



ROCK UK ADVENTURE CENTRES LTD- FRONTIER CENTRE - Risk Assessments

Archery					
Hazard	Risk	Who	Risk rating	Control measures	Outcome
Inappropriate clothing/ footwear	Entrapment/ strangulation/ injury	Participants/ staff	Medium	Hair is to be tied back and loose jewellery removed. Shoes that cover the toes must be worn. Loose clothing to be tucked in/ removed e.g. scarfs/ jackets	Low
Incorrect equipment	Injury	Participants/ staff	Medium	Instructors allocate correctly sized bows and arrows to participants, and closely monitor throughout session. Ensure arm bracers fitted correctly.	Low
Uneven/ slippery ground/ benches	Slips, trips falls	Participants/ spectators/ staff	Medium	No running on the range. Group briefed about avoiding rabbit holes. Group instructed not to stand/ climb on benches	Low
Participants with loaded bows	Injury, death	Participants/ spectators/ staff	High	Correct technique are taught by Rock UK instructors Participants briefed in the following: point bows only at target or ground, not to cross shooting line whilst people are shooting. Instructors to maintain high level of vigilance throughout the session No one to go behind the safety net whilst shooting on either range is taking place. Shooting is stopped if anyone is on the range including overshot area	Low
Collecting arrows	Injury	Participants/ staff	Medium	Instructors to teach and supervise safe collection of arrows: max 2 participants per target when pulling arrows out. Arrows carried with piles towards the ground. No running on the range Instructors to remain vigilant throughout the session	Low
Stringing bows	Injury	staff	Medium	Appropriate technique used, bow stringers available for staff to use if required.	Low

Update due: January 2025

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Chief Instructor: Hilary Gyde



Abseiling					
Hazard	Risk	Who	Risk rating	Control measures	Outcome
Working at height	Fall from height resulting in head/ body injury. Death	Participants/ staff	Medium-High	<p>Participants and instructors will wear the correctly fitted Personal Protective Equipment as given in Rock UK training.</p> <p>Abseiling setups and belaying to be carried out as given in Rock UK training.</p> <p>A maximum of 16 participants allowed in the waiting area at the top of the abseil tower at a time. In addition to this, a group leader can be briefed to help maintain group control if appropriate.</p> <p>Participants briefed on not coming through gate until instructed to.</p> <p>Safety rope/ work-restraint lanyard must be attached to the participant/instructor before they go through gate.</p> <p>If staff are using cows-tail work restraint lanyards to transfer between anchors in the 'danger zone', ensure second karabiner is correctly attached before removing first karabiner.</p> <p>Gates not being used that session to be tied closed for duration of session</p> <p>Instructors remain vigilant throughout session.</p>	Low
Falling objects	Head/ body injury. Death	Participants/ spectators/ staff	Medium	<p>Everyone to wear helmets within fenced area whilst activity is taking place, including set up, unless in a designated 'safe area' i.e. in shelters/ away from activity.</p> <p>Ensure participants don't have loose items of clothing/ footwear, and any items removed from pockets.</p>	Low
Damaged equipment	Abseil set up fails, resulting in fall. Body injury	Participants/ staff/ spectators	Medium	All kit to be inspected regularly as per equipment management policy. Daily pre-use visual inspection for venue/ equipment damage, and recorded on the set up board	Low
Emotional distress	Participant panicking	Participant	Medium	'Challenge by choice' principle used by instructor throughout session	Low

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Chief Instructor: Hilary Gyde



Uneven ground/ slippery floor	Slips, trips, falls	Participants/ spectators/ staff	Medium	Group warned of risks and told not to run in the activity area	Low
Hazard	Risk	Who	Risk rating	Control measures	Outcome
Unauthorised access/ Inappropriate use	Injury/ death	All	High	Activity area fenced off and locked when not in use. Equipment kept locked away when not in use. Obvious signage in place prohibiting unauthorised access. All activities to only be operated by Rock UK trained staff	Low
Jammed figure of 8 descender	Participant unable to abseil further	participants	Medium	Potential snagging risks (e.g. long hair, necklaces, baggy clothes etc) should be removed/ tucked out of way as appropriate. All staff trained and assessed in abseil rescue procedure.	Low
Activity: Abseiling- Abseil Tower (site specific)					
Internal ladders (Tower 1 only)	Body injury	Participants/ staff	Medium	Instructors to appropriately brief the group on safe ladder use, including warning group if ladders are likely to be slippery	Low
Medical emergency within tower	Unable to evacuate casualty due to ladder access	Staff, participants, spectators	High	Everyone to wear a properly fitted harness if coming up the inside of the tower (including spectators)	Low

