

Inspiring and Supporting People to Live Happy, Healthy and Successful Lives

Excellence, Passion, Integrity and Caring

Activity Risk Assessments

These documents outline risks and control measures as outlined in the Activity Operating Procedures and Adventure Activity Standards.

A variety of quality assessments will be carried out by the organisation to ensure compliance with this standard.



Documentation does not negate the need for dynamic risk assessment and solution generation.

Version Control

This section will list all changes and amendments made to this document from the previous document in order to aid tracking changes.



This document will be updated as needed and reviewed annually – Please make sure you refer to this year’s version as available internally on Radar and externally at www.peak.co.uk/policies. Emergency changes / additions will be passed on through the usual organisation communications systems.

Updated:	Matt Collins	29/04/2024
Section	Change	

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Introduction

Health and Safety Responsibility

The Directors of Keys Group are ultimately responsible for the management of Health & Safety. However, day-to-day responsibility is delegated to the relevant Management structures. Please also refer to the Groups Health and Safety Policy.

Safety Management and Documentation



The following documents form Keys Group Activity Safety Management system. All colleagues must ensure they have understood all relevant documentation and have contacted their line manager if they are unsure of anything.

Activity Operating Procedures – Outlining all information including risks and control measures relating to any session and relevant equipment.

Adventure Activity Standards (currently 12 documents) – This outline information including risks and control measures relating to each adventure activities.

Service Specific Information & Off-Site Risk Assessments (Various documents) - Outlining service and location - specific information.

In addition to this there are 10 core risk assessments which each Keys Group service must have in place as a minimum requirement;

- Fire Safety risk assessment (Separate Document)
- Lone working risk assessment
- Aggression and Violence risk assessment
- Utilities risk assessment
- Work-related driving and supporting service users in vehicles risk assessment
- Hazardous substances risk assessment
- General risk assessment
- Manual handling risk assessment
- Work-related stress risk assessment
- Contractor control risk assessment

Abbreviations

Where possible abbreviations have been removed to avoid miss interpretation however the following may still be in place as industry standard abbreviations.

- ML(S) Mountain Leader Award Summer
- CWI Climbing Wall Instructor
- NICAS National Indoor Climbing Award Scheme
- NGB National Governing Body
- HML Hill and Moorland Leader Award
- RYA Royal Yachting Association
- MCW Mobile Climbing Wall
- RCI Rock Climbing Instructor
- MIAS Mountain Bike Instructors Award Scheme
- SUP Stand Up Paddle Boarding
- PPE Personal Protective Equipment e.g. Climbing helmet and harness

Definitions

The following terms will be used throughout this document in their application to activity delivery:

- **Product** The way activities are packaged (sometimes together) and sold.
- **Activity** The sport or 'thing' the person or group undertake.
- **Participant** Any person taking part in an activity, including Group Colleagues and volunteers.
- **Party Leader** An adult that is part of or accompanies the group. They are responsible for pastoral care and discipline of the group. They can also be a Participant.

- **Colleague** An individual working for the Keys Group this includes volunteers.
- **Instructor** A Colleague who is responsible for the delivery of activity.
- **Service Manager** A Colleague who is responsible for a Group Service including 'Activity Intervention Home' or 'Activity Centre'.

- **Deploying Manager** The Service Manager for a specific product
- **Freelance** An individual acting as a Practitioner, however is not an employee of the Keys Group.

- **Safety & Rescue equipment** Equipment provided for assisting rescues e.g. throwline
- **Activity equipment** All other equipment provided by the Keys Group for adventurous activities e.g. wetsuit, canoe and cagoule

- **Call-out person** The person responsible for contacting the activity group "practitioner" before and after an off-site activity takes place

Risk Assessments and Activity Benefit

Adventures activities carry with them an inherent risk of personal injury. Where possible these risks have been assessed and appropriate control measures put in place to minimise them.

The BMC recognises that climbing and mountaineering are activities with 'a danger of personal injury or death'. Individuals participating in these activities without the supervision of a Peak Instructor should be aware of and accept these risks and be responsible for their own actions.

The Keys Group use the following 3 stage process for assessing Outdoor Learning activities:

1. **Identify the hazard**
Identify the significant (non-trivial) risks. This is anything that has the potential to cause harm.
2. **Implement control measures**
These are the control measures that are put in place to keep the risk to an acceptable level. Where relevant, these will also refer to relevant NGB guidelines. Where control measures are needed the following hierarchy is used:
 - a. **Removal** - Elimination of task leading to risk.
 - b. **Replacement** - Substitution of task leading to risk.
 - c. **Isolate** - Engineering controls implemented to isolate the risk.
 - d. **Method** - Administrative control to change the way a task is completed to remove risk.
 - e. **PPE** - Implement the provision and use of Personal Protective Equipment
3. **Review the process**
All Activity risk assessments and Activity Safety Documentation, will be updated as needed and reviewed annually.



Who may be harmed?

The Keys Group do not document who may be harmed by the hazard within the activity risk assessments. This is to simplify the process and remove ambiguity.

The Keys Group recognise the primary risk of hazards are to the instructor and participants on that session, however there is a secondary risk to a much wider group including, others on site, members of the public, family members, the environment and organisation.

Likelihood, Severity and Consequence

The Keys Group do not use a number of systems or abbreviations in determining the likelihood and consequences of risk for Outdoor Learning. This is due to the very subjective and inaccurate nature. Instead assessments focus is on significant risks and put control measures to reduce the risk to an acceptable level. This is reviewed as part of service accreditation process which may include AALA, AHOEC Gold Standards and RYA Training Centre.

Activity Benefit

When considering risk, we must also consider the benefits of the activity to maximise the outcomes. Adventure activities, such as hiking, camping, rafting, and rock climbing, offer numerous benefits for individuals who participate in them. Some of the key benefits include:

Physical Health: Adventure activities often involve outdoor physical activity, which can improve physical health, reduce stress levels and boost overall energy levels.

Mental Health: Engaging in adventurous activities can also have positive effects on mental health. It can reduce symptoms of anxiety and depression, and increase feelings of happiness and well-being.

Building Confidence: Adventure activities often involve facing challenges and pushing personal limits, which can build confidence and self-esteem.

Team Building: Adventure activities often require teamwork and cooperation, which can help to build stronger bonds among team members and improve communication skills.

Exposure to Nature: Spending time in nature can improve overall health and well-being, and has been shown to have positive effects on mood and stress levels.

Personal Growth and Development: Engaging in adventurous activities can help individuals to overcome fears, learn new skills, and gain a sense of accomplishment, leading to personal growth and development.

Creates Lasting Memories: Adventure activities can create lasting memories and a deeper connection to the natural world, and can be an enjoyable way to bond with friends and family.

Overall, adventure activities offer a unique and exciting way to improve physical and mental health, build confidence and relationships, and create meaningful memories.

General Operating Risk Assessment

Risk assessments below have been taken from the Activity Operating Procedures.

Outdoor Activity Standard – General Operating Standards	
Hazard	Control Measures(s)
Failure of staff to follow procedures	<ul style="list-style-type: none"> • Simplification of procedures in a format that is accessible. • Regular monitoring and training of all staff.
Theft	<ul style="list-style-type: none"> • Staff to brief the Participants appropriately and that all valuables remain the responsibility of the individual. • Signage to be placed in centre notifying risk of theft. • Group's kit to be kept separate where possible. • Centres and stores to be locked when not being supervised. • Incidents of theft to be reported internally via Untoward Event form. Person affected to be advised to call police if deemed necessary.
Swimming	<ul style="list-style-type: none"> • Activity only to be operated as part of activity session. • See Water Sport section of this document.
Drugs and alcohol	<ul style="list-style-type: none"> • The use of alcohol or illegal drugs on session is forbidden. • The consumption of alcohol is not permitted by any staff responsible for Participants. • Anyone deemed to be under the influence of drugs or alcohol will not be allowed to partake in sessions.
Falling trees and branches	<ul style="list-style-type: none"> • Activities must not take place in wooded areas where it is known there is a danger of falling trees or branches. • Peak Activity Services will seek permission from landowners and confirm safety of the site before planning any activities at that location. • Instructors must continually make dynamic risk assessments in all areas of woodland / forests particularly when operating in areas that have not been planned and pre-approved.
Collision with moving vehicles	<ul style="list-style-type: none"> • When boarding or exiting the vehicle, ensure that the vehicle is parked in a visible area and is not near any hazardous road conditions. • Assembly should be as far back from a road as possible, preferably on a footpath or in a suitable area, such as a field or pedestrian area. • If meeting in a car park, ensure that the group are kept together and away from where vehicles are likely to park. • Vehicle movement should be kept to a minimum around centres and groups kept away from areas of moving traffic. • Care must be taken when trailers are moved around centres and delivery sites, when reversing a spotter must be in place at the rear of the trailer. • Group to walk single file down road into oncoming traffic unless on sharp turn.
Choking	<ul style="list-style-type: none"> • No one should eat whilst on activity or be encouraged to eat overly fast.
Lifting and moving large or heavy items	<ul style="list-style-type: none"> • Staff are to brief all participants on the correct way to pick-up heavy materials and refer to manual handling advice. • Staff are to brief all participants, when carrying elongated equipment, they must be aware of other people around them. • Instructors to consider Manual Handling Procedure and lifting with care. • Adequate time before and after session to set up and clear down.
Lyme disease from Ticks	<ul style="list-style-type: none"> • Instructors must avoid tick prone areas where possible. • Staff must remind Participants to check themselves after being in a tick prone area. • If needed a first aider should remove a tick by: <ul style="list-style-type: none"> • Using tweezers or tick cards and wearing gloves. • Grab the tick as close to the skin as you can and gently pull straight up until all parts are removed.

