

RISK ASSESSMENT: Abseiling

Completed by: Activities Management Team

Date: 18/12/2025

Review Date: 18/12/2026

What is the Hazard?	Who may be harmed?	How might people be harmed?	Risk Rating			Control Measures in Place	Remaining Risk		
			Probability	Severity	Risk		Probability	Severity	Risk
Falling From a Height	All	Breaks and fractures. Death.	4	5	20	<ul style="list-style-type: none"> All instructors are trained by a ropes course trainer and assessed by our Technical Advisor for roped activities as part of the Level 2 Ropes Assessment. All instructors are regularly monitored to ensure procedures are complied with. All participants are provided with a suitable climbing harness. The instructor explains how to fit the harness correctly and checks that all harnesses are fitted correctly before the activity commences. Any persons whilst of the ground must be connected to a suitable safety system The instructor monitors the group to make sure no one undertakes the activity before the instructor has checked their equipment and safety rope. The instructor is responsible for controlling the safety rope at all times. Participants are always attached to a safety system at the point of leaving the ground or security of a staircase. Participants are connected to a safety system whilst ascending to the platform, the instructor must witness the participant clipping themselves to the Alf (High Ropes Abseil only). 	1	5	5
Objects Falling from a Height	All	Bruises, contusions and concussion	3	4	12	<ul style="list-style-type: none"> Everybody in the area must be wearing a helmet. All structural elements are physically checked and recorded during 3 monthly inspections, as well as visually from the ground at the start of a session. All participants are to remove everything from their pockets before they put on their climbing harness. Footwear must be appropriate and securely fastened. 	1	2	2
Exposure/ Hypothermia and Sunburn	All	Sunburn, high temperature, dehydration	3	2	6	<ul style="list-style-type: none"> Staff and participants to wear suitable clothing for the weather and activity. Both staff and clients to drink plenty of water. Sun cream applied when needed. Wooden shelter at activity to provide participants shelter from the weather (Mega Tower and High Ropes). 	1	2	2

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Slips, Trips and Falls	All	Cuts, bruises and grazes	2	2	4	<ul style="list-style-type: none"> All equipment not being used is put away in the store or stored neatly to the side. Participants warned about potential hazards. All participants must be wearing sensible footwear (closed toe shoes). 	1	1	1
Adverse Weather	All	See 'Exposure'	2	4	8	<ul style="list-style-type: none"> At the first sign of thunder and lightning continue until the flash to bang is no less than 30 secs, at which point the activity stops immediately. The activity may continue 30 minutes after thunder is last heard. If there are high winds then the activity will stop, and tower will be evacuated. Any person on the activity will be lowered down. This decision will be made by the Activities Co-ordinator, or the combination of both the Duty Manager and Lead Instructor/s. Refer to 'Adverse Weather' policy. 	1	4	4
Group Behaviour	All	Loss of control of the group, participants being distracted/ not listening.	2	3	6	<ul style="list-style-type: none"> Group leaders are to ensure that the group is under control at all times. Instructor is to stop the session if participant behaviour becomes dangerous. Instructor to check with group leader at the start of the session for any neurodiverse participant's and make sure control measures are in place to appropriately manage their needs. 	1	3	3
Unauthorised Access	All	Accessing the activity at height without PPE or qualified supervision	4	5	20	<ul style="list-style-type: none"> All access points to be locked when activity is not in use. Only authorised persons have a key to the area. All access points to have a sign stating, 'No Admittance Unless Authorised.' 	1	5	5
Strains or Sprains, and Other Injuries	All	Strains and sprains	3	2	6	<ul style="list-style-type: none"> Instructors tell the group to be careful whilst on the activity and then monitor them to make sure they are using the activity in the correct way. All staff hold a 2-day first aid certificate. The activity area has a first aid kit in it and all staff have a radio if they require extra assistance. 	1	1	1

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Structure Failure	All	Cuts, bruises, grazes, broken bones, multi-skeletal injury, death	3	5	15	<ul style="list-style-type: none"> Daily visual inspections of structure carried out during set up and logged on sheets. Detailed 3 monthly structure checks carried out and recorded. Areas of concern to be inspected by technical expert. Annual inspection undertaken by an independent competent inspector. 	1	5	5
Human Error	All	Instructor complacency or loss of focus could result in everyone being at risk.	3	3	9	<ul style="list-style-type: none"> All instructors are trained by a ropes course trainer and assessed by our Technical Advisor for roped activities as part of the Level 1 Ropes Assessment. All instructors are regularly monitored to ensure procedures are complied with. All instructors are aware of where risk assessments and operating procedures are stored. Where possible, instructors to only work the same session twice in one day. Instructors made aware of any changes to activity, via activity change sheet. 	1	2	2
Equipment Failure	All	Cuts, Lacerations, Death	3	5	15	<ul style="list-style-type: none"> All equipment is visually checked by the instructor prior to being used. Items deemed to be faulty are removed from use immediately, logged and placed in the quarantine bin. As per policy 5.3 faulty or damaged equipment. 6 monthly inspections to be completed and logged by a PPE inspector having attended a 'Competent Person' course. 	1	5	5
Entrapment	All	Compression/ crushing injuries.	3	3	9	<ul style="list-style-type: none"> Loose jewellery to be removed, long hair tied back and loose clothing to be secured. Instructor is trained in an adequate rescue technique for activity, as well as a second level 2 available onsite for a rescue. 	1	3	3

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Level	Likelihood Factor	Severity Description
1	Very Unlikely	Insignificant – No injury or No First Aid required.
2	Unlikely	Minor – Minor injuries requiring first aid such as cuts, grazes, bruising.
3	Fairly Likely	Moderate – Injuries resulting in up to three days' absence from work.
4	Likely	Major – Injuries resulting in a week or more absence from work, for example broken bones, deep cut etc.
5	Very Likely	Catastrophic – Amputations or Death.

Remaining Risk Level	Description
1-5	Very low, minimal risk, control measures more than adequate
5-10	Low, control measures satisfactory
10-15	Medium, control measures adequate
15-20	High, control measures need further consideration
20-25	Very high, intolerable, stop Job