



Generic Risk Assessment High Adventure Elements

Hazard	Risk	Who is Affected?	Risk Before			Action Taken	Risk After		
			S	L	T		S	L	T
Faulty Equipment	Injury due to equipment breaking and hitting participant e.g. bruises, cuts and abrasions	Team	2	2	4	<ul style="list-style-type: none"> All equipment should be checked by the In2action Staff Member prior to and during the session. 	2	1	2
Equipment	Misuse of equipment leading to injuries due to being hit e.g. bruises, cuts and abrasions	Team	2	2	4	<ul style="list-style-type: none"> In2action Staff Member to brief participants on the correct usage of the equipment. In2action Staff Members should remain vigilant to ensure participants are using equipment as briefed. Participants to be adequately spaced out before using equipment. 	2	1	2
Activity equipment	Collisions causing bruises, cuts & abrasion	Team	2	2	4	<ul style="list-style-type: none"> Any equipment not in use should be removed from the activity area. 	2	1	2
Safety equipment	Incorrectly fitted causing participant to fall	Team	4	2	8	<ul style="list-style-type: none"> All PPE should be checked by the In2action Staff Members prior to participants ascending a pole and must be constantly monitored. 	4	1	4
Participants	Collisions with other participants causing concussion, bruises or abrasions	Participants	2	2	4	<ul style="list-style-type: none"> In2action Staff Members to ensure participants are lowered carefully to avoid collision. In2action Staff Members to ensure there is good participant control during the session. 	2	1	2
Falling Objects	Objects falling from height hitting person, causing bruises, cuts and abrasions	Team	3	2	6	<ul style="list-style-type: none"> Participants' shoes must be fitted tightly. Objects must be removed from pockets before climbing and jewelry must be removed. 	3	1	3

Course/ Tree	Collisions with course whilst being lowered causing burns and abrasions	Participants	3	2	6	<ul style="list-style-type: none"> In2action Staff Members to watch participants at all times and carefully control the lowering. Speed lowering participants is strictly forbidden. 	3	1	3
	Unsupervised climbing during session times which could lead to falls and thus injuries	Participants	3	2	6	<ul style="list-style-type: none"> In2action Staff Members to brief the participants not to climb until instructed to do so. In2action Staff Members to remain vigilant at all times. 	3	1	3
	Unsupervised climbing out of session times which could lead to falls and thus injuries	Public	4	2	8	<ul style="list-style-type: none"> Course to be left in a way that makes it secure. Warning signs displayed when course is out of use. 	4	2	8
Long hair, jewellery or loose clothing	Hazard getting trapped causing injury	Participants	3	2	6	<ul style="list-style-type: none"> Long hair needs to be tied back. Jewellery needs to be removed. Loose clothes need to be tucked in. 	3	1	3
Surfaces	Hard, uneven or slippery surfaces causing slips, trips and falls	Team	3	2	6	<ul style="list-style-type: none"> Area checked for hazards before session. Participants checked to ensure they are wearing suitable footwear. 	3	1	3
Over-exertion	Muscle strains	Participants	3	2	6	<ul style="list-style-type: none"> In2action Staff Member to ensure a thorough warm-up is carried out prior to the activity starting. 	3	1	3
Weather	Risk of sunburn, heat exhaustion and dehydration; or hyperthermia during activity	Team	3	2	6	<ul style="list-style-type: none"> Ensure regular water breaks are taken. If it is hot, ensure participants wear sun cream and hats and there is a shaded area available. If it is cold, ensure participants are wearing suitable clothing to keep warm. 	3	1	3
	Risk of lightning strikes and over exposure	Team	4	2	8	<ul style="list-style-type: none"> The session must be immediately suspended if lightning strikes. 	4	1	4

Crates	Injuries due to falling crates	Participants	3	3	9	<ul style="list-style-type: none"> • Safety area to be established and all participants within it to wear a helmet • All participants must be given clear safety brief about moving crates 	2	2	4
Tree	Falling or breaking branches	Participants	3	3	9	<ul style="list-style-type: none"> • Tree to be inspected by a tree arborist. Tree to be visually inspected in line with the Operating Policy 	2	2	4
Insufficient warm up	Muscle sprain or strain	Participants	3	2	6	<ul style="list-style-type: none"> • All participants must carry out a thorough and appropriate warm up prior to climbing. 	3	1	3