	<ul style="list-style-type: none"> Do not twist or jerk the tick as you are removing it, as this may cause the mouthparts to break off and - remain in the skin once the tick has been removed. Wash your hands with soap and water. Once the tick has been removed, clean the tick bite with soap and water, or an antiseptic wipe. If unable to remove or any 'part' of the tick has not been removed the individual should seek further medical help. The following <u>must not</u> be used: petroleum jelly, alcohol, or a lit match. Staff must monitor Participants following a tick bite checking for symptoms of Lyme Disease (Drowsiness, headaches, mild fever, joint and muscle pains, swollen lymph glands) or a red rash. Medical advice must be sought if required.
Faulty equipment	<ul style="list-style-type: none"> Equipment must be inspected by Instructors at the start and end of every session. All equipment is logged and inspected periodically by instructors who have a relevant qualification and experience. Anything that is not suitable for use must be labelled with details of the fault, reported to the relevant Centre Manager, and removed from service. If possible, placed in quarantine box.
Misuse of equipment	<ul style="list-style-type: none"> Instructors must always work within their own qualification and experience. Staff are to brief all Participants on correct use and responsibility when looking after and using safety equipment.
Domestic and wild animals (many of our centres are popular locations for dog walkers)	<ul style="list-style-type: none"> Staff must brief Participants to avoid aggravating domestic or wild animals that they might come across. First aid kit available on all sessions. Prior knowledge of any allergies. Dogs should not be approached. Groups crowding or over petting a dog must be avoided as this can cause distress. Staff pets are not to be brought to work.
Plants	<ul style="list-style-type: none"> First aid kit available on all sessions. Prior knowledge of any allergies.
Health and hygiene	<ul style="list-style-type: none"> Instructors must encourage Participants have a high level of cleanliness especially prior to eating any meal.
Cuts (Remote Supervision)	<ul style="list-style-type: none"> Appropriate first aid training prior to session to include treatment and care for major and minor cuts. Teams to carry suitable first aid kit, including antiseptic wipes, plasters, and bandages. Emphasise vigilance during activity, especially when crossing field boundaries or overgrown areas to avoid common hazards (e.g., barbed wire, rusty nails, brambles etc). Encourage regular intake of food and water to ensure concentration is maintained. Many accidents occur when Participants are getting tired and/or dehydrated. Encourage teamwork and watching out for each other.
Sprains (Remote Supervision)	<ul style="list-style-type: none"> Appropriate first aid training prior to session to include prevention and treatment for sprains and strains. Teams to carry suitable first aid kit. Participants to be suitably equipped, including footwear. Emphasize vigilance during expedition, especially when crossing field boundaries, to avoid common hazards (e.g., climbing up and down stiles, holes/uneven ground etc). Encourage regular intake of food and water to ensure concentration is maintained. Many accidents occur when Participants are getting tired and/or dehydrated. Encourage teamwork and watching out for each other.

Pregnancy	<ul style="list-style-type: none"> • Participants must take additional care when undertaking outdoor activities. • Activities that involve the use of a harness, buoyancy aid and or any activity that has a greater than normal chance of slipping or falling pose a higher risk e.g., technical mountain biking, scrambling or activities in icy conditions. • All activities undertaken must be adapted in consultation with the Pregnant individual and their doctor. • Activities should not be undertaken past 7 ½ months.
Dog mess and litter	<ul style="list-style-type: none"> • Activity areas to be cleared before session and as often as deemed necessary.
Polluted or diseased water (Weil's Disease)	<ul style="list-style-type: none"> • Instructors to check site prior to use. • Instructors to monitor the conditions on the day, for example blooms of blue/green algae. • Instructors to brief the Participants where appropriate on how to avoid contracting Leptospirosis (also known as Weil's disease) and the importance of seeking urgent medical attention if symptoms occur after the activity. • Instructors to ensure that Participants wash/shower after the activity, especially before handling or eating food.
Pre-existing medical conditions	<ul style="list-style-type: none"> • Consent forms or AOR must be completed prior to activities beginning. • In the absence of these forms, instruction must not begin without approval from an Operations Manager.
Geese	<ul style="list-style-type: none"> • Geese are present at several operating locations. They should be treated with care as they can cause damage and capsize when startled. • They also leave faeces that contain pathogens and contribute to the spread of diseases including E. coli, listeria, salmonella, and giardia. Areas should be cleared where possible (jetty's) and all participants advised to wash their hands immediately after a session.
Algae blooms (Blue Green Algae)	<ul style="list-style-type: none"> • If algae blooms are suspected the Centre Manager must be notified. A decision on ongoing operation will be made in conjunction with the Operations Manager considering the history of the site and advise from the Environment Agency. • Blue Green Algae occurs in fresh water and is a build-up of scum and foam on the shoreline of a blue- green- brown colour. This is due to the algae photosynthesising and creating a negative effect on the appearance and quality of the water. • Blue Green Algae usually occurs during calm, dry, warm spells of weather and the water should be checked throughout the day as it can change quickly. The toxins created by the algae can kill animals and in humans they can cause illnesses such as rashes, vomiting, diarrhoea, fever, and muscle pain if swallowed.
Outdoor Activity Standard – Adverse Weather	
Hazard	Control Measures(s)
General	<ul style="list-style-type: none"> • Instructors to consider weather reports ahead of sessions. • Teams are to carry suitable emergency and shelter equipment especially away from a centre. • Staff must prevent inappropriately dressed individuals from taking part in activities or endeavour to provide additional or replacement suitable clothing. • Instructors must always be prepared to adapt and change sessions according to the weather.
Hypothermia / Hyperthermia (Remote Supervision)	<ul style="list-style-type: none"> • Appropriate first aid training prior to session to include identifying of Hypothermia / Hyperthermia and treatment. • WET ACTIVITIES: There should not be prolonged immersion in cold water and individual's cold-water tolerance to be considered. • Instructors must have an awareness of water temperature / wind chill factors. • Staff must ensure that all Participants have adequate warm and waterproof clothing for the activity.

	<ul style="list-style-type: none"> • Instructors to move activity and or ensure the following is available / being used by the team as appropriate, along with shelter, warm clothing, warm drinks, water, and sun cream. • Encourage regular intake of food and water to ensure concentration is maintained. Many accidents occur when Participants are getting tired and/or dehydrated. • Encourage teamwork and watching out for each other.
Cold Water Shock	<ul style="list-style-type: none"> • All participants to be supervised when on or near the water. • Instructors to ensure all participants (and themselves) are appropriately dressed. • Instructors to manage entry to water to avoid sudden emersion or surprise at how cold it is, this may include: <ul style="list-style-type: none"> ○ Enter the water slowly and controlled manner ○ Splash your wrists, forehead and back of neck • Instructors to monitor all swimmers and follow hyperthermia protocols.
Dehydration and heat exhaustion (Remote Supervision)	<ul style="list-style-type: none"> • Appropriate first aid training prior to session to include identifying of dehydration, Heat Exhaustion, and treatment. • If monitoring team remotely, agree regular checkpoints/meeting and provide top-ups with water (if required). • Teams to carry suitable supplies of water. • Encourage regular intake of food and water to ensure concentration is maintained. Many accidents occur when Participants are getting tired and/or dehydrated. • Encourage teamwork and watching out for each other. • Ensure all Participants are suitably dressed; wear a sunhat and protection against the sun.
Sunburn (Remote Supervision)	<ul style="list-style-type: none"> • Appropriate first aid training prior to session to include identifying of sun burn and treatment. • Staff must brief all Participants of the dangers of sunburn. • Staff must ensure that all Participants are protected from the dangers of the sun either by covering up with clothing or using sunscreen. • Teams should carry suitable first aid kit, including sun cream (minimum SPF factor of 30 is recommended). • Ensure Participants have applied sun cream at start (even if overcast!) and regularly re-apply cream during the day. • Encourage teamwork and watching out for each other.
Lightning	<ul style="list-style-type: none"> • Outdoor based session must not be undertaken during active thunder and lightning storms. • The storm must be at least six miles away based on 1 mile per five seconds between lightning and thunder (approximately, depending on temperature and humidity) i.e., 30 seconds between light and noise or there must be a minimum of 30 minutes from last noise before restarting. • Instructors must ensure that all participants get to safe areas during such storms and avoid equipment which may act as conductors such as tent poles.
Outdoor Activity Standard – Covid-19 / Infection Control (Implemented when deemed desasery)	
Hazard	Control Measures(s)
Staff not having appropriate knowledge of current regulations	<ul style="list-style-type: none"> • All staff to keep themselves updated and follow the latest Government and Public Health England/NHS guidelines. • Signage installed in centre. • Updated risk assessment process implemented as needed.
Contagious people coming into a centre	<ul style="list-style-type: none"> • Anyone showing the symptoms, should not come to a centre or join any session and should follow the relevant government protocols at home and before coming back. • Staff must inform their line manager if showing symptoms or if contacted by public health or following close contact with someone isolating. Guidance

	<p>provided by local public health departments will be followed. This may include managers identifying any other members of staff who may have had 'close contact' with a suspected case.</p> <ul style="list-style-type: none"> • Use of LTF (Lateral Flow Testing) will be implemented where possible to support identification of Asymptomatic individuals. • Peak will tell staff and potential visitors, including customers and contractors, not to enter the centre if they are displaying any symptoms of an Infection or if they should be self-isolating. • Anyone living in a household where someone is showing symptoms should stay at home in line with government protocols.
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Activity Risk Assessments

Risk assessments below have been taken from the relevant Activity Standards documents.