Biking					
Hazard	Risk	Who	Risk rating	Control measures	Outcome
Falling off bike/ speed impact	Body injury	Participants/ staff	Medium	Participants and staff to wear correctly fitted PPE equipment. Instructors to brief group to keep both hands on handlebars, demonstrate/ explain correct braking techniques and gear changes, and importance of keeping a safe distance between other participants. Trails/ activities chosen to suit group's ability	Low

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Biking					
Hazard	Risk	Who	Risk rating	Control measures	Outcome
Incorrect bike frame allocated	Body injury, lack of control	Participants/ staff	Medium	Instructors to issue and fit bikes to participants' size	Low
Mechanical bike fault	Body injury, lack of control	Participants/ staff	Medium	Competent instructor conducts post ride inspection after each use, and visual inspection prior to use. Routinely inspected/ maintained as per safety check framework	Low
Other trail users/ wildlife	Body injury	Participants/ staff/ public	Low	Instructors to warn about wildlife/ pedestrians/ other trial users along the route. Right of way must be given	Low
Vehicles	Injury, death, vehicle damage	Participants/ staff/ public	Medium-High	All routes avoid main roads. If cycling along the Frontier Centre driveway, or approaching Stanwick Lakes car park the instructors will brief the group to cycle in single file on the left and to give way to vehicles.	Low
Loose ground/ slippery surfaces	Loss of control, injury	Participants/ staff	Medium	Instructors to brief the group of risks of braking on loose/ slippery ground, and to allow more stopping time	Low
Lack of fluids	Dehydration	Participants/ staff	Medium-low	Instructors to carry water if deemed appropriate based on weather and length of session	Low
Manual handling/ bike falling off rack	Injury	Participants/ staff	Medium	Instructors only to take bikes off and on to racking stands Participants to be supervised if putting bikes onto cleaning rack	Low
Trails	Loss of control, speed impact, injury	Participants/ staff	Medium	Appropriate trails chosen for group ability. Briefing to include safe braking demonstration. Participants encouraged to ride within abilities Spacing between riders based on trail and riders' abilities	Low
Stanwick Lakes Routes					
Flooding	Loss of control, injury	Participants/ staff	Medium	Instructors to avoid flooding. If the oncoming path is flooded the instructor will normally find an alternative route	Low

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Biking					
Hazard	Risk	Who	Risk rating	Control measures	Outcome
River/ lakes	Drowning, death	Participants/ staff	High	The instructor to give safety briefing regarding bikes and group members near the water edge and keeping a safe distance between bikes. Instructors to carry a throw bag if using path along river from lock to Rowan Lodge. Avoid riding section between Rowan and Lock if overgrown or wet, or at any time if unsuitable for skill level of group	Low

Climbing					
Hazard	Risk	Who	Risk rating	Control measures	Outcome
Working at height	Fall from height, resulting in head/ body injury/ death	Participants/ staff	Medium-High	When operating at above 2m (6ft) above the ground; appropriate belay systems in line with Rock UK training and NGB awards. When operating below 2m (6ft) above the ground; appropriate spotting techniques taught and supervised in line with Rock UK training. Appropriate PPE worn by staff and participants	Low
Falling objects	Head/ body injury	Participants/ spectators/ staff	Medium	Everyone to wear helmets within fenced area whilst activity is taking place, including set up , unless in a designated 'safe area' i.e. in shelters/ away from activity. Ensure participants don't have loose items of clothing/ footwear, and any items removed from pockets.	Low
Unequal climber weight	Falling, resulting in injury	Participants/ staff	Medium	Instructors trained to use ground anchor if necessary, and when to use them	Low
Damaged venue/ equipment	Climbing set up fails, resulting in fall/ body injury	Participants/ staff/ spectators	Medium	Equipment to be inspected regularly as per equipment management policy and daily pre-use visual inspection for venue/ equipment damage, and recorded on the set up board	Low

