

# Activity Risk Assessment: - Abseiling

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
1	Instructor falling from the top of the abseil	Instructors	High	Instructors must take extra care when preparing rope systems and attach themselves to an anchor as soon as is possible. The instructor must remain attached to an anchor while belaying the group.	Low
2	Injury from falling objects	Group & Instructors	High	All participants and instructors must wear an appropriately fitting helmet at all times. This should be put on before the group is in an area of potential danger.	Low
3	Injury due to ill fitting equipment	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 with the activity.	Low
4	Instructor falling whilst performing a demonstration	Instructor	Medium	If the instructor decides to perform a demonstration they must safeguard themselves using an m.l.t.e. Recognised technique that they have been trained and assessed to use.	Low
5	Entanglement in ropes	Group	High	Advise the group to tie back hair and tuck in or remove loose clothing or jewellery. Instruct on correct body position. Use of a releasable abseil system.	Low
6	Rope Burn	Group & Instructors	Medium	Instructor to advise on best body position and keep speed of decent under control using the safety rope.	Low
7	Falling from tree house ladder	Instructor & Group	Low	Instructor to take care when climbing ladder and advise group on the safest and easiest way up the ladder. Instructor to monitor all ascents and descents of the ladder. If appropriate belay group up the ladder.	Low
8	Injury while stepping over the barrier in the tree house	Instructor & Group	Medium	Instructor to take care when stepping over and advise group on the safest and easiest way over the barrier.	Low
9	Falling from the top of the abseil	Group	High	All group members should be briefed about the dangers of the cliff edge. The instructor should allocate a safe place where the group are to remain until called over to the abseil ropes. And ensure good group management.	Low

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10	Wind	Group & instructors	<b>Medium</b>	When windy conditions are encountered the instructor should brief the group on the potential dangers of being blown around and losing balance. Instructors should take extra care when walking around the tops of the cliffs and secure themselves and the group as soon as possible. Consider different venue.	<b>Low</b>
11	Other users	Group, Instructors & Other users	<b>Low</b>	Brief the group about the possibility of other users and how to conduct themselves around them. When at the bottom of a climb / abseil all participants and instructors to wear helmets. Where possible use locations free from other users.	<b>Low</b>
12	Hypo/hyperthermia and exposure	Instructors & group	<b>Medium</b>	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. Group needs safety bag readily available. Instructor to ensure this.	<b>Low</b>