Adventurous Jumping

Outdoor Activity Standard – Adventurous Jumping	
Hazard	Control Measures(s)
Drowning	<ul style="list-style-type: none"> • All participants to wear BA when on or near the water. • Instructor has Keys licence for activity. • Instructor checks BA's are in good working order. • Instructor ensures BA's are worn correctly.
Hypothermia/ Hyperthermia	<ul style="list-style-type: none"> • Session activity and clothing are suitable to the conditions. • Cancel activity if necessary • Instructor s safety equipment reflects conditions and the group. • Special attention is paid to headwear • Instructor will ensure some form of shelter/group tent close to jump location
Unwater Items	<ul style="list-style-type: none"> • The Instructor must check the venue prior to the activity commencing to ensure adequate depth and that there are no hazards under the water • Instructor to be aware of water levels changing. • Instructor to check no hazards washed down since last time.
Impact Injury	<ul style="list-style-type: none"> • Participants must wear canoe helmet, stout footwear and enter the water feet first, with legs closed and hands/arms either by their side or across chest • Instructor to exercise group control. • Participants informed of risk. No Diving.
Adverse weather conditions	<ul style="list-style-type: none"> • Weather forecast checked and suitable activity planned. • Session activities and clothing are suitable to conditions, (cancel if not).
Inherent risk (slips, trip, Sunburn, etc.)	<ul style="list-style-type: none"> • Instructor first aid qualified. • Instructor carries suitable FA kit. • Participants provide details of existing medical conditions.
Entrapment by the use of ropes	<ul style="list-style-type: none"> • Instructor to carry a safety knife while on activity. It should be locked in Lock box when not on an activity • Instructor safety brief includes disclosure of risk and highlights specific hazards.
Other Users	<ul style="list-style-type: none"> • Instructor performs local and dynamic risk assessments and takes suitable action

Bushcraft

Adventures Activity Standard – Bushcraft	
Hazard	Control Measures(s)
Cuts, scrapes, bruises, and splinters	<ul style="list-style-type: none"> Under 10's are not to use a knife, saw or axe at any time. Instructors should dynamically assess the use of knives, saws and axes considering the following: group experience, control, behaviour, materials, and environment. Anyone using a knife, saw or axe should have close supervision and be a safe distance from other Participants.
Drinking water	<ul style="list-style-type: none"> Instructors need to ensure tap water is used and mixes with gravy granules, food colouring or sweets to look dirty and show the process. Instructors must ensure Participants do not drink un-purified water. Instructors to ensure Participants are briefed on the dangers of water and avoid wherever possible.
Fire lighting (open Fires)	<ul style="list-style-type: none"> Fires may only to be lit under close supervision by Instructors, only in pre-determined areas and only if enough resources are available to extinguish the fire. Any fire is always to be closely supervised by instructors and adhere to any individual campsite rules. All campfires must be extinguished prior to departure from the site. Participants must be briefed not to smoke or cook in, or close to, any shelter or other accommodation. There must be a designated cooking area for each camping area and a separate fuel area set up away from cooking area. Participants to be made aware of the need to walk around fires and be cautious not to catch clothing on fire. Instructors to keep Participants with flammable clothing away from fires. In the event of a fire needing to be extinguished mid burn a large stick or pole should be used to spread the fire out, once spread-out water must be used to fully extinguish and remove any residual heat.
Cooking	<ul style="list-style-type: none"> See Expedition and Cooking section of this document.
Ghillie (Kelly) Kettles	<ul style="list-style-type: none"> Extreme care is to be taken when using this piece of equipment. Instructors must make participants aware the whole thing becomes hot and can spit boiling water. Appropriate gloves must be worn when placing on and off fire. If fitted with a cork / bung this must be removed before use Caution must be taken to ensure equipment does not fall over spilling boiling water. Keys Group owned Kelly kettles shall have their cork replaced with a block of wood.
Collapsing Shelters	<ul style="list-style-type: none"> Shelter frames should only be built using sound wood and best practice methods. Shelter frames should be tested before covering.
Infection Control	<ul style="list-style-type: none"> Equipment disinfected between users. Increased care with Food hygiene and avoid where possible.

Classroom Training

Outdoor Activity Standard – First Aid	
Hazard	Control Measures(s)
Quality of provision	<ul style="list-style-type: none"> Only qualified first aid trainers to be used. All courses to be governed by regulated body and follow associated guidelines
Cross Contamination	<ul style="list-style-type: none"> All mannequins to be wiped down, inside mouth and around face, using appropriate manikin wipes between users.

	<ul style="list-style-type: none"> All equipment to be cleaned at start of each course and stored appropriately including mannequin lungs. All bandages that encounter bodily fluids to be disposed of appropriately. Software (including bandages and internal parts of the mannequin) to be replaced as required.
Covid-19	<ul style="list-style-type: none"> Anni Lungs to be replaced between every group. Face shields (with one-way valve) to be issued and used by each participant. Where possible reduce group and practical work to maintain social distancing Use of gloves and regular hand washing.
Auto Injectors	<ul style="list-style-type: none"> Only training devices to be present All devices to be checked against a firm surface before use
AED	<ul style="list-style-type: none"> Only training devices to be present All devices to be checked as training devices before use
Hypothermia	<ul style="list-style-type: none"> Roll mats to be used when acting as casualties on cold surfaces. Appropriate clothing to be worn
Emotional Trauma	<ul style="list-style-type: none"> Trainer to consider use of pictures, videos, and stories, to be appropriate and relevant to the learning outcomes. Trainers to be sensitive and consider learning styles. Trainers to pre-warn participants of any graphic content
Un-necessary force used in training scenario	<ul style="list-style-type: none"> When practicing choking procedures participants must only simulate procedure, unless a 'choking vest' is in use. CPR or Rescue Breaths only to be performed on a manikin
Miss identification of scenario / real injury	<ul style="list-style-type: none"> Trainer to clearly frame a training scenario any other to be treated as real. Trainer to monitor participants throughout course
Increased risks of slips trips and falls	<ul style="list-style-type: none"> Caution to be taken and extra briefing given. Design of tasks and equipment to consider reducing risks.
Participant being dropped	<ul style="list-style-type: none"> Instructor to closely supervise any lifting of participants. As many people as possible should be involved with lifting other team members. Special attention to be made at the 'head end'

Climbing

Risk Assessment – Climbing, Abseiling and Bouldering	
Hazard	Control Measure(s)
Falling from the edge	<ul style="list-style-type: none"> Instructors must make sure they keep themselves safe when setting up the activity close to the edge of the crag e.g., use personal safety line Team members must ensure that all Participants are always properly briefed and supervised when near to falls including crags, bridges and climbing walls. Instructors must ensure that the remainder of the team are at least 10 meters from any edge and/or behind fall protection barrier. Instructors must ensure that the abseil participant is secured to the safety rope before committing to abseil.
Falling objects	<ul style="list-style-type: none"> Helmets must always be worn when climbing, bouldering, scrambling, weaselling or abseiling on natural rock and at Bridge 75. A safe area must be established away from the activity. Helmets must be worn unless Participants are in this area. Instructors must brief the Participants on action to take if accidentally kicking a loose rock (i.e., shout 'below') and action to take if you hear 'below' being shouted. Instructors must ensure the edge of the crag is reasonably clear of debris before setting up the activity.

Fall whilst un-roped	<ul style="list-style-type: none"> • Team members must ensure Participants do not climb without a rope attached or when unsupervised. • Team members must supervise all Participants when scrambling up to or down from the top of the crag.
Slips, trips, and falls	<ul style="list-style-type: none"> • Team members must brief and ensure all Participants do not run around the climbing site and to be careful when walking around.
Other groups	<ul style="list-style-type: none"> • Group to be briefed / reminded of crag etiquette, and appropriate behaviour. • If needed, the location (route or crag) to be used can be changed.
Harnesses and helmets incorrectly fitted	<ul style="list-style-type: none"> • Instructors must ensure that all Participants are shown and briefed in the correct fitting of all climbing equipment. • Instructors to inspect all equipment at the start of the session, each time this equipment is put on and prior to an individual climbing or abseiling. • Participants work in a buddy system to check each other and are then checked by the instructor. • Participants must be briefed not to adjust their harness or helmet once fitted without it being re-checked by an Instructor.
Hair or clothing trapped in equipment	<ul style="list-style-type: none"> • Before commencing activity, Instructors must ensure all Participants tuck away or tie back long hair, loose clothing and draw cords from jackets. • Releasable abseil systems must be used (including when operating a caving ladder climb).
Objects or clothing caught on holds.	<ul style="list-style-type: none"> • When using bouldering walls or traversing, climbers should remove harnesses and clothing that could become caught on holds. • Instructors of Keys Group groups must ensure that Participants remove all equipment before using bouldering or traverse walls.
Rope burns or finger entrapment in knots/belay devices	<ul style="list-style-type: none"> • The speed of abseil is controlled by the instructor to minimise rope burn. • Instructor to brief the Participants on the possibility of rope burn when belaying or abseiling. • Instructor to brief Participants to keep their fingers clear of the Italian Hitch or belay device, whilst belaying or abseiling.
Incorrect attachment of rope to harness	<ul style="list-style-type: none"> • Gear loops to be removed from harnesses (where cutting is not needed) to reduce the possibility of these being used as a rope attachment point. • Correct training and experience using harnesses. • Wherever practical, climbers should be tied onto the rope using a re-threaded figure of eight, stopper knot and belay master style karabiner.
Lost tracer / replacing fallen ropes	<ul style="list-style-type: none"> • All tracers are to be replaced, in line with working at height regulations. • Only qualified and experienced Team members should replace tracers.
Inversion / fall	<ul style="list-style-type: none"> • Clear instructions to be given. • Instructors to ensure correct use and fitting of equipment. • Safety rope must always be used when abseiling. • Chest harness or full body harness where needed (i.e. oversized Participants).
The belay device and Peer belaying	<ul style="list-style-type: none"> • Instructors must always hold the 'dead rope' when Participants are being lowered from the top of a climb. • Instructors will belay or will closely monitor the Participants belaying themselves.

	<ul style="list-style-type: none"> Instructors to train the Participants in the correct techniques to belay (and then supervise).
Belayer lighter than Climber	<ul style="list-style-type: none"> Set a semi direct anchor for the belayer or use ballast bag or second climber. As a last resort, people holding their harness (not gear loop)
Walking, sitting or climbing beneath other climbers	<ul style="list-style-type: none"> It is the responsibility of the belayer to ensure that there is no one standing where a climber is going to be lowered. If there is someone in the way, the belayer must stop lowering and ask the person to move. Extreme caution must be taken around auto belay landing zones where this is not possible. People should be made aware that climbers may be lowered. All inexperienced climbers and spectators should be told this on their first visit to the centre. Leaders of groups must exercise due care and attention at all times, ensuring that their group are not in vulnerable positions.

Risk Assessment – Artificial Climbing

Hazard	Control Measure(s)
Spinning or Breaking holds	<ul style="list-style-type: none"> Team members must address loose or spinning holds as soon as possible. Route-setters are to ensure that adequate bolt lengths are used and that over tightening is avoided. All wall users are made aware of this either by their instructor or by reading the “terms of use” statement.
In-situ equipment failure.	<ul style="list-style-type: none"> Walls conform to the relevant British Standard dependant on current reg's when built. Lower offs, runners and ropes are checked regularly by instructors, in line with kit check policy. Replacements to be carried out as required, if they are not available then the area will be closed off, if necessary, until corrective work has been conducted.
Surface or feature damages & high points i.e. screws or bolts etc.	<ul style="list-style-type: none"> Regular checks to be carried out by venue team. Replacement / repair to be carried out as required, if they are not available then the area will be closed off, if necessary, until corrective work has been conducted.
Objects in landing zone	<ul style="list-style-type: none"> All wall users must ensure that equipment and personal belongings are not left on bouldering mats or beneath traverses. Climbers on bouldering walls and traverses should ensure that their landing zone is clear of obstruction.
People climbing, walking and resting beneath climbers.	<ul style="list-style-type: none"> Users of bouldering areas must be aware of other users above them. Instructors of groups must ensure that areas used for bouldering and traversing are not overcrowded.