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Chief Instructor: Hilary Gyde



Uneven ground/ slippery floor	Slips, trips, falls	Participants/ spectators/ staff	Medium	Group warned of risks and told not to run in the activity area	Low
Unauthorised access	Unsupervised use of equipment, fall from height,	Site users, general public	High	Appropriate signage in place. Tower 1: tower door locked when not in use. Tarps covering bottom sections of wall outside of working hours Tower 2: external gate locked when venue not in use. Tower locked outside of working hours Indoor wall: bouldering mats covering bottom sections of walls unless in use, or sports hall doors locked	Low
Tower 1 Medical emergency within tower	Unable to evacuate casualty due to ladder access	Staff, participants, spectators	High	Everyone to wear a properly fitted harness if coming up the inside of the tower (including spectators)	Low

Climbing - Indoor Wall specific:					
Hazard	Risk	Who	Risk rating	Control measures	Outcome
Shared venue	Distraction, injury to/ from other users	Participants/ spectators/ staff/ other users	Medium	Net to be pulled across if another group e.g. fencing is using sports hall	Low
Bolt hangers	Finger injury	Participants	Medium	Hanger spacers left in-situ when wall not being used for leading	Low
Lead climbing, as above, but also including:					
Mechanics of lead climbing, inc poor clipping technique, leader falls	Increased risk of falling, decking out, personal injury, injury to belayer	Participant/ staff	High	All climbing either supervised by CWDI (or higher), <u>or</u> appropriate statement of competence from MCI (or higher) <u>or</u> all lead climbers should be competent climbers (appropriate NGB award or statement of competence from MCI or higher) Climber, belayer and supervisor vigilant to avoid z-clipping/ back clipping.	Low

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				Coaching non-competent climbers should be progressive to teach all necessary skills needed to safely lead climb	
Belayer error	Increased risk of falling, decking out, personal injury, injury to belayer	Participant/ staff	High	'Buddy check' to include checking correctly threaded belay device. Ground anchor used if required. All belayers to be competent lead belayers (appropriate NGB award or statement of competence by MCI or higher) or supervised by CWDI (or statement of competence from MCI or higher). Where CWDI/ site-specific sign off are supervising non-competent belayers; belayers should be backed up until deemed competent by instructor.	Low
Ground fall	Body injury	Participant/ staff	High	Good technique taught and practised. Climbers warned of additional risk of lead climbing prior to activity	Low

High Ropes - Aerial Adventure					
Hazard	Risk	Who	Risk rating	Control measures	Outcome
Slips/ trip/ falls on the ground	Body injury	Participants/ spectators/ staff	Medium-low	Instructors to warn group of trip hazards/ uneven or slippery ground and recommend not to run. Warn group if stairs are likely to be slippery Where possible, tie ropes/ tracers back to ground anchors when not in use to increase visibility	Low
Falling from height (above 6ft)	Injury/ death	Participants/ staff	High	Participants and instructors will wear correctly fitted PPE and attached correctly to lanyards before coming through gate. PPE checked by instructor before individual comes through gate. Lanyard adjusted to correct length once through gate.	Low

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Chief Instructor: Hilary Gyde



High Ropes - Aerial Adventure					
Hazard	Risk	Who	Risk rating	Control measures	Outcome
				Course set up as per set up document and Rock UK training. No climbing on handrails Gates not in use during session to be tied closed for duration of the session	
Impact with high ropes structure	Head/ body injury	participants	Medium-low	Design of course minimises risk. Participants discouraged from using hanging vine element as a zipwire.	low
Falling objects	Head/ body injury	Participants/ spectators/ staff	Medium	Everyone to wear helmets within fenced area whilst activity is taking place, including set up, unless in a designated 'safe area' i.e. in shelters/ away from activity. Ensure participants don't have loose items of clothing/ footwear, and any items removed from pockets.	low
Damaged structure/ equipment failure	Failure of element/ injury/ death	all	medium	Daily pre-use visual inspection for venue/ equipment damage, and recorded on the set up board. Regular inspections on structure and PPE by Rock UK staff, in line with equipment management policy. Annual inspection by external inspector.	low
Entanglement / entrapment with element	Injury especially hand/ constriction/ degloving	participants	Medium-low	Instructors to be aware of participant and give advice to prevent entanglements. Participants warned to keep their hands away from wire thimbles, trolleys	low
Emotional distress	Adverse psychological impact	Participant	Medium	Challenge by choice explained at the start of session. Instructors to remain sensitive to participants' needs	low
Inverting in sit harness	Falling out of harness	participants	Medium-high	Full body harness worn	low
Unauthorised access/	Injury/ death	all	high	Activity area fenced off and locked when not in use. Equipment kept locked away when not in use. Obvious	low

