

### **Risk Assessment: Zip**

Reviewed: May 2018

Next Review Date: May 2019

Assessment undertaken by: Chris Martlew, Senior Instructor

L = LOW M = MEDIUM H = HIGH

Hazards	Effects	Who is effected	Risk		Methods to Avoid/Reduce Risk
			Likelihood	Consequences	
Zip					Zip
Tripping/slipping while climbing the gully	Bruising/grazing/falling/rope burn	Individual	M	L	Clear safety briefing given by instructor Long sleeves and trousers will reduce the risk of cuts and scrapes Helmets must be worn at all times while on the black matting and whilst using the wall All climbers to wear a harness and be attached to a safety rope that is controlled by an instructor
Insect bites	Stings, allergic reactions, anaphylactic shock	Individual	L	L/M/H	Have any personal medication available – ensure Group Leaders know how to administer epi-pens etc.
Falling off the platform	Death, serious/minor injury	Group	L	H	Participants must always be attached to either the ascending rope or a suitable anchor at the top prior to being released The instructor must keep a clear line of site down the gully and out along the zip line
Equipment Failure	Falling, death, broken limbs	All	L	H	Pre-use equipment checks undertaken Equipment fitting checked and supervised by an instructor Unserviceable equipment placed in quarantine bin
Hair, fingers, clothing, jewellery or skin getting caught in the descending device	Panic, amputation, hair being pulled, cuts and crush injuries		L	M	Clear safety brief given by the instructor Jewellery removed before session Rescue knife available for ropes Peer supervision on the ground Continued supervision from the instructor Instructor to be knowledgeable of rescue procedures Long hair to be tied back Clothing tucked inside harness
Damaged/Unsuitable equipment	Death, serious/minor injuries	All	L	H	Pre-use equipment checks to be carried out Equipment fitting supervised and checked by instructors
Weather	Increased in slip, trip hazard. Lightening hazard	All	H	M	Clean black matting and bolt-ons. Session to be discontinued in bad weather
Animal droppings	Danger of droppings being blown off tower	Individual	L	M	Wash hands after activity if required Clean tower and bolt-ons prior to session if needed

# Horstead Centre

## Residential Stays & Activity Days

✉ Horstead Centre, Rectory Road, Norwich, NR12 7EP  
 ☎ 01603 737215  
 @ horstead.centre@dioceseofnorwich.org  
 📱 www.horsteadcentre.org.uk

	onto participants Illness disease				
Hitting branches, leaves, garden wall	Cuts, bruises, grazing, broken limbs	Individual	L	H	Keep trees trimmed back and away from the wire Weight limit of 16 stone (102kg) Annual external inspections undertaken Six weekly zip checks undertaken