Risk Assessment – Bouldering

Hazard	Control Measure(s)
Descending from bouldering walls	<ul style="list-style-type: none"> Climbers should descend from bouldering walls by down climbing rather than jumping. Climbers should avoid awkward falls. Where this is likely, the use of spotter should be considered. Instructors of Keys Group groups must enforce reasonable height restrictions and use spotters where necessary.

Falls whilst bouldering	<ul style="list-style-type: none"> • Instructors are to brief the Participants in the correct techniques for bouldering. • Participants will not go above a height that is comfortable for them and cannot step off. • Where 'Spotters' are used they must be trained first to act appropriately.
Bouldering	<ul style="list-style-type: none"> • Whole team to be briefed and implement appropriate spotting technique. • Participants only to boulder under supervision of Instructor. • The use of bouldering mats does not negate the need to use appropriate spotting.

Risk Assessment – Route Setting

Hazard	Control Measure(s)
Items being dropped & holds breaking during setting.	<ul style="list-style-type: none"> • Equipment to be attached to the setter using leashes. • Working area to be cordoned off. • Team members are only to enter the working zone with the setters consent. • Team members are to be aware of over tightening holds
Evacuation of the Premises	<ul style="list-style-type: none"> • Team members setting routes should use a method which allows easy descent.

Risk Assessment - Weaselling

Hazard	Control Measure(s)
Fall from height	<ul style="list-style-type: none"> • Instructors should refer to the Walking risk assessment and operating procedure • RCI or ML qualified and prior knowledge of route. • Safe height limit when bouldering. • Spotter system to be introduced if required. • Landing area inspected and protected if required. • Group briefed on safe landing techniques.
Falling items	<ul style="list-style-type: none"> • All loose clothing to be secured and helmets to be worn when appropriate by instructors and participants.
Banging / Scraping Body Parts	<ul style="list-style-type: none"> • Helmets to be always worn and Participants to wear appropriate clothing to protect skin.
Getting lost	<ul style="list-style-type: none"> • Due to the variety of route combinations, Instructors should have a good knowledge of the area they are operating in prior to leading a group. • Instructor should carry a map. • Instructors to have a phone in their possession to call for help
Over challenging group	<ul style="list-style-type: none"> • Instructor to shadow sessions prior to delivery. • Instructors to build the level of challenge slowly to help identify participants ability. • Challenge by choice – where possible and alternative 'easy' route should be offered

Coasteering

Outdoor Activity Standard – Coasteering

Hazard	Control Measures(s)
Drowning	<ul style="list-style-type: none"> • Participants will be issued with necessary safety equipment, including a wetsuit and a buoyancy aid to help floatation.
Falls Head injury unconsciousness	<ul style="list-style-type: none"> • Coasteering route will avoid areas of loose rock. • Suitable helmets will be worn at all times.

Cold water shock and hypothermia	<ul style="list-style-type: none"> • Ensure all participants have correctly fitting wetsuits, helmets and buoyancy aids. • Hooded tops may be used in very cold weather. • Guide to encourage participants to keep moving around and to give themselves time to adjust to the water temperature when they first enter. • Sessions shortened if needed. • A safety bag is available at all times, containing an extra layers and a warm drink.
Winding or injury due to poor landing in water	<ul style="list-style-type: none"> • All participants are taught technique suitable for the jump. • Coastering route will not have jumps that are compulsory to complete the course. • All jumping techniques are demonstrated by the instructor. • Begin with small jumps before larger heights are attempted. • The guide is nearby at all times and will give feedback on their technique.
Injury due to hitting rock	<ul style="list-style-type: none"> • Through training and observing conditions on the day, the guide will be able to say whether it is appropriate to jump. • Participants must show that they are capable of jumping effectively and able to land well. • Weaker jumpers are encouraged at lower levels with the guide nearby at all times.
Injury through contact or collision with other people	<ul style="list-style-type: none"> • Participants that wish to jump at the same time as others must be well apart. The guide will dictate how far this is. • No one may jump holding hands.
Slipping and injuring oneself – Grazes, sprains and fractures	<ul style="list-style-type: none"> • All participants are told to proceed with care and are guided over the best routes to avoid large amounts of seaweed etc. • Participants will be told to use hands to aid their balance. • Walking on areas of barnacle covered rocks is encouraged for maximum grip. • When walking on seaweed look for pools or indentations that hold water as these will provide more stable footing. • The guide may lead the group, encouraging them to help each other & forewarning them of obstacles such as wet & slippery rocks.
Unintentional swim due to being washed off or falling in strong sea	<ul style="list-style-type: none"> • Briefing on conditions and told what to expect, how to react and what to do in the event of an unintentional swim occurring. • Guide to verbally and visually warn participants of incoming waves. • Where exposed to large waves/ swell the group will be kept in a safe area until asked to move. • A throwline at hand at all times. • The guide will hold a form of water safety training.
Cuts and grazes on barnacles or sharp rock	<ul style="list-style-type: none"> • Demonstrate how to place hands and feet. • Demonstrate the best way to get out of the water and what to do when they are being washed around or near to rocks. • Demonstrate and/ or practice to help learn good technique.
Injured guide with group unsupervised	<ul style="list-style-type: none"> • The guide is to carry information in the safety bag stating a step by step guide as to what to do in the event of an emergency. • The guide should inform the group about this as part of the initial safety brief.
Injury caused by impact with water from height	<ul style="list-style-type: none"> • The absolute maximum height is to be 10m in line with NCC, however most of venues we will use will have maximum height of 7m
Injury caused by hitting rock after miss-jumping a “must make” jump	<ul style="list-style-type: none"> • Avoid “must make” jumps at all times.
Injury caused by a poorly executed “stunt jump” /dive	<ul style="list-style-type: none"> • No “stunt jump” / dives allowed.
Entrapment with ropes in water	<ul style="list-style-type: none"> • Guide to carry a safety knife or rope cutter while on activity. It should be locked in Lock box when not on an activity

Cycling

Outdoor Activity Standard – Cycling	
Hazard	Control Measures(s)
Injury caused by equipment malfunction	<ul style="list-style-type: none"> • Keys Group owned bikes, maintained by experienced mechanic. • All suspect bikes taken out of service and tagged. Bike maintenance schedule in place. All bike maintenance recorded. • Instructor to check each bike prior to any participants riding the bikes.
Fall from bike	<ul style="list-style-type: none"> • NGB assessed or in-house assessed leader. • Good sizing of bike. • Prior knowledge of route. • Helmets to be worn always while on the bike. • Gloves are advised to be worn by riders. • Good control of group and clear briefing. participants briefed to ride with caution on loose surfaces / gravel paths.
Items caught in the bike.	<ul style="list-style-type: none"> • Supply day sacks for personal belongings. • Be aware of long/loose straps e.g. waist belts on sacks. • Loose clothing secured.
Collisions with objects and other trail users	<ul style="list-style-type: none"> • NGB assessed or in-house assessed leader. • All venues risk assessed. • Participants briefed about hazards and how to act around other trail users.
Becoming Lost	<ul style="list-style-type: none"> • Prior knowledge of the route. • NGB assessed or in-house assessed leader. • Relevant correct equipment carried. • Office aware of planned route and inform of departure and return. • Ensure that the instructor is always aware of their location. • Instructor required to have appropriate map or alternative, such as a smart phone with app-based location system.
Competence	<ul style="list-style-type: none"> • Different sections of the forest require various levels of ability. If a group encounter a trail they are unsure about they should get off and walk or the instructor will take the nearest exit from the trail.
Car park / road	<ul style="list-style-type: none"> • Give Participants a safety brief regarding their location. • Keep group at back of vehicle, on the car park. • Group to cycle single file down road. • When cycling along a road you must have a leader at the front and at the back of the group. If there is only one Instructor, then they should be positioned behind the group.
Forestry Action	<ul style="list-style-type: none"> • When in a working forest, the instructor needs to stay vigilant and be aware of forestry work that maybe taking place. • Information can be found upon the relevant forestry websites e.g. Forestry England or NRW, (Natural Resources Wales). • The group should be kept well clear of any location where forestry work is being carried out.
Tree/Low vegetation	<ul style="list-style-type: none"> • Brief the group that there may be instances of low vegetation. • An instructor should lead from the front of the group in circumstances like this. • Check with the hire venue for any areas that maybe a known problem. • If wind warnings have been issued for a specific area, then the group should not enter the forest.
Ground Conditions	<ul style="list-style-type: none"> • If weather has been cold and icy, great care must be taken or cancel the activity. • If winds are blustery, or consistently strong, you must consider cancellation or postponement of the activity, due to the conditions and nature of the venue. • Instructor to carry the appropriate equipment for the activity including for possible bad weather.