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High Ropes - Aerial Adventure					
Hazard	Risk	Who	Risk rating	Control measures	Outcome
Inappropriate use				signage in place prohibiting unauthorised access. All activities to only be operated by Rock UK trained staff	

High Ropes - Team					
Hazard	Tea	Crate	Risk	Who	Control measures
Slips/ trip/ falls on the ground	Y	Y	Body injury	Participants/ spectators/ staff	Instructors to warn group of trip hazards/ uneven or slippery ground and recommend not to run. Warn group if stairs are likely to be slippery
Falling from height (above 6ft)	Y	Y	Injury/ death	Participants/ staff	When belaying- rope to be kept tight on the participant, instructors to remain vigilant. Lowering to be done in a controlled manner, not letting out large amounts of rope at a time. No one is to be lowered upside down within 8ft of the ground.
Tripping on belay points	Y	Y	Minor injury	all	Warn group about trip hazards.
Falling objects	Y	Y	Head/ body injury	all	Everyone to wear helmets within vicinity of activity taking place, unless in a designated 'safe area' i.e. in shelters/ well clear of all aerial activity. Ensure participants don't have loose items of clothing/ footwear, and have removed items from pockets
Damaged structure/ equipment failure	Y	Y	Failure of element/ injury/ death	all	Daily pre-use visual inspection for venue/ equipment damage, and recorded on the set up board. Regular inspections on

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High Ropes - Team					
Hazard	Tea	Crate	Risk	Who	Control measures
					structure and PPE by Rock UK staff, in line with equipment management policy. Annual inspection by external inspector
Impact with high ropes structure	Y		Head/ body injury	participants	Be aware of proximity of shelter when belaying on the Leap of faith/ All Aboard nearest the river
Entanglement/ entrapment with element	Y		Injury especially hand/ constriction/ degloving	participants	Instructors to be aware of participant and give advice to prevent entanglements. Be vigilant for rope becoming snagged on an element and participant climbing above their rope. Participants warned to keep their hands away from wire thimbles/ chain links
Rope stretch	Y	Y	Participant hitting ground after low fall. Injury- especially leg/ back	participant	Keep rope tighter for heavier/ less confident participants. Especially for first third of climbs
		Y			Use static ropes for crate climbing belaying, as higher risk of falling combined with natural movement of belay cable
collapsed crate tower		Y	Falling crates- injury	all	Ensure base crates are stable prior to building tower. Encourage climbers to kick crates away from belayers when tower collapses Keep spectators at suitable distance, avoid sitting down in crate area Peer belay to be set up with belayers between ground anchor and shelter (i.e. as far away from crate towers as possible)
Inverting in sit harness	Y	Y	Falling out of harness	participants	Use full body harness OR chest + sit harnesses as high risk of inversion
Unauthorised access/ Inappropriate use	Y	Y	Injury/ death	all	Activity area fenced off and locked when not in use. Equipment kept locked away when not in use. Obvious signage in place prohibiting unauthorised access. All activities to only be operated by Rock UK trained staff

