALYSIS

<b>QUALIFICATION:</b> In house assessment		
<b>EXPERIENCES &amp; OUTCOMES:</b> Physical wellbeing, mental and emotional wellbeing, social wellbeing, listening and talking		
<b>BENEFITS</b>		
<ul style="list-style-type: none"> <li>Provides fun, adventure and an opportunity to explore</li> <li>Promotes teamwork, physical activity, building relationships, social skills</li> <li>Develops movement skills and techniques, improves physical fitness</li> </ul>		<ul style="list-style-type: none"> <li>Safety awareness /for self and others,</li> <li>Introduces risk awareness</li> </ul>
<b>RISK</b>	<b>WHO'S AT RISK</b>	<b>CONTROL MEASURES</b>
Injury from trips or falls	Participant, spectators	Group leader to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Activity to take place within the designated area, should be used on a soft surface.
Collision with object/person	Participant, spectators	Member of staff and group leader to check area/equipment before use, no spectators to be in game play area. Group to be supervised at all times and safety rules followed.
Pre existing medical conditions	Participant	Supervisor to be made aware of any issues, not suitable for high blood pressure, heart conditions or epilepsy, back or neck problems or pregnancy.
Exhaustion/over heating	Participant	Supervisor to monitor constantly, consider temperature and allow appropriate rest and hydration opportunities
Damage/injury due to high winds	Participant, spectators, other users	Inflatables should not be placed outside during high winds, weather shall be monitored throughout activity ceased and deflated where appropriate. Inflatables should be tethered to the ground if appropriate.
High Temperature	Participant, Instructor	Procedure in place for lightning.  In warm weather ensure the ball is not overinflated to allow room for air expansion
<b>RECOMMENDATIONS:</b> 26/06/2019 added procedure in place for lightning. 03/08/2019 - added entry for High Temperature		

## SLIP N SLIDE RISK BENEFIT ANALYSIS

<b>QUALIFICATION:</b> In house assessment		
<b>EXPERIENCES &amp; OUTCOMES:</b> Physical wellbeing, mental and emotional wellbeing, social wellbeing, listening and talking		
<b>BENEFITS</b>		
<ul style="list-style-type: none"> <li>Provides fun, adventure and an opportunity to explore</li> <li>Promotes teamwork, physical activity, building relationships, social skills</li> <li>Develops movement skills and techniques, improves physical fitness</li> </ul>		<ul style="list-style-type: none"> <li>Safety awareness /for self and others,</li> <li>Introduces risk awareness</li> </ul>
<b>RISK</b>	<b>WHO'S AT RISK</b>	<b>CONTROL MEASURES</b>
Injury from trips or falls	Participant, spectators	<p>Group leader to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Activity to take place within the designated area, should be used on a soft surface. Participants should not run on the slip and slide and descend in a prone position. Items removed form pockets and jewellery etc removed. First aid readily available.</p> <p>Member of staff and group leader to check area/equipment before use, spectators to remain clear of slide in safe area. Group to be supervised at all times and safety rules followed. 1 person on slide at a time. Participants clear of inflatable slides.</p> <p>Supervisor to be made aware of any issues, not suitable for high blood pressure, heart conditions or epilepsy, back or neck problems or pregnancy.</p> <p>Instructor to check if participants have any allergies. Mild soap used. Shorts and t shirt must be worn.,</p> <p>Supervisor to monitor constantly, consider temperature and allow appropriate rest, warm up and hydration opportunities.</p> <p>Inflatables should not be placed outside during high winds greater than F5, weather shall be monitored throughout activity ceased and deflated where appropriate. Inflatables should be tethered to the ground if appropriate.</p> <p>Procedure in place for lightning.</p> <p>All equipment subject to checks prior to activity, electrical equipment PAT tested, waterproof connectors used.</p>
Collision with object/person	Participant, spectators	
Pre existing medical conditions	Participant	
Allergy/Skin irritation	Instructor/Participant	
Exhaustion/over heating/hypothermia	Participant	
Damage/injury due to high winds	Participant, spectators, other users	
Faulty equipment	Participant, spectators, other users	
<b>RECOMMENDATIONS:</b> Activity to cease in high winds of F5 or above 15/09/18. 26/06/2019 added procedure in place for lightning.		

