

# Risk & Operational Assessment Activities / Ground activities- Challenge course, Problem Solving, Nightline

Next Review: Dec 2026

Whitemoor Lakes	Reviewed annually by senior team as recorded below:					
Assessed by:	Name	Date 2025	Date 2026	Date 2027	Date 2028	Date 2029
Nicola Whiting	Nicola Whiting (Chief Instructor)					
Claire Rich	Claire Rich	17/12/25				
	Alex Jones	21/2/26				
	Paul Creaser	25/02/26				
	Chris Browning					
	Robin Jones	22/1/26				

## Overview /

A variety of low level activities that require use of designated equipment within fenced areas of our site. These require use of a helmet when in fenced areas due to the nature of the activities, being up to 2 metres off the ground on purpose built equipment, and collaborating as a team. Group leaders are expected to assist