

Risk Assessment: Low Ropes and Tunnels

Reviewed: May 2017

Next Review Date: May 2018

Assessment undertaken by: Chris Martlew, Senior Instructor

L = LOW M = MEDIUM H = HIGH

Hazards	Effects	Who is affected	Risk		Methods to Avoid/Reduce Risk
			Likelihood	Consequences	
Low Ropes					Low Ropes
Falling off element, slipping off platform	Shock, head injuries, broken limbs, cuts, bruising, grazing	Individual	H	L	Clear safety brief given by trained instructors Instructors are to supervise and check helmets Appropriate footwear must be worn Elements are to be inspected prior to the session and cleaned where necessary Elements are ERCA inspected once a year Bark chippings on the floor act as a fall breaker The lead instructor is to ensure all participants are being spotted correctly
Tripping	Minor injuries	All	H	L	Group discipline to be maintained Clear safety brief given by instructor No running in in the low ropes area
Overhanging / falling branches	Head injuries, cuts, bruising	All	L	M	Correctly fitted/checked helmets Remove overhanging/loose branches
Damage unsuitable equipment	Cuts, grazes, rope burn, splinters, falling	All	L	M	Pre-use equipment checks carried out by instructors Equipment fitted, supervised and checked by instructors Unserviceable equipment is dealt with accordingly. Balance Beams and Elements found to be unserviceable must be labelled and brought to the attention of the senior instructor
Weather – rain/sun	Increased potential for slipping/falling	All	L	M	Elements are to be checked prior to the session and cleaned where necessary Participants are encouraged to wear long sleeved clothing and trousers and any further layers/waterproofs as required.
Spotters not paying attention	Falls, shock, injury	Individuals	M	M	Instructor to have clear lines of sight across whole activity Visiting staff to assist in monitoring/spotting.
Insect bites	Stings, allergic reactions, anaphylactic shock	Individuals	L	L/M/H	Have any personal medication available
Bird droppings	Illness, disease,	Individuals	L	M	Keep equipment clean –Wash hands after activities

Hazards	Effects	Who might be effected	Risk	Avoid/reduce risk	
Tunnels			Likelihood	Consequences	Tunnels
Panic, fear of dark, claustrophobia	Injury to self/panic attack	Individuals	M	L	Clear safety brief given by instructor Instructor to ensure that no participant is unduly pressured into entering the system A serviceable torch must be kept in the equipment box Escape hatches to be opened by instructor if needed
Getting stuck in tunnel	Panic, injury to self, bruising and grazing	Individuals	L	L	Oversized participants not to be encouraged/allowed into the tunnel A serviceable torch must be kept in the equipment box
Slipping in the tunnel	Shock, head injury, cuts, grazing, bruising	Individuals	L	L	Clear safety brief given by instructor Instructors are to supervise the fitting and check helmets Appropriate footwear must be worn Tunnels to be inspected prior to the session and cleaned when necessary
Damaged/unsuitable equipment	Cuts, grazes, splinters, panic	All	L	L	Pre-use equipment checks to be carried out Equipment fitting supervised and checked by instructors Unserviceable equipment dealt with accordingly Balance Beams/Elements found to be unserviceable must be labelled and brought to the attention of the senior instructor
Weather, rain	Increased potential for slipping	All	L	L	Participants are encouraged to wear long sleeved trousers, extra layers and waterproofs when necessary
Insects and rodents	Bites, shock, infection, illness	Individuals	L	M	Tunnels are to be inspected prior to the session and cleaned when necessary Tunnel covers to be shut when not in use Have any personal medications available
Tunnel collapse	Death, crush injury, entrapment	Group	L	H	Don't allow group to stand above tunnel escape hatches situated at regular intervals