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High Ropes - Zipwire			
Hazard	Risk	Who	Control measures
Slips/ trip/ falls on the ground	Body injury	Participants/ spectators/ staff	Instructors to warn group of trip hazards/ uneven or slippery ground and recommend not to run. Warn group if stairs are likely to be slippery
Falling from height (above 6ft)	Injury/ death	Participants/ staff	Participants and instructors will wear correctly fitted PPE and attached correctly to lanyards before coming through gate. PPE checked by instructor before individual comes through gate. Lanyard adjusted to correct length once through gate. Use shorter lanyard (from AA kit) for especially heavy/ tall guests Course set up as per set up document and Rock UK training. No climbing on handrails
Falling objects	Head/ body injury	all	Everyone to wear helmets at bottom of Zipwire, and within fenced area whilst activity is taking place, unless in a designated 'safe area' i.e. in shelters/ away from activity. Ensure participants don't have loose items of clothing/ footwear, and any items removed from pockets Instructor to ensure no one is under/ near zipwire before each participant turn. Signage in place to warn people of activity area. Participants returning to the tower must use path from back of landing area, and track back to activity area
Damaged structure/ equipment failure	Failure of element/ injury/ death	all	Visual check on structure and PPE prior to use. Regular inspections on structure and PPE by Rock UK staff. Annual inspection by external inspector. Daily/ weekly/ bi-annual checks on ZipStop components as per manufacturer's guidelines.
Entanglement/ entrapment with	Injury especially hand/	participants	Participants warned to keep their hands away from trolley and cable, and not to put hands through lanyard loop before lanyard is weighted.

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High Ropes - Zipwire			
Hazard	Risk	Who	Control measures
trolley/ cable/ lanyard	constriction/ degloving		
Emotional distress	Adverse psychological impact	Participant	Challenge by choice explained at the start of session. Instructors to remain sensitive to participants' needs
Inverting in sit harness	Falling out of harness	participants	Participants instructed not to attempt going upside down
Unauthorised access/ Inappropriate use	Injury/ death	all	Activity area fenced off and locked when not in use. Equipment kept locked away when not in use. Obvious signage in place prohibiting unauthorised access. All activities to only be operated by Rock UK trained staff

Paddlesports		
Hazard	At Risk	Control measures
Deep water	Participants/ Staff	Correctly fitting buoyancy aids to be worn by participants and instructors, and visually checked prior to activity. Buoyancy aids subject to regular inspection Briefing to all participants before activity starts Instructors trained to supervise and rescue from deep water through NGB qualifications and additional training Appropriate rescue equipment to be carried for the environment and craft.
Adverse weather conditions	Participants/ Staff	All to be wearing and/or carrying appropriate clothing or protection for the conditions e.g. water/wind proof clothing, sun cream no heavy clothing i.e jeans Access to emergency shelter available Staff to carry out pre-session assessment of conditions and brief group re clothing choices

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Chief Instructor: Hilary Gyde



Paddlesports		
Hazard	At Risk	Control measures
		Staff to follow deployment procedures for water sport activities and remain within their remit Session to be cancelled if weather is not appropriate for group or the instructor's remit
Physical Environment	Participants/ Staff	Appropriate venue for group's ability selected Staff to visually check environment before and during each use Staff to remove or avoid physical hazards / give clear instructions to avoid, and maintain position of maximum usefulness
Close proximity to other paddlers/ boisterous activity	Participants/ Staff	Participants and Instructors will wear helmets, unless deemed appropriate by senior activity team. If playing a game that required participants to get close to each other- participants warned to keep paddles away from each other
Wildlife/Cattle	Participants/ Staff	Participants advised about the importance of leaving wildlife/cattle alone Instructors ensure a safe distance is kept between the group and wildlife at all times Electric fence around lake compound is set up when lake is used
Sharp items on river/ lake bed, or nearby area	Participants/ Staff	Instructors to ensure appropriate footwear is worn Instructors to monitor environment, and move to different location if required
Other Boat users	Participants/ staff/ other Boat users	Participants warned about other boat users on the river and told to move to the side when a boat approaches. Instructors to maintain control of group
Uneven ground/ slippery surfaces	Participants/ Staff	Instructors to supervise launching areas and maintain control of group. Appropriate footwear to be worn
Injury	Participant/ Staff	Instructors trained in good manual handling Group briefed about good manual handling and supervised by qualified staff -Loads to be shared. -Good technique demonstrated/taught. -Location considered to minimise carrying. -Appropriate number of people used to lift boats/ boards depending on distance carried/ age/ physique of guests Activities chosen that allow participants to warm up muscles gradually Correctly fitted PPE for the activity