General Public	<ul style="list-style-type: none"> Trails are often open to the public; Instructor will give a briefing on etiquette and behaviour.
Covid-19	<ul style="list-style-type: none"> Slow clear brief to ensure PPE and bike is fitted correctly without instructor physical support. Bike maintenance and route selected carefully to reduce risk of bike failure and injury. Plan routes to be in quiet areas.
Not been seen	<ul style="list-style-type: none"> Riders/leaders must wear high visibility jacket on public roads. Instructor checks suitable activities used for the group's ability.
Physical exhaustion	<ul style="list-style-type: none"> Routes will be chosen within participants capabilities Session activities and clothing are suitable to conditions and cancelled if not.
Poor maintenance – mechanical breakages	<ul style="list-style-type: none"> Participants must use company bikes, which have been checked by a designated and competent member of staff prior to activity, to be used. Any issues discovered on ride must be reported to this person. All safety equipment checks to be carried out in line with Generic Operating Standards.
Outdoor Activity Standard – BMX	
Hazard	Control Measures(s)
Weather	<ul style="list-style-type: none"> A damp floor or short/light rain shower does not prevent BMX activities taking place. The instructor will monitor the hazard level relative to the quantity of rain and water on the surface being ridden and make decisions accordingly. If conditions worsen they will pause the activity to wait for a break in the weather and carry on when safe to do so.
Surface conditions	<ul style="list-style-type: none"> Can pose a risk to grip levels. Ideally a smooth, flat, hard surfaced area is required. Loose gravel, stones or any other object can cause hazards to grip levels when cycling and possibly cause a crash and injury. The instructor will endeavour to check and clear the area before any workshop to reduce this risk. A sloping playground is not usually a problem; however, it can add an extra risk with participants gaining speed when travelling downhill. Instructors will seek to set the track up in the safest direction avoiding stationary objects wherever possible.
Mechanical failure	<ul style="list-style-type: none"> All participants are advised to use brakes or feet on the floor to slow the bike and find a clear space to stop in the event of any mechanical failure. Participants are advised to test the brakes on their bike before moving from a stationary position.
Catching clothing on a part of the bike such as the handlebars	<ul style="list-style-type: none"> Appropriate 'close' clothing to be worn and instructor to check.
Misjudgements in balance and spatial awareness	<ul style="list-style-type: none"> There is a risk inherent to any crash that the participant may be thrown from the bike or become entangled on parts of the bike. Instructors recommend throughout the workshop to keep pedals level during jumps and tricks to ensure balance and greater control of the bike.
Collisions	<ul style="list-style-type: none"> To reduce the risk of collision, participants ride around a 'one way' track, spaced apart. Spectators will be kept at a safe distance.

Expeditioning

Outdoor Activity Standard – Expeditioning	
Hazard	Control Measures(s)

<p>Fire and/or burn injuries from stoves</p>	<ul style="list-style-type: none"> • Appropriate training in the use of appropriate stoves and fuel. • Ensure no ball games or running in the vicinity of cooking area. • All stoves to be at least 3 METRES away from tents. • Water to be kept nearby to douse any flames. • Supervision by leaders/staff during cooking. • Participants should be made aware of agreed Fire Assembly Point on arrival at Camp. • There must always be a minimum of 1 Leader per 2 teams in the cooking area to supervise when anyone is cooking. • Methylated Spirits must be stored in a fuel dump at least 3 metres from cooking area. • Fuel (Gas & Methylated Spirits) must not be stored inside tents, especially whilst cooking. • Teams must cook away from tents. In the event of deteriorating weather conditions, the leaders are to designate a safe cooking, and ensure closer supervision is provided during the activity.
<p>Contaminated and cross contaminated food</p>	<ul style="list-style-type: none"> • Appropriate training on hygiene during camp craft session. • Disposal of waste food & packaging in bins on-site. • Washing-up to be done in designated areas. • Food to be purchased from reputable suppliers only. Food 'Best Before' and 'Use By' dates to be followed. • All food to be cooked to correct temperature in line with food hygiene advice. • Where staff are cooking for others, they must hold a basic food hygiene certificate. • All utensils to be cleaned and sterilised before each use and if dropped on the floor. • Foods to be stored separately, in containers where needed, following provider's guidelines. Salads and other ready to eat food stuffs should be stored above raw meats in the fridge to prevent contamination.
<p>Food handler borne pathogens</p>	<ul style="list-style-type: none"> • Food handlers to keep cuts etc. covered. Food handlers must not participate if they have had any food related illness, diarrhoea etc. in the last 48 hours. • Good hygiene practices to be observed.
<p>Toilet and washing facilities</p>	<ul style="list-style-type: none"> • Ensure that there are adequate and secure toilet facilities. • Where possible, ensure that there are separate male & female toilets. • Ensure that access to the toilets is well lit, to avoid any risk of injury or "stranger danger". • Wild camping does not have secure toilets, Participants will be suitably trained prior to expedition on hygiene and code of conduct in line with best practice and local law.
<p>Infection from drinking water</p>	<ul style="list-style-type: none"> • Ensure any drinking water is taken from proper dedicated tap on site and that this is well labelled. • Do not use water to drink from any tap that is not labelled as suitable for drinking. • If there is no drinking water available, boil up all water supplies and add water purification tablets. Follow the instructions provided with the tablets. • Always carry a supply of bottled water in the event of no suitable drinking water being available or is contaminated.
<p>BBQ / Stove Gas Leak</p>	<ul style="list-style-type: none"> • Visual inspection immediately before use. • Check that taps work correctly. • Check that taps are turned off before connecting to gas cylinder. • Check that the gas cylinder is in good condition and is within its test period for use (testing is required every 10 years). • Check that pipes are in good condition. • Check that there is no gas leakage. • Rectify any faults before igniting burners.

	<ul style="list-style-type: none"> • Use safe manual handling techniques to avoid muscle strain.
Cooking surface	<ul style="list-style-type: none"> • Do not overload the BBQ to avoid excessive amounts of fat and oil build up. • Use suitable BBQ utensils to handle food. • The BBQ supervised at all times. • Place cardboard under BBQ to prevent damage to tiles or other surfaces under BBQ.
Protection of equipment	<ul style="list-style-type: none"> • Use safe manual handling techniques. • Turn off gas securely. • Do not touch hot surfaces.
Open Fires	<ul style="list-style-type: none"> • Please see Bush craft Risk Assessment
Abduction of minors from camp site	<ul style="list-style-type: none"> • Camp site should be monitored for unusual activities. • Ensure adequate supervision of Participants under the age of 18s by leaders/ client staff overnight. • Where there are lower numbers of teaching staff, Expedition Leaders will be required to camp overnight on site, approx. 100m distance away from group.
Hypothermia	<ul style="list-style-type: none"> • On arrival at camp, ensure that the team put up their tents straight away to provide shelter if the weather becomes bad. • Ensure that the team set up their stove and make a hot drink as soon as they arrive. • Ensure that if Participants are wet, they change into dry clothes on arrival at camp. • Ensure that all Participants eat a hot meal to replenish the energy lost during the expedition. • Ensure that Participants wear warm clothes once the day draws to a close – it will get cold later at night, even on a hot summer’s day. • Ensure that Participants protect their head whilst sleeping, to prevent hypothermia setting in during the night.
Severe Inclement Weather	<ul style="list-style-type: none"> • In the event of very heavy/torrential rain, if there is an appropriate shelter on-site, such as a bunkhouse or unused caravan, then this should be used as a shelter for the team(s). • If there is no appropriate shelter on-site, but there is suitable shelter nearby, then this may be used at the discretion of the leaders, client staff and/or assessors. • If no suitable shelter is available, ensure group are in their tents, and that the tents are well pitched, and guy ropes are attached. Ensure no equipment is left out, and that Participants are wearing appropriate waterproofs when outside their tents. Ensure all access to/from tents is kept to a low level to try to avoid wet clothing and large muddy patches around tent doors.
Increased transition of Covid-19 through use of ‘Bunk Tents’ / dorm rooms	<ul style="list-style-type: none"> • Increased cleaning of high touch surfaces during and after visit. • All equipment and facilities to be left vacant for a minimum of 72hr between groups.
Increased transition of Covid-19 through expedition style Camping	<ul style="list-style-type: none"> • Tents to be pitched and group to remain away from other groups wherever possible. • Cooking to remain in consistent small groups. • Additional tent to be provided (transported by leaders) to allow 1 person to a tent. • All equipment to be left for 72hr between use. Care, PPE, and regular hand washing to be used when handling equipment in stores. • Staff to be aware of latest advice from National Governing Bodies.
Increased transition of Covid-19 through ‘Catering Provision’	<ul style="list-style-type: none"> • Dining area to be set or multiple sittings arranged to allow 2 metre distancing between ‘bubbles.’ • All catering and Service staff to be aware and maintain hygiene standards. • Table service to implemented to reduce movement and contact / contamination with food.

	<ul style="list-style-type: none"> • Packed lunches to be packed by kitchen staff.
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High ropes

Outdoor Activity Standard – High Ropes	
Hazard	Control Measures(s)
N/A	<ul style="list-style-type: none"> • Nothing to add – please refer to each locations information.

Hydro Speeding

Outdoor Activity Standard – Hydro Speeding	
Hazard	Control Measures(s)
Entrapment in river features	<ul style="list-style-type: none"> • Instructor to check clothing and equipment • Instructor identifies, protects hazards and uses appropriate methods and good communication • Participants briefed on what to do in the event of a rescue
Exhaustion	<ul style="list-style-type: none"> • Any trips are planned within the capabilities of all participants, taking account of any approach/egress walks
Head Injury	<ul style="list-style-type: none"> • All participants to wear helmets when on or near the water.
Drowning	<ul style="list-style-type: none"> • All participants to wear BA's when on or near the water. • B/A's, helmets and hydro-speed checked. • Instructor to ensure B/A's and helmets are worn correctly
Hypothermia / Hyperthermia	<ul style="list-style-type: none"> • Activity and clothing are suitable to the conditions. Trip cancelled if necessary.
Adverse Weather Conditions / river levels	<ul style="list-style-type: none"> • Weather forecast and river levels checked by the trip leader and plans made/adapted according to the conditions.
Lifting Injuries	<ul style="list-style-type: none"> • Instructor promotes and uses safe lifting strategies.
Other Water users	<ul style="list-style-type: none"> • Instructors performs specific and dynamic risk assessments and takes suitable actions. • Instructor discusses activities with other water-users when/if possible.
Inherent risk	<ul style="list-style-type: none"> • Instructor FA qualified Coach carries suitable FA kit • Instructor safety brief includes disclosure of risks and highlights specific hazards. • Instructor promotes safe swimming practices

Paddlesport

Outdoor Activity Standard – General Paddle Sports	
Hazard	Control Measures(s)
Cold and immersion injuries	<ul style="list-style-type: none"> • Instructor to ensure that Participants do not spend too much time in the water. • All team members to monitor Participants who have been immersed for cold injury symptoms.
Hypothermia and Hyperthermia	<ul style="list-style-type: none"> • All Participants and Instructors must always wear suitable clothing when afloat (dry suits or equivalent during the winter). • Appropriate safety equipment to be at hand. • Weather forecast checked in advance; sessions will be cancelled if conditions on the day are considered particularly adverse. • Suspected sufferers to be taken off the water immediately. • On site access to changing rooms with warm shower facilities and shade. • Participants advised to bring change of clothing in case of immersion. • In very hot weather, Instructors check that sunscreen is in use, hats are worn and that there is plenty of drinking water available for all Participants.
Drowning and ability to swim	<ul style="list-style-type: none"> • Participants must not be forced to take part in water-based activities. • All Participants must wear a buoyancy aid when taking part in the activity.

