

## RISK ASSESSMENT: Low Ropes

Completed by: Activities Management Team

Date: 18/12/2025

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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
<b>Falling From a Height</b>	Participants	Breaks, fractures and sprains.	4	4	16	<ul style="list-style-type: none"> <li>All instructors are trained and assessed by a senior member of staff.</li> <li>The group are told not to sit, stand or climb over boulder/peg wall.</li> <li>No one can climb on the low ropes course until they have permission from the instructor.</li> <li>All participants and leaders required to do spotting are shown by the instructor how to correctly.</li> <li>When completing the low ropes course participants must have a someone spotting them on the bosuns chair and the bouldering/peg wall. Other elements may require spotting depending on group ability.</li> <li>Instructor must monitor all participants when completing the low ropes course and spotting.</li> <li>Participants must not jump onto or off the low ropes.</li> </ul>	1	4	4
<b>Objects Falling from Height</b>	All	Bruises, contusions	3	2	6	<ul style="list-style-type: none"> <li>All structural elements are physically checked and recorded during periodic inspections, as well as visually from the ground at the start of a session.</li> <li>All participants are to remove everything from their pockets at the start of the session.</li> <li>Footwear must be appropriate and securely fastened</li> </ul>	1	1	1
<b>Adverse Weather</b>	All	Sunburn, high temperature, dehydration	2	4	8	<ul style="list-style-type: none"> <li>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.</li> <li>Refer to 'Adverse Weather' policy</li> </ul>	1	4	4
<b>Exposure/ Hypothermia and Sunburn</b>	All	Sunburn, high temperature, dehydration	3	3	9	<ul style="list-style-type: none"> <li>Staff and participants must have suitable clothing for the weather and activity.</li> <li>Both staff and clients to drink plenty of water.</li> <li>Sun cream applied when needed.</li> </ul>	1	2	2

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<b>Structure Failure</b>	All	Cuts, bruises, grazes, broken bones, multi-skeletal injury, death	2	5	10	<ul style="list-style-type: none"> <li>Daily visual inspections of structure carried out during set up and logged on sheets.</li> <li>Detailed periodic inspection checks carried out and recorded. Areas of concerns to be inspected by technical expert.</li> <li>Annual inspection undertaken by an independent competent person.</li> </ul>	1	5	5
<b>Group Behaviour</b>	All	Loss of control of the group, participants being distracted/ not listening.	2	3	6	<ul style="list-style-type: none"> <li>Group leaders are to ensure that the group is under control at all times.</li> <li>Instructor is to stop the session if the participant's behaviour becomes dangerous.</li> <li>Instructor to check with group leader to if there at the start of the session for any neurodiverse participants and ensure control measures are in place to appropriately manage their needs.</li> </ul>	1	2	2
<b>Slips, Trips and Falls</b>	All	Cuts, bruises and grazes	2	2	4	<ul style="list-style-type: none"> <li>Participants warned about potential hazards.</li> <li>Participants are told not to run inside the activity area.</li> <li>All participants must be wearing sensible footwear (closed toe shoes).</li> <li>All equipment not being used will be put neatly to the side.</li> </ul>	1	1	1
<b>Unauthorised Access</b>	All	Accessing the activity at height without PPE or qualified supervision	3	4	12	<ul style="list-style-type: none"> <li>All access points to be locked when the activity is not in use.</li> <li>Only authorized persons have a key to the area.</li> <li>Any access points to have sign stating, 'No Access to Unauthorised Persons.'</li> </ul>	1	4	4
<b>Entrapment</b>	All	Compression/ crushing injuries	4	4	16	<ul style="list-style-type: none"> <li>Loose jewellery to be removed, long hair tied back and loose clothing to be secured.</li> </ul>	1	4	4
<b>Human Error</b>	All	Instructor complacency and/or loss of focus could result in putting everyone at risk	3	3	9	<ul style="list-style-type: none"> <li>All instructors are trained and assessed by senior members of the activities team.</li> <li>All instructors are regularly monitored to ensure procedures are complied with.</li> <li>All instructors are aware of where risk assessments and operating procedures are stored.</li> <li>Where possible, instructors to only work the same session twice times in one day.</li> <li>Instructors made aware of any changes to activity, via activity change sheet.</li> </ul>	1	3	3

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<b>Equipment Failure</b>	All	Cuts, Lacerations, Death	3	3	9	<ul style="list-style-type: none"> <li>All equipment is 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.</li> <li>Annual structure inspection undertaken by an independent competent person.</li> </ul>	1	3	3
<b>Niko Rail</b>	All	Laceration, Musco skeletal injuries	3	3	9	<ul style="list-style-type: none"> <li>Niko rail is situated in a position to assist with access training.</li> <li>Only trained members of staff to use rail, or course delegates being trained by an appropriate person (Staff, or course provider).</li> <li>Rail positioned in an appropriate position where access is not easy to prevent use.</li> </ul>	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