

# Activity Risk Assessment: - Gorge 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 risks	Control Measures	Managed risk
1	Traffic and other users.	Instructors & Group	<b>Medium</b>	Before starting abseil, brief group on quick clearance of bridge in the event of cars wanting to pass.	<b>Low</b>
2	Falling from road bridge.	Instructor & Group	<b>High</b>	Brief group to take care on bridge, inform group leaders that they are to supervise their group during any free time they may have. During abseiling, instructor should adopt recognised abseil techniques as set out in the S.P.A. syllabus; correct fitting of harnesses, safety equipment etc.	<b>Low</b>
3	Blow to the head	Instructors & Group	<b>Medium</b>	All staff and students to wear helmets during session. Brief group on not throwing objects and to be careful not to dislodge loose material from bridge.	<b>Low</b>
4	Entanglement in ropes.	Group	<b>High</b>	Brief group to remove jewellery, tie back hair and tuck in loose clothing. Clear instruction on body position. Use of releasable abseil.	<b>Low</b>
5	Panic; anxiety.	Group	<b>Medium</b>	Clear explanation of activity. Nervous students should not be forced to partake. Group briefed to encourage colleagues, but not to intimidate. You should walk to the gorge via the path.	<b>Low</b>
6	Rope burn	Instructors & Group	<b>Medium</b>	Speed of descent controlled by attentive instructor.	<b>Low</b>
7	Injury or walking off whilst waiting at the bottom of the abseil.	Group	<b>High</b>	Send down the second instructor first to manage the group at the bottom.	<b>Low</b>
8	Hypo/ hyperthermia and exposure.	Group and instructor	<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>