	<ul style="list-style-type: none"> • Participants are allowed not to wear helmets in open boat when paddling on long flat sections; however, helmets must be worn when playing games, capsizing or when paddling on moving water. • Instructed sessions are structured and supervised by an appropriately experienced instructors. Suitable rescue craft on the water in a position to affect a rescue. • All boats and paddles to be checked by an experienced team member before going afloat. • No board shall go outside the designated area.
Capsize, entrapment and entanglement	<ul style="list-style-type: none"> • Appropriate safety boat(s) will be used where needed. • When rafting boats together, Instructors must ensure improvised rafts are 'seaworthy' prior to launch, to prevent injuries and entanglement from collapsing or clam-shelling. • Instructors must brief all Participants about the dangers of entrapment. • Instructors must be in a position of maximum usefulness.
Drifting	<ul style="list-style-type: none"> • Instructors to recognise and then use sites that limit the dangers associated with drifting. • Instructors to monitor the wind conditions on the day.
Person overboard	<ul style="list-style-type: none"> • All Participants on the water must be wearing a buoyancy aid. • Instructors to be in a position of maximum usefulness.
Paddling off	<ul style="list-style-type: none"> • Group control and good active leadership. • Give clear instructions of where to wait and session boundaries. • All instructors to carry a whistle to attract attention of this far away
Paddling over 'overflows' on reservoirs.	<ul style="list-style-type: none"> • Instructors to consider the groups route choice and avoid such areas. • Instructors to be aware of site's specific hazards and where available a water hazards map.
Anglers	<ul style="list-style-type: none"> • Instructors to conduct a dynamic risk assessment and adapt a Dynamic Route where needed. • Teams to avoid fishing line and upsetting anglers. • Maintain high levels of communication and report any issues to relevant Centre Manager. • Remove and dispose of any tackle that has been left.
Lifting injuries	<ul style="list-style-type: none"> • Instructors must brief Participants on proper lifting techniques as recommended by the Health and Safety Executive and Paddle UK. • Instructors must ensure that there are at least two people carrying any heavy equipment such as kayaks, canoes, or wooden spars.
Fall or slip	<ul style="list-style-type: none"> • Instructors must brief the Participants on the risks involved with wet walkways, slipways, and inappropriate footwear.
Head injuries	<ul style="list-style-type: none"> • Instructors must brief Participants not to dive or jump into the water other than during controlled sessions. • Instructors must use their judgement and experience when deciding whether participants should use helmets or not. Instructors must consider NGB advice, type of craft, numbers, weather (wind), location (any overhanging objects), previous experience and the session plan. It is normal practice for Kayakers to be wearing helmets. • Instructors must brief the Participants on the correct use of paddles. • Instructors must establish that the water is deep enough, before capsizing and/or rescue drills can take place.
Cuts	<ul style="list-style-type: none"> • Instructors must brief the Participants of the danger of cuts & large splinters from water-based equipment and objects underwater. • Appropriate closed toe footwear to be worn to prevent cuts on feet
Other water users	<ul style="list-style-type: none"> • Instructors must be aware of all other users in proximity and brief Participants accordingly. Particular care should be exercised around powered craft and anglers.

Collision / impact	<ul style="list-style-type: none"> • Instructors must brief the Participants on the dangers involved in collisions and impacts. So as not to deliberately collide with each other. • Setting of area to be used. • Helmets use as above • Competent Instructor and safety briefing. • Close supervision and group control. • Wherever possible groups should be separated and operate in different areas.
Upper torso injuries	<ul style="list-style-type: none"> • Buoyancy aids must always be worn during the activity. • Instructors must establish that the water is deep enough, before capsizing and/or rescue drills can take place.
Drowning if pinned under capsized raft.	<ul style="list-style-type: none"> • Brief participants how to hold on to capsizing craft. • Instructors should be in suitable craft and have ready access to a rope knife and be prepared to enter the water to effect a rescue. • Boats are to be maintained to ensure limbs cannot be entrapped where possible.
Loss of equipment	<ul style="list-style-type: none"> • All relevant equipment must be suitably waterproofed where relevant. • Instructors must ensure that all equipment is secured to the craft or are buoyant. • Instructors must carry a spare paddle when carrying out any water activity.
Infection Control (Where needed)	<ul style="list-style-type: none"> • 'Long' tow used where possible. • Consider boat use to reduce need for instructor intervention. • Max 4 people or one bubble per raft, rafted canoe / kata-canoe. • Boats and Paddles disinfected before and after use. • Avoid closed cockpit kayaks • Stay close to banks where self-rescue is possible • Boat and paddles (already out) must be sprayed down with disinfectant (spray bottle), leave for appropriate 'Contact Time' before getting onto the water.

Outdoor Activity Standard – SUP & Mega SUP

Hazard	Control Measures(s)
Leashes	<ul style="list-style-type: none"> • On moving water leashes must not be worn by anyone. • On Mega SUP leashes must not be worn by anyone • Leashes are not to be used by participants unless deemed necessary for the session by the instructor. • Leash use must not interfere with any rescue, alternative methods should be found.
General Injuries	<ul style="list-style-type: none"> • All equipment to be checked by an instructor, before going afloat. • Participants are warned of the hazards inherent in Stand-Up Paddling. These issues are reinforced during session at the appropriate time. • Paddlers to drop to knees when in proximity or near the edge. • Good supervision and brief on hazards of proximity activities. • Ensure adequate spacing of boards during balancing exercises. • Participant briefing identifies the risk of falling and the board being propelled in opposite direction. • All Participants are required to wear appropriate footwear ashore and afloat.
Collision	<ul style="list-style-type: none"> • Paddlers to drop to knees when near each other or edges.
Catastrophic Puncture	<ul style="list-style-type: none"> • Second boat to be on standby. • Remain close to banks where egress is possible.
Being blown out of operating area	<ul style="list-style-type: none"> • Instructor to be aware and actively control group to stay in operating area.

Outdoor Activity Standard – River Journeys

Hazard	Control Measures(s)
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Moving water	<ul style="list-style-type: none"> • Instructors must ensure that the Participants understand the nature and additional risks of the Programme or Expedition, especially in relation to water confidence.
Weirs	<ul style="list-style-type: none"> • Teams will not paddle weirs if possible. • Weirs can only be approved for navigation by the Technical Adviser.
Graded water	<ul style="list-style-type: none"> • Suitable Paddle UK qualified Instructors to be used in relation to the grade of water in question. • Participants will only be allowed to paddle on graded water that compliments their ability. • Instructors must assess the Participant's ability prior to moving onto graded water. • Instructors must brief the Participants before entering sections of graded water including advised lines, finishing point and signals.
Capsize and entrapment	<ul style="list-style-type: none"> • Participants are to show competence in capsize procedures prior to navigating into graded water. • Instructors to brief Participants on defensive swimming.
Underwater obstructions, shallow water, trees, and obstacles	<ul style="list-style-type: none"> • Instructors to be fully conversant with the Assessment and seek advice on local conditions if they are not familiar with the area. • Instructors to continually monitor the hazards. • Instructors to brief Participants on the system to be adopted should there be a need to get to a safe area quickly. • As per industry best practice and Paddle UK guidelines Instructors must be in a position of maximum usefulness.
Outdoor Activity Standard – Raft Building	
Hazard	Control Measures(s)
Trapping fingers and other limbs.	<ul style="list-style-type: none"> • Briefing and supervision. Check raft for trap potential before use. Secure loose rope before use. • All Instructors must always carry an appropriate knife
Head injury	<ul style="list-style-type: none"> • Participants should not remove their helmet until the raft has been dismantled.
Hit by loose timber/Paddles	<ul style="list-style-type: none"> • Clear instruction from Instructor • Inspection of craft before floating and ongoing monitoring. • Helmets to be worn when raft is being constructed and/or Participants briefed not to lift any item above waist height. • Clear instructions on how to appropriately hold a paddle when in use.
Drowning if pinned under capsized raft.	<ul style="list-style-type: none"> • Brief Participants not to hold onto capsizing raft. • Instructors should be in suitable rescue craft, to have ready access to a rope knife and be prepared to enter the water to complete a rescue. • Ensure rope loops are not able to trap limbs before the raft goes on the water.
Drifting	<ul style="list-style-type: none"> • Instructors to consider areas of use to reduce the dangers associated with drifting. • Instructors to monitor the wind conditions on the day. • Whilst rafting and under certain conditions Instructors may feel that it is appropriate to tether the raft.
Coracle Collapsing	<ul style="list-style-type: none"> • 1 adult or 2 children per coracle • Instructor to check coracle before floating • Instructor supervision and 'safety craft' in position of most use. • Clear instruction delivered to group with action in the event of collapsing
Entrapment in Coracle Tarp.	<ul style="list-style-type: none"> • Instructor to check coracle before floating • Paddler(s) to load the frame, not tarp. • Construction to reduce frame holes size. • Instructor to carry a knife. • Maximum 3x3m tarps to be used.