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Paddlesports		
Hazard	At Risk	Control measures
		Appropriate clothing and secure footwear for the activity Effective supervision by qualified staff throughout the activity
"Rafted Canoes"	Participants Staff	Instructors to select appropriate games and provide close supervision Participants warned about hand / finger entrapments Rafted canoes should be set up to avoid clamshelling- either with fixed spars, or offsetting boats as per box tow/ 'Y raft'
Paddleboard leashes/ entrapment issues	Participants Staff	Paddleboarding on river- use either waist quick release leashes, or don't use leashes. ie not ankle/ calf leash attachments
Capsized craft/ swimmers/ entrapment	Participants staff	Instructors trained to supervise and rescue from deep water through NGB qualifications and additional training Appropriate rescue equipment to be carried for the environment and craft Boats to have sufficient buoyancy for the environment Inflatable boards to be inflated to appropriate PSI. Appropriate group control maintained enabling instructors to get to any incident in reasonable time Clear instructions given to group, and capsized participants –as appropriate to the environment Swimmer: -hold onto boat/ board, remain calm. Self rescue if appropriate to the craft and participant's ability -listen to instructions Rest of group; -maintain position to stay close to rest of group, but allow instructor space to get to swimmer -listen to instructions
River / back channel meandering	participants	Instructors to maintain control of group. Clear briefing given, and line of sight maintained. Leadership principles used throughout session (communication, line of sight, action and positioning)
Contaminated water	Participants Staff	Participants advised about the importance of washing hands after exposure to water. Open wounds to be covered
Damaged equipment	Participants/ spectators/ staff	Daily pre-use visual inspection for equipment damage, and recorded on the set up board Faulty equipment labelled and quarantined for repair or replacement

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Raft Building		
Hazard	Who	Control measures
Deep Water	Participants, staff	Correctly fitting buoyancy aids to be worn by participants and instructors, and visually checked prior to activity. Buoyancy aids subject to regular inspection Briefing to all participants before activity starts Instructors trained to supervise and rescue from deep water through NGB qualifications and additional training Appropriate rescue equipment to be carried by instructor
Adverse weather conditions	Participants/ Staff	All to be wearing and/or carrying appropriate clothing or protection for the conditions Examples –, water/wind proof clothing, sun cream no heavy clothing i.e jeans) Access to emergency shelter available Staff to carry out pre-session assessment of conditions and brief group Staff to follow deployment procedures for water sport activities and remain and only operate when conditions are no more than ‘sheltered water’ remit (see definition at end of document) Session to be cancelled if weather is not appropriate for group or the instructor’s remit If river flow/ wind is beyond the capabilities of the group, rafts should be held by a person on the bank, via a long line and quick release knot to each raft.
Physical Environment	Participants/ Staff	Appropriate venue for group ability selected Staff to visually check environment before and during each use Staff to remove or avoid physical hazards
Close proximity to other paddlers/ boisterous activity	Participants/ Staff	Participants and Instructors to wear correctly fitted helmets Participants warned to keep paddles away from each other
Sharp items on riverbed, or nearby area	Participants/ Staff	Instructors to ensure appropriate footwear is worn Instructors to monitor environment, and remove hazards if safe and feasible to do
Other Boat users	Participants/ staff/ other Boat users	Participants warned about other boat users on the river and told to move to the side when a boat approaches. Instructors to maintain control of group
Raft collapse/ swimmers/ entrapment	Participants/ staff	Instructors trained to supervise and rescue from deep water through NGB qualifications and additional training