## AXE THROWING RISK BENEFIT ANALYSIS

<b>QUALIFICATION:</b> In house assessment		
<b>EXPERIENCES &amp; OUTCOMES:</b> Physical wellbeing, movement skills, competencies and concepts.		
<b>BENEFITS</b>		
<ul style="list-style-type: none"> <li>Promotes an awareness of safety culture in the handling of dangerous equipment</li> <li>Promotes a strong sense of self discipline</li> <li>Improves co-ordination, concentration, patience, self-control and balance.</li> <li>Enhances dedication and adherence.</li> <li>Improves upper body strength</li> </ul>		<ul style="list-style-type: none"> <li>An inclusive activity in that it is gender and age indiscriminate, enhancing self esteem</li> <li>Improves fine motor skills and muscle memory</li> <li>Holistic in that it combines physical, technical and psychological development</li> <li>A low impact activity that promotes relaxation</li> </ul>
RISK	WHO'S AT RISK	CONTROL MEASURES
Injury from rebounding axe	Participant, Instructor	Range length minimum of 3m, targets made of soft wood, target area clear of other objects. Spectators to be allocated a designated area to the side of the throwers. All people throwing must wear suitable footwear and full leg cover, trousers should be worn not shorts, to minimise the risk of any injury resulting from accidentally dropping the equipment or a rebound from the target.
Unauthorised access	Participant, Spectator	Equipment to be locked securely when not in use. Warning signs displayed. Consideration given to need for physical barrier.
Injury from faulty equipment	Participant, Instructor	Equipment subject to pre session safety check and formal monthly check. Faulty equipment not to be used.
Injury from poor technique	Participant	Instructor to ensure participants are physically able to throw axe and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Instructor to promote good stance and throwing technique. Axes should be passed handle first. Axes must be removed from the target face first before and are removed from the ground
Injury from being hit with axe	Instructor, Participant, Spectator	Axes to be thrown in target direction only. No one to cross shooting line unless authorised. Instructor to exercise good group control. There should be a minimum clear overshoot of 8m. There should be a clear area of 8m behind the shooting line.
Injury from target falling over	Participant	

<p>Injury from tripping</p> <p>Poor Weather</p>	<p>Participant</p> <p>Participants, spectators, instructors</p>	<p>Targets to be approached from the side, ensure no one is behind participant when axes are removed from targets. Targets should be secured to stands. Stands should not be able to fall over when axes removed from target.</p> <p>When transporting a throwing axe, the participant should walk and hold the axe to the side of their body with sharp edges downwards and away from the body and other people. Range to be inspected for hazards, uneven ground and slip potential.</p> <p>Hypothermia, hyperthermia. Procedure in place for lightning.</p>
<p><b>RECOMMENDATIONS:</b> 26/06/2019 added procedure in place for lightning and poor weather .</p>		

## LASER TAG RISK BENEFIT ANALYSIS

**QUALIFICATION:** In house assessment

**EXPERIENCES & OUTCOMES:** Physical wellbeing, Social Wellbeing

### BENEFITS

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|---|--|
| <ul style="list-style-type: none"> <li>• A progressive and challenging activity introducing problem solving, strategy, imagination and environmental awareness</li> <li>• Improves physical fitness</li> <li>• Can improve planning, responsibility, communication, risk awareness and team work</li> </ul> | <ul style="list-style-type: none"> <li>• Teaches personal and group safety awareness</li> <li>• Promotes a sense of independence and achievement</li> <li>• Involves decision making and use of judgement</li> </ul> |
|---|--|

RISK	WHO'S AT RISK	CONTROL MEASURES
Injury from trips or falls	Participant, Instructor	Activity to be ran in accordance with operating procedures. Instructor to provide a full safety briefing including boundaries, hazards and what to do in the event of an accident. Instructor to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Consider a minimum group number.
Getting lost	Participant	Instructor to have a means of recalling group, access to first aid and torch if required A central base and point of return should be identified. Game times should be adhered to and boundaries set
Hypo/hyperthermia, sunburn, exhaustion	Participant, Instructor	Participants & Instructors should be appropriately prepared for the weather and activity
Health problems arising from pre-existing medical conditions	Participant, Instructor	Any participant suffering from pre-existing medical conditions should ensure that they are carrying appropriate medication and inform their instructor of any concerns.
Tick-borne disease	Participant, Instructor	Information leaflets on notice boards, encourage trousers.
Environmental hazards	Participant, Instructor	Instructor to ensure areas are safe prior to sending group e.g. windblown trees/site works Activity to cease in woodlands in high winds of F7 or above, nettles strimmed. Procedure in place for lightning
Collision with object	Participant	Area should be checked pre session. Brief participants of area, consider torches if appropriate.
Injury from faulty technique/equipment	Participant	Instructor to provide briefing on how to hold gun. Equipment and area subject to pre season check. Participants briefed not to climb on barriers/shelters etc.

**RECOMMENDATIONS:** Activity to cease in woodlands in high winds of F7 or above 15/09/18. 26/06/2019 added procedure in place for lightning.