

## Low Ropes Course

**Activity Area:** Low Ropes area  
**Minimum Staffing Level:** 1 Instructor per group  
**Staff/Pupil Ratio:** 1:20  
**Staff Qualifications:** In-house Training  
**Maximum Number of Participants:** 24  
**Role of Accompanying Adult:** Supervision of group at course

Hazard	Outcome/Injury	Persons at risk	Rating	Existing Controls
<b>Weather</b>				
Cold and/or Wet conditions	Slips	All	3 - 4	Instructor to check that all participants have suitable clothing prior to commencing the activity. Instructor must always wear appropriate clothing in order to run the activity safely.
Snow and Ice	Slips	All	3 - 4	Instructor to inspect platforms, ascent/decant surfaces for snow/ice build-up prior to the activity commencing, and remove as necessary.
Sun	Sunburn	All	3 - 4	Instructor must ensure that they make the group aware of the dangers relating to the sun i.e. heatstroke & sunburn. Instructor to ensure that the group have suitable clothing, e.g. long sleeves, trousers and sun hat
Lightening and/or storms	Electrocution	All	3 - 1	Instructor is not to run the session in any serious storm. If caught out during a lightning storm, the instructor must cease the activity immediately and seek appropriate shelter.
High winds	Slips/Falls	All	3 - 2	Instructor to monitor weather & suspend or cancel session when wind conditions cause safety to be affected.
<b>Terrain</b>				
General ground areas	Slips, Trips and Falls	Participants Instructors	3 - 3	Instructor to visually check areas for uses before each session. Instructor to brief participants at the start of the session about the correct way to use equipment. Instructor to brief participants on safety systems.
Slips on wet equipment	Slips, Trips and Falls	Participants Instructors	3 - 3	Instructor to brief participants on taking care on equipment prior to commencing on the equipment. Instructor to make an informed decision if more than one participant slips as to whether anyone else should continue.
Structural failure	Potential / Serious	Participants Instructors	3 - 2	Instructor check equipment before and after every session. Activity Coordinator to conduct weekly visual check of the structures.

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Extremities entrapment	Potential / Serious	Participants Instructors	3 - 2	Instructor to brief participants on the specific risks of each section of the course prior to allowing participant on the course. Instructor to be vigilant during the session and stand in the position of maximum usefulness.
Fall from apparatus	Slips, Trips and Falls	Participants Instructors	3 - 2	Instructor to brief participants on the entire course and how to tackle it prior to allowing participant onto the course.
Collisions with other participants/obstacles	Bruises	Participants Instructors	3 - 3	Instructor to ensure immediate activity area is free from other users prior to commencing the activity. Instructor to brief participants prior to the session commencing to follow the Instructor's directions and be aware of colliding with others.
Lifting	Muscular injury	Participants Instructors	3 - 3	Instructor to brief the participants on how to carry objects before taking part. More than one participant to carry any heavy objects. Participant to be briefed on what is deemed a 'heavy object' prior to allowing participants on the course.
Rope burns	Burns	Participants Instructors	3 - 3	Instructor to brief participants in how to use ropes correctly prior to use.
Hair, clothing or jewellery trapped in equipment	Potential/Serious	Participants Instructors	4 - 3	Instructor is to brief all participants to tuck away loose clothing and long hair prior to participation. Instructor is to brief participants to remove prominent jewellery prior to participation.
Exposed skin on rough surfaces	Scratches/Scrapes	Participants Instructors	3 - 3	Booking information to inform of clothing requirement (long sleeves and trousers) and sturdy footwear (no sandals) on the day of the session. Instructor to ensure all participants wear suitable clothing (long sleeves and trousers and sturdy footwear (no sandals) prior to session commencing.
Splinters	Scratches/Scrapes	Participants Instructors	3 - 3	Instructor to perform visual check of wooden equipment prior to commencing the activity. Activity Coordinator to conduct weekly inspection of wooden equipment and repair or replace splintered components as necessary.
<b>Equipment</b>				
Faulty equipment	Potential/Serious	Participants Instructors	3 - 3	Equipment is checked on a regular basis and recorded, and replaced where necessary. Instructor is to visually check the equipment for obvious faults at the start of every session.
Misuse	Potential/Serious	Participants Instructors	3 - 2	Low Ropes Area to be locked when not in use.

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Course Structures				
Unauthorised access	Potential/Serious	All	3 - 2	Instructor to brief participants on arrival reference not going onto any activity without a member of staff. Clear signs to be posted at all structures stating no access without suitable qualified staff. No equipment/ropes etc are to be left prepared and unattended. Area locked and secure when not in use.
Cargo Net (Trapping)	Crushing/Scratches/Scrapes/	Participants Instructors	3 - 2	Instructor to brief participants on use of equipment. Distance from each participants set 3 at any one time in the nets.
Slack Line's	Sprains, Cuts, Bruises	Participants Instructors	3 - 3	Instructor to brief participants on use of equipment. Instructor to check slack lines before use and after. No more than two people on a slack line at any time.
Rope Swing	Fractures, Sprains, Cuts, Bruises	Participants Instructors	3 - 3	Instructor to brief participants on use of equipment. Take-off and landing points to be checked.
Log Steps	Fractures, Sprains, Cuts, Bruises	Participants Instructors	3 - 3	Instructor to brief participants on use of equipment. Instructor to check condition of logs and ropes. Take-off and landing points to be checked.

**Key**

**Rating:** Likelihood (1 = Very High, 2 = High, 3 = Medium, 4 = Low) - Consequence (1 = Fatal 2 = Major Injury 3 = Minor Injury 4 = No Injury)