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Raft Building		
Hazard	Who	Control measures
		Appropriate group control maintained enabling instructors to get to any incident in reasonable time Participants not to put full weight on pressure secured barrels Raft design should not pose entrapment risk, and should have some stability On the water activities to be appropriate to raft, participants and environment. Instructors to closely supervise rafts and participants throughout the activity Easily accessible knife/ rope cutters are carried by instructor Clear instructions given to group, and capsized participants- Swimmer- don't try and climb back onto raft, remain calm, listen to instructions Rest of group- allow instructor space to get to swimmer, listen to instructions
Contaminated water	Participants/ staff	Participants advised about the importance of washing hands after exposure to water. Open wounds to be covered
River meandering	participants	Instructors to maintain control of group. Clear briefing given and line of sight maintained through position of max usefulness
Damaged equipment	Participants/ spectators/ staff	Daily pre-use visual inspection for equipment damage, and recorded on the set up board Faulty equipment labelled and quarantined for repair or replacement
Uneven ground/ slippery floor/ raft building apparatus on ground	Participants/ spectators/ staff	Group warned of risks and told not to run in the activity area Instructors to warn of any rabbit holes in the area Instructors to supervise launching areas and maintain control of group Appropriate footwear to be worn
Injury	Participant/ spectators/ staff	Instructors trained in good manual handling Group briefed about good manual handling and supervised by qualified staff -Loads to be shared. -Good technique demonstrated/taught. -Location considered to minimise carrying. -Appropriate number of people used to lift rafts and boats depending on distance carried/ age/ physique of guests Activities chosen that allow participants to warm up muscles gradually

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Raft Building		
Hazard	Who	Control measures
		Appropriate clothing and secure footwear for the activity Participants and instructors to wear helmets during building, paddling and dismantling of rafts Participants to be aware of others when moving equipment Spectators to stay out of the way of rafts being built/ moved Effective supervision by qualified staff throughout the activity

Bush Craft					
Hazard	Risk	Who	Risk rating	Control measures	Outcome
Uneven ground	Slips, trips, falls	Participants/ spectators/ staff	Medium	Group warned of hazards and instructed not to run in areas with significant trip hazards. No open-toed shoes	Low
Damage to venue	Body injury	Participants/ spectators/ staff	Medium	Daily pre-use visual inspection for venue/ equipment damage, and recorded on the set up board	Low
Handling natural materials	Body injury	Participants/ spectators/ staff	Medium	Participants encouraged to wash hands after session. Warned of splinter risk when handling wood Instructors to have awareness of stinging nettles/ brambles etc locations, and participants steered away from these locations during all planned activities	Low

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Chief Instructor: Hilary Gyde



Campfire					
Hazard	Risk	Who	Risk rating	Control measures	Outcome
Uneven ground	Body injury	Participants/ spectators/ staff	Medium	Clients warned about uneven ground. Instructors to choose appropriate activities for location	Low
Fire, including smoke	Burns, inhalation, irritation, fire spreading	Participants/ spectators/ staff	Medium	Fire to be kept an appropriate size for the fire circle and group size. Instructors to seat clients away from smoke, moving them if the wind changes. No guest to come within 2m of the fire, unless under instruction from instructor/ group leader. Fire extinguisher and bucket of water to be taken on session	Low
Pallets: manual handling, rough wood, nails	Body injury, cuts, splinters	Participants/ spectators/ staff	Medium	Be aware of rough wood, risk of nails. Instructors to warn group members if they will be handling pallets. Fire pits to be periodically cleared out to remove nails and other waste. (when pits are cold)	Low
Benches	Body injury	Participants/ spectators/ staff	Medium	Instructors not to allow standing on, playing on benches etc	Low
Cooking food, inc toasting marshmallows	Food poisoning/ burns	spectators/ staff	Medium	Only food that does not pose risk of food poisoning to be cooked on campfire. Ensure food has sufficiently cooled before eating Instructors to supervise	Low

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Chief Instructor: Hilary Gyde

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Fencing					
Hazard	Risk	Who	Risk rating	Control measures	Outcome
Environmental temperature	Hyperthermia, heat exhaustion	Participants/ staff	Medium	Kit list sent to groups prior to their arrival. Instructors to do a visual check of clothing when meeting the group. Cold drinks are available. Rest periods to be included in the session. Appropriate venue to be used.	Low
Incorrectly fitted/ damaged equipment	Body injury	Participants/ staff	Medium	All equipment is regularly inspected, as per equipment management policy and visually checked during set up. Well-fitted PPE to be worn by instructors and participants. Gloves to be over jacket sleeves Masks must be put on and checked by instructor before leaving the 'safe' zone. Button on foils checked prior to each round Chest protectors fitted for female participants	Low
Jewellery/ loose clothing	Strangulation/ other injury	Participants/ staff	Medium	Participants to remove jewellery/ loose clothing (e.g. scarves etc) before the session	Low
No warm up	Sprains, strains, muscle injury	Participants/ staff	Medium	Warm up games and stretches at the beginning of the session	Low
Other Participants	Body injury	Participants/ spectators/ staff	Medium	'Safe zone' and 'fencing zone' clearly marked out. Group to keep mask on in 'fencing zone' whilst duals are taking place. No foils to be taken into the 'safe zone'.	Low

