

Activity Risk Assessment: - High Ropes & Zip Wire

Carlton Lodge recognises that using a suitably trained / qualified instructor will vastly reduce the inherent risks of the activity. Therefore all Carlton Lodge Activities will be led by suitably trained / qualified instructors.

No	Hazard	Who It Effects	Unmanaged Risk	Control Measures	Managed Risk
The following hazards relate to setting the High Ropes & Zip Wire course up for each session					
1	Damage to the structure of the High Ropes course resulting in failure of the structure and subsequent injury.	All	High	Before using the ropes course: - Visually inspect all stabilising wires, check all shackles on wires have a cable tie secured to them. Visually inspect all poles for signs of damage and vandalism. Once a month a full safety inspection will be carried out of all components. An annual check by Challenge Course Consultancy is also carried out.	Low
2	Injury whilst erecting Jacobs Ladder	Instructors	Low	Adopt proper manual handling techniques.	Low
The following hazards are generic to all elements of the High Ropes & Zip Wire					
1	Injury due to ill fitting equipment	Instructors & Group	High	Instructor to brief the group on the fitting of all equipment. All participants must have their equipment checked by the instructor before they are allowed to continue.	Low
2	Falling	Instructors & Group	Medium	Brief the group on the dangers of the area and importance of group staying together. Ensure that all helmets and harnesses (P.P.E) are fitted correctly. All participants must be checked before leaving the ground for correct fitting of P.P.E and secure attachment to safety rope.	Low
3	Blow to head	Instructors & Group	High	Brief group on not throwing stones/objects and to stay away from bottom of the element when not participating. Instructors to monitor top of element to prevent individuals dislodging stones/objects. Use of correctly fitted helmets.	Low
4	Entanglement within ropes/ tracers	Group	Medium	Tie back long hair. Remove loose clothing, toggles and jewellery. Briefing on correct position for each element and lowering off.	Low

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5	Splinters	All	Low	Make group aware of splinters and encourage taking care.	Low
6	Abrasion with wires and ropes	All	Medium	Make group aware of wires and ropes and encourage taking care.	Low
7	Swinging into other objects resulting in injury	All	High	Make group aware of potential swings and advise how to fend themselves off the hazard.	Low
8	Panic attack	Group	Medium	Efficient and safe evacuation of student from cause.	Low
9	Improper (Peer) Belaying	Group	High	The instructor must assess the group's ability and only use peer belaying if felt appropriate. A full demonstration of all aspects of peer belaying should be given to the group. There should be at least one person tailing each rope. All lowers should only be carried out under the direct supervision of the instructor.	Low
10	Unsupervised use	Group	High	Group Leader to give an appropriate brief on the "out of bounds" areas	Medium

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11	Hypo/hyperthermia and exposure	Instructors & group	Medium	Instructors should ensure that the group is appropriately clothed for the weather. (e.g. Waterproofs, hat, gloves, warm clothes, sun-lotion etc.) Instructors should ensure that group is appropriately hydrated and monitor the state of all individuals within the group. Instructors should be prepared to stop or have a break during the session.	Low
The following hazards are specific to the Leap of Faith					
1	Rope caught around the body and/or rope burn	All	High	Before allowing the participant to jump the instructor must ensure the safety rope is running over the participant's right shoulder and is not caught around any part of the body or held by participant.	Medium
2	Whiplash injuries when jumping	All	Medium	The instructor should take in as much rope as possible when the participant jumps, to minimise the distance of the fall. Brief participant not to hold rope to prevent shoulder injuries and rope burn.	Low
The following hazards are specific to the Bridges					
1	Crushed Fingers	All	Medium	The wobbly logs are lashed together to minimise the chance of fingers getting behind the logs. The hazard should be highlighted to the group and advice on how best to avoid injury given. The instructor should remain vigilant throughout the session and monitor the participant's progress past the wobbly logs.	Low