

Activity Risk Assessment: - Challenge Course

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	Slips and trips.	Group	Medium	Appropriate footwear should be worn. Helmets to be worn at all times. Group advised on safe practice and good spotting technique. Instructor to spot participants where necessary.	Low
2	Entanglement in ropes and wires	Group	Low	Any ropes to be transported around the course in a safe manner (not hanging around necks). When crossing the obstacles instructor should advise the group of the hazard and ensure that the participants are spotted.	Low
3	Falling from the top of tall elements	Group	High	Instructor and group to spot participants over the tall elements. All participants should attempt the element in a controlled manner.	Low
4	Cuts /Abrasions	Group	Medium	Advise group members to wear long sleeves and trousers. During the brief mention the risk of cuts and abrasions on the wires.	Low
5	Falling onto protruding objects or uneven floor	Group	Medium	Remove protruding objects where possible. Alert group to specific protruding objects or uneven spots that cause a risk and have spotters where appropriate.	Low
6	Injury to instructor/ spotter	Instructor/ spotter	Low	Make sure spotters know what they are doing and know how to avoid putting themselves at risk of injury.	Low
7	Unsupervised use	Anyone	High	Signposts, group briefings. Making sure the group knows it is out of bounds.	Medium
8	Banging head on elements	Group	Low	Wear helmets. Inform group to mind their heads.	Low
9	Rope burn	Group	Low	Instruct participants how to use elements	Low

				appropriately.	
10	Heavy lifting	Group	Low	Get people to bend their knees and keep back straight when lifting, also get as many people as possible to lift one person at a time. When lifting other people particular attention should be paid to their head.	Low
11	Hypo/ Hyperthermia and Exposure	Anyone	Medium	<ol style="list-style-type: none"> 1. Instructor should ensure that group is appropriately clothed for the weather (e.g. waterproofs, hat, gloves, suntan lotion, etc). 2. Instructor should ensure that group is appropriately hydrated and monitor the state of all individuals in the group. 3. Instructor should be prepared to stop or have a break during a session appropriately. 	Low
12	Failure of Elements	Anyone	Medium	Course is to be visually inspected by instructor at start of each session and safety checked each month. A maximum of two people on an element at any one time.	Low