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Chief Instructor: Hilary Gyde



Fencing							
Hazard	Risk	Who	Risk rating	Control measures			Outcome
				Participants taught the correct and safe way of using a foil (bend pointing down, aim for torso only, and 'jab' not 'slash') If a participant behaves in a threatening or unsafe manner then the session may be stopped. Fencing lanes marked and participants kept in their lanes All shoes must be closed toe, recommend long sleeves/ trousers			
Uneven surface	Slips, trip, falls	Participants/ spectators/ staff	Medium	Appropriate venue to be used. Any trip hazards removed where possible, or are outside of the 'fencing zone' and group members warned of the risk			Low
Unauthorised access				Injury to non-participants	Other	Medium to high	Alternative access points directly to fencing zone should be restricted (signs/ locked doors etc) Venue locked between sessions or foils removed from venue

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Chief Instructor: Hilary Gyde



Orienteering					
Hazard	Risk	Who	Risk rating	Control measures	Outcome
Uneven/ slippery ground	Slips, trips, falls	Participants/ spectators/ staff	Medium	Instructors to warn group of hazards and encourage group to walk (not run) where significant trip hazards are present.	Low
Traffic	Injury, death	Participants/ spectators/ staff	Medium-high	Participants warned about traffic and told to look before crossing driveway	Low
Group control/ large activity area	Loss of group member(s)	Participants	Medium	Adequate map skills to be taught before beginning the main course. Participants told that if lost, they should stay away from roads and the river Nene. Groups briefed to stay in their teams. Group size to be a minimum of two, unless 16+ Instructors to have an awareness of what controls group members are finding.	Low
Interference with other activities/ venues	Unauthorised access/ distraction to other groups/ bodily injury	Participants/ other site users	Medium	Clear briefing to avoid activity venues. Warn participants not to go under Zipwire if it's due to be in operation.	Low

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Spotlights		
Walk the Plank		
Hazard	Who	Control measures
Slips/ trips/ falls	Participants/ spectators/ staff	Keep area clear of trip hazards/ debris. Warn participants if slippery. Recommend not to run.
Damage to venue/ equipment	Participants/ spectators/ staff	Daily pre-use visual inspection for venue/ equipment damage, and recorded on the set up board

Above & Beyond		
Hazard	Who	Control measures
Slips/ trips/ falls	Participants/ spectators/ staff	Keep area clear of trip hazards/ debris. Warn participants if slippery. Recommend not to run.
Damage to venue/ equipment	Participants/ spectators/ staff	Daily pre-use visual inspection for venue/ equipment damage, and recorded on the set up board

Maze					
Hazard	Risk	Who	Risk rating	Control measures	Outcome
Slips/ trips/ falls	Body injury	Participants/ spectators/ staff	Medium	Keep area clear of trip hazards/ debris. Warn participants if slippery. Recommend not to run.	Low
Damage to venue/ equipment	Body injury	Participants/ spectators/ staff	Medium	Daily pre-use visual inspection for venue/ equipment damage, and recorded on the set up board	Low

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Outdoor Business		
Generic Risks	Who	Control measures
Slips/ trips/ falls	Participants/ spectators/ staff	Keep area clear of trip hazards/ debris. Warn participants if slippery, and to be aware of uneven ground
Damage to venue/ equipment	Participants/ spectators	Daily pre-use visual inspection for venue/ equipment damage, and recorded on the set up board
Risks specific to individual tasks		
2D Spiders Web		
Poor lifting technique/ dropping someone	Participants	At least 2 people on each side of web if lifting a participant. Teacher or instructor to supervise as required. Participant to be passed through feet first.
The Well		
Hypothermia/ cold & wet	Participants	Consider groups' ability/ age and weather conditions. Ensure participants have adequate layers if required.
Bomb disposal		
Rope entanglement	Participants	Instructor/ group leader to supervise where required

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