Outdoor Activity Standard – Archery	
Hazard	Control Measures(s)
Shooting towards others	<ul style="list-style-type: none"> • Range design and construction to be in line with Archery GB's Guidelines. • Good instruction and control of group. • Shooting at appropriate time and in correct direction. • No-one can cross the shooting line when the range is 'live' this includes photographers and to collect dropped arrows. • Bows are to be left on floor / quivers when collecting arrows, • Instructors to brief Participants on 'Emergency Stop' command and subsequent action to be taken (fast).
Bruising of forearms/fingers	<ul style="list-style-type: none"> • Correct instruction on how to hold bow. • Instructors must ensure all participants arms are covered either by their clothing or an arm guard to protect against bruising. Finger tabs available and can be offered to participants.
Misuse of equipment	<ul style="list-style-type: none"> • Bows are not to be shot without a loaded arrow. • Arrows and bows removed from area and left in a secure location when not in use.
Wind Moving / Damaging Equipment	<ul style="list-style-type: none"> • Ensure boss is tied back to stop it falling over breaking arrows. • If needed tie / weight the bottom of the net down.
Removing Arrows	<ul style="list-style-type: none"> • Arrow collection is to be done with great care. • Instructors are to collect arrows if group show they cannot follow instruction Instructor must supervise retrieval and removal of arrows carefully. • Collect arrows as you walk down range, from boss and finally from behind (overshoot) – Always Walk. • Approach boss from side • Use two hands (one to hold boss still and one to pull arrow) • When walking with arrows hold the piles and arrows out to one side. Drop arrow if trip so as not to fall onto.
Trapped hair / Clothing / Piercings	<ul style="list-style-type: none"> • Shooter's clothing and hair should be tied back / kept out of the way to ensure it is not trapped in any part of the bow. • All Piercings must be covered, and caution taken to avoid any chance of catching in bow string
Stringing Bows	<ul style="list-style-type: none"> • All bows must be strung using correct techniques (Use 'bow stringers' provided) not by twisting around legs.
Infection Control	<ul style="list-style-type: none"> • Slow clear brief will reduce need for physical correction by instructor. • Bows and Arrows to be disinfected between users. • Instructors to use pointing sticks (2m) to highlight issues.
Outdoor Activity Standard – Mobile Archery	
Hazard	Control Measures(s)
Damaging Grass	<ul style="list-style-type: none"> • Warning to clients of potential damage. • Wooden blocks to be used at bottom of support posts to spread weight if needed. • Stakes to be positioned at 45 degrees to angle of pull and removed carefully. • Peak to flatten and repair any divots created.
Net / posts falling	<ul style="list-style-type: none"> • Net to be taken down and activity stopped in high winds. • Net to be constructed in line with procedure with care. Instructors to lower poles carefully.
Outdoor Activity Standard – Axe/Knife Throwing	
Hazard	Control Measure(s)
Cuts from axes	<ul style="list-style-type: none"> • Brief group on how to hold and carry axes/knives safely. • Brief group not to touch the blade of the axe/knives.

	<ul style="list-style-type: none"> • Instructors only to carry the axes to and from the range to minimise handling of the axes by the group. • Always hold axes/knives by the handle and carry, down to the side (like arrows) • Only specifically manufactured 'throwing knives to be used.
Accidental release behind the thrower	<ul style="list-style-type: none"> • All group to wait in waiting area till it's their go. • Instructor to stand to the side of throwers. • Group briefed on technique to reduce risk. • Never through more than one axe/knife at a time
Being hit by an axe	<ul style="list-style-type: none"> • All group to wait in waiting area till it's their turn. • Good safety brief to include they should not walk onto the range unless instructor says it is clear. • When collecting axes/knives walk down the side of the range. • Proper removal method included in the brief to ensure group members don't hit themselves when removing axes/knives from targets. • Never throw more than one axe/knife at a time
Group picking up unused axes	<ul style="list-style-type: none"> • All unused axes/knives must be in a sheath or boxed and kept in a controlled area. • Make sure all group stay in waiting area unless they are throwing.
Over throwing	<ul style="list-style-type: none"> • Long overthrow area to be cleared behind the targets. • Make sure group stay in waiting area unless they are throwing.
Bounce Back	<ul style="list-style-type: none"> • Demonstrate good technique. • Clear throwing area of obstacles. • Make sure group stays in waiting area. • Range to be at least 3 meters long.
Other users straying into area	<ul style="list-style-type: none"> • Set up range well clear of any footpaths/roads. • Instructor to keep an eye out for public and stop session if anyone gets too close. • Axe/Knives must not be thrown when a person or animal is within the range
Splinters	<ul style="list-style-type: none"> • Wooden axe handle to be checked at the beginning of every session and after being stuck by another axe. Clients warned in briefing. • Targets to be replaced as needed and avoid touching where possible.
Muscular damage	<ul style="list-style-type: none"> • Never throw more than one axe/knife at a time • Place other axes/knives down before throwing one • Instructor to consider use of different axes based on client physical capability. Start light and progress to bigger / larger axes.
Axe Slipping in hands	<ul style="list-style-type: none"> • When raining, dry handles before each use. • Correct briefing and warning to participants. • Waiting line in use. • Tuck loose clothing (especially hoods) into clothing.

RYA Activities

Outdoor Activity Standard – Sailing and Power Boating	
Hazard	Control Measures(s)
Drowning and ability to swim	<ul style="list-style-type: none"> • Participants must not be forced to take part in water-based activities. • Instructors must ensure that all Participants wear a buoyancy aid when taking part in the activity. • Instructors driving the powerboat must hold the appropriate certificate or be under direct supervision of an appropriately qualified powerboat Instructor. • Safety boats should be loaded evenly with passengers and equipment. Safety boats must not be overloaded above the manufacturer's guidelines according to that boat. • Everyone in the powerboat must be seated whilst it is in motion.
Cold and immersion injuries	<ul style="list-style-type: none"> • Instructors must ensure that Participants do not spend too much time in the water or in cold winds.

	<ul style="list-style-type: none"> • Instructors are to monitor Participants who have been immersed for cold injury symptoms.
Fall or slip	<ul style="list-style-type: none"> • Instructors must brief the Participants on the risks involved with wet walkways, slipways, and inappropriate footwear.
Cuts	<ul style="list-style-type: none"> • Instructors must brief the Participants of the danger of cuts & large splinters from water-based equipment.
Capsize, entrapment and entanglement	<ul style="list-style-type: none"> • Instructors must brief all Participants about what to do in the event of capsizing and about the dangers of entrapment. • Instructors must be in a position of maximum usefulness. • Instructors will use a safety boat per sailing group as set out by the RYA guidelines. • Sails to be reefed if wind deemed too strong. • Mast head flotation is always to be used and only removed at the Chief Instructor discretion. • Instructors prepared to 'rite' the boat as soon as possible by 'swinging' on dagger board, then deal with entrapment
Collision with other boats/ equipment/ under water hazards	<ul style="list-style-type: none"> • The safety boat should only be driven by instructor with RYA Level 2 as a minimum. • Instructors driving powerboats should always adhere to the IRPCS (International Regulations for the Prevention of Collisions at Sea). • Powerboats are only to be used as part of the operations of the centre and not for personal enjoyment. • Helmets worn based on nature of group, weather, and activities. • Competent leader and safety briefing. • Close supervision and group control. • Wherever possible groups should be separated and operate in different areas. • Instructors must brief the Participants not to deliberately collide with each other. • Instructors must brief the Participants on the dangers involved in collisions and impacts.
Lifting Injuries	<ul style="list-style-type: none"> • Instructors must brief Participants on proper lifting techniques as recommended by the Health and Safety Executive. • Instructors must ensure that there are at least two people carrying or moving any heavy equipment such as boats, and masts. Any heavy boats on trolleys must have an appropriately trained person leading the movement of the boat and at least one other person assisting.
Head Injuries	<ul style="list-style-type: none"> • Helmets are to be worn by beginner, children, sailing groups. • Instructors are to give thorough safety briefings before commencing the sessions. • Safety boat drivers to be aware of their surroundings when rescuing craft. • Instructors must brief Participants that there will be no diving or jumping into the water unless under Instructor's supervision.
Drifting	<ul style="list-style-type: none"> • Instructors to monitor the wind conditions on the day. • Sails are to be reefed if wind is deemed too powerful. • Operating areas to be agreed between instructor accounting for the wind and other water users. • Safety cover will be an appropriately qualified and in a Power Boat.
Outdoor Activity Standard – Powerboating	
Hazard	Control Measures(s)
Propeller Injuries	<ul style="list-style-type: none"> • Powerboats are to be driven by appropriately qualified Instructors or Participants under direct supervision of an appropriately qualified Powerboat Instructor. • Kill cords should always be worn by the driver when the engine is running. • Powerboats should be checked before use including kill cord functioning correctly, appropriate equipment available in the powerboat as set out in the RYA guidelines.

	<ul style="list-style-type: none"> Powerboats should be loaded with passengers evenly and within the manufacturer's guidelines.
Outdoor Activity Standard – Sailing	
Hazard	Control Measures(s)
Multiple simultaneous capsizes in the water.	<ul style="list-style-type: none"> Safety Boat drivers and session Instructors must hold the appropriate qualifications and training. A safety boat shall attend each capsize as soon as possible and confirm the immediate safety of each Participant. Participants are to be rescued prior to the craft. Onshore assistance communicated via whistle OR radio communication.
Entrapment caused by total inversion of the sailing boat.	<ul style="list-style-type: none"> All Sailing boats to be rigged with mast head floatation's. Only to be removed at the discretion of the day's Senior instructor. Safety boat must confirm the immediate safety of each participant. Safety boat driver must right the inverted boat immediately to free anyone trapped.

Team Tasks

Outdoor Activity Standard – Team Tasks	
Hazard	Control Measures(s)
Participant being dropped	<ul style="list-style-type: none"> Instructor to closely supervise any lifting of participants. As many people as possible should be involved with lifting other team members. Special attention to be made at the 'head end'
Increased risks of slips trips and falls	<ul style="list-style-type: none"> Caution to be taken and extra briefing given. Design of tasks and equipment to consider reducing risks.
Equipment failure	<ul style="list-style-type: none"> Structured to be checked for suitability and dynamically risk assessed by instructor before participants climb on it. Spotters used where necessary
Falling items	<ul style="list-style-type: none"> Instructors briefing to warn participants of danger and carry out dynamic assessment of risk. If anything is built above head high or where the instructor identifies the risk of items dropping onto participants heads, helmets must be worn (ideally climbing style)
Blindfolded Participants	<ul style="list-style-type: none"> Participants must be able to easily remove blindfold should they need to. Caution to be taken and extra briefing given. Design of tasks and equipment to consider reducing risks.
Falling from task equipment	<ul style="list-style-type: none"> Area around task to be clear and dynamically assessed. Safety measures on Leaders Brief to be followed (task specific) Instructors to dynamically risk assess and manage risk.
Infection control	<ul style="list-style-type: none"> Activities to be selected based on clients not needing to touching equipment wherever possible. Rotation / Cleaning of equipment. Blindfold activities not to be undertaken unless personal blindfold provided by each participant (their own hat or scarf).

Outdoor Activity Standard – Slack Lining	
Hazard	Control Measures(s)
Cut feet	<ul style="list-style-type: none"> Wear closed toe shoes
Fall off	<ul style="list-style-type: none"> Set line no higher than participant knee height. Using of spotting for inexperienced participants Clear area under slackline before starting (debris, holes) Never race or run across line
Falling branches	<ul style="list-style-type: none"> Visual check off trees before starting - to check that they are healthy, and no branches will fall. If over Beaufort 6 stop activity (25-31mph, Large branches of trees in motion)

	<ul style="list-style-type: none"> • Use tree protectors to look after trees
Fingers caught in equipment	<ul style="list-style-type: none"> • Only to be set up by instructors familiar with the equipment
Equipment failure	<ul style="list-style-type: none"> • Before each use equipment to be checked for wear and tear, if unsure do not use.
Outdoor Activity Standard – Environmental Activities	
Hazard	Control Measures(s)
Quality of provision	<ul style="list-style-type: none"> • Knowledge of topic • Clean equipment
Allergies	<ul style="list-style-type: none"> • Be aware of any allergies of the participants taking part
Risks of slips trips and falls around tables and chairs	<ul style="list-style-type: none"> • Caution to be taken and extra briefing given.
Outdoor Activity Standard – Pioneering	
Risks of slips trips and falls around tables and chairs	<ul style="list-style-type: none"> • Caution to be taken and extra briefing given. • Construction area to be kept clear of obstruction.
Falling off structure	<ul style="list-style-type: none"> • Clients feet not to go above client’s knee height when stood on ground • No climbing frames, high platforms or bridges to be built. • Never race or run across structure, appropriate spotting techniques to be utilised where hand holds are not readily available.
Hit by Loose Timber	<ul style="list-style-type: none"> • Instructors briefing to warn participants of danger and carry out dynamic assessment of risk. • When using Raft building logs – Helmets to be worn at all times. – 2 people to carry one pole • When constructing with bamboo canes or other items – Instructors to dynamically risk assess the situation.
Structural Failing	<ul style="list-style-type: none"> • Equipment to be checked before use for stability. • Dynamic risk assessment to ensure stability of structure. • Design plans and knots to be checked by instructor for suitability.
Inexperienced instructor	<ul style="list-style-type: none"> • Where rafting spars are being used above head height instructor must have prior experience building structure.
Entrapment (Ropes and blocks)	<ul style="list-style-type: none"> • Where ropes and blocks are to be used the instructor must have prior experience using the equipment. • Caution to be taken around moving parts. • Ropes and Blocks to be checked the same as any climbing equipment.
Impact from projectiles	<ul style="list-style-type: none"> • Only soft and light items (e.g. sponge balls) are to be used as projectiles from catapults • Keep the following areas well clear when in use - Fire area / range, elastics and moving parts.

Walking

Outdoor Activity Standard – Walking	
Hazard	Control Measures(s)
Falling on steep, wet, or slippery ground	<ul style="list-style-type: none"> • Instructors to stay on terrain in accordance with their qualifications and experience. • Suitable footwear to be correctly worn by all • All Participants to be briefed on correct foot placement. • All Participants to be briefed on the dangers associated with a heavy rucksack. • Specific hazards i.e., mine shafts and quarries are notified to all Instructors where known.
Being hit by a rock fall	<ul style="list-style-type: none"> • No activities are to be conducted in areas prone to rock falls.

	<ul style="list-style-type: none"> All Participants to be briefed on action to take if accidentally dislodging a rock (i.e., shout "below") and the action to take if you hear "below" being shouted.
Falling into water	<ul style="list-style-type: none"> Routes to be carefully planned to avoid rivers with no obvious means of crossing or streams prone to becoming swollen in very wet weather. Groups must use a bridge to cross a river Groups may use steppingstones, but caution and thought must be given to distance apart and slipperiness. If none of the above options are available to cross a river safely the group must turn around and change their route. Instructors must not conduct 'wet' river crossings under any circumstance
Collapsing dry stone walls	<ul style="list-style-type: none"> All Participants to be briefed on the dangers of leaning and climbing on dry stone walls. Instructors to ensure that a dry-stone wall is safe before conducting any activity near it or sheltering behind it.
Falling off stiles	<ul style="list-style-type: none"> All Participants to be briefed on the dangers of crossing stiles. Instructors to supervise crossing and if necessary, deploy spotters, especially in wet or icy conditions.
Being hit by vehicles whilst walking along roads	<ul style="list-style-type: none"> Groups are to avoid roads except when necessary. Instructors to consider crossing point, considering bends, blind corners, speed limits and visibility before crossing. Groups must walk in single file on roads. Instructors must supervise road crossings closely. Walking at night should not be planned. Participants to be briefed on how to best walk on roads. Hi-Vis to be available if deemed necessary.
Lost	<ul style="list-style-type: none"> Prior knowledge of orienteering sites. NGB assessed or in-house assessed leader carrying correct equipment. participants briefed on what to do if they become lost. participants to carry emergency lighting and whistle
Injuries caused by branches / nettles / brambles etc	<ul style="list-style-type: none"> Appropriate clothing for the activity and weather conditions. Participants to be warned of hazard and advised on best routes where appropriate. Safe choice of course by staff.
Flooding	<ul style="list-style-type: none"> If the group have planned to walk alongside rivers, there is a risk of flash flooding because of any heavy rain/storms. Routes must be checked at least 2 weeks before expedition to identify any potential risks. Team(s) should be advised by Leader during initial briefing, and alternative route used or re-planned to avoid potential hazards. Move team(s) to higher level away from rivers. Also avoid deep valleys/re-entrants where standing water may collect.
Low Level of fitness	<ul style="list-style-type: none"> Activities are planned with ability level of the group in mind. Staff must monitor the group and individuals throughout the Programme and be prepared to tailor the itinerary accordingly.
Carrying a heavy rucksack - Back Injury	<ul style="list-style-type: none"> Participant's rucksacks should not be more than one quarter of their body weight or 15kg. Groups are to help each other when putting heavy rucksacks on and off.
Getting lost (individuals and group) or participant being separated from the team	<ul style="list-style-type: none"> Prior knowledge of orienteering sites. NGB assessed or in-house assessed leader carrying correct equipment. Participants briefed on what to do if they become lost. All Instructors to be aware of Overdue / Missing Group Procedure. All Participants to be briefed about the correct procedures in the event of individuals or group becoming lost i.e., remain where they are until found. Groups must devise and use a method of ensuring that nobody is missing, whilst actively monitoring the group e.g., roll call.

Getting lost under remote supervision	<ul style="list-style-type: none"> • Before departing, ensure “Emergency Card” has been completed with Leaders Mobile Phone and Location, and that this has been issued to the teams(s). • Leader in charge of the team(s) must ensure that they have recorded the mobile phone number of 1 member of the team(s). This mobile must be fully charged and switched on throughout the expedition day. • The Leader must be advised of any change to the teams’ dedicated mobile phone number during the expedition. • Regular checkpoints are to be established where the Leader must meet up with the team(s). • Each team should have at least 2 appropriate maps of the area, each with their route marked on the map. Ideally, these maps should be 1:25000 and laminated. • Before setting off, the Leaders must check that the route marked on all maps is identical and that the leader knows exactly which route the team intend to take. • The team must be advised that they cannot purposely change their route unless prior agreement with the Supervisor (and Assessor if on a Qualifying Expedition). • At no time should the team panic if they get lost, advice should be given that they should identify appropriate landmarks and get themselves back on course as soon as they can. • All members of the team should be encouraged to follow the route. Ideally, if A4 laminated copies of route are available (via mapping software), then each member of the team should have a copy. • If the team are lost and have no means of identifying where they are, or visibility is poor, then they should try to contact the Leader using the mobile phone number issued on the Blue Card. • Group advised to use Ordnance Survey, ‘OS Locate’ app on smart phone
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White Water Rafting

Outdoor Activity Standard – White Water Rafting	
Hazard	Control Measures(s)
Moving water	<ul style="list-style-type: none"> • Instructors must ensure that the participants understand the nature and additional risks of the activity/trip, especially in relation to water confidence.
Weirs	<ul style="list-style-type: none"> • Teams will not paddle weirs if possible. • Weirs can only be approved for navigation by the Technical Adviser.
Graded water	<ul style="list-style-type: none"> • NGB qualified raft guides to be used in relation to the grade of water used. • Raft guides must brief the participants before entering sections of graded water including advised lines, finishing point and signals.
Capsize and entrapment	<ul style="list-style-type: none"> • Raft guide to check clothing and equipment. • Participants briefed on what to do in the event of a capsize. • Raft guide to brief participants on to do defensive swimming. • Raft guide is trained how to right a flipped raft and how to get all participants back in the raft. • Raft guide to make sure all participants are accounted for in the event of a capsize.
Underwater obstructions, shallow water, trees, and obstacles	<ul style="list-style-type: none"> • Raft guide to be fully conversant with the Assessment and seek advice on local conditions if they are not familiar with the area. • Raft guide to continually monitor the hazards. • Raft guide to brief participants on the system to be adopted should there be a need to get to a safe area quickly. • As per industry best practice and British Canoeing guidelines, trip leaders must be in a position of maximum usefulness.
Head Injury	<ul style="list-style-type: none"> • All participants to wear helmets when on or near the water.
Drowning	<ul style="list-style-type: none"> • All participants to wear BA’s when on or near the water.

Hypothermia / Hyperthermia	<ul style="list-style-type: none"> • Activity and clothing are suitable to the conditions. Trip cancelled if necessary.
Adverse Weather Conditions / river levels	<ul style="list-style-type: none"> • Weather forecast and river levels checked by the trip leader and plans made/adapted according to the conditions.
Lifting Injuries	<ul style="list-style-type: none"> • Raft guide promotes and uses safe lifting strategies. • Extra care to be taken when moving rafts, (min. 4 persons to one raft).
Other Water users	<ul style="list-style-type: none"> • Raft guide performs specific and dynamic risk assessments and takes suitable actions. • Raft guide discusses activities with other water-users when/if possible.
Inherent risk	<ul style="list-style-type: none"> • Raft guide's safety brief includes disclosure of risks and highlights specific hazards • Raft guide promotes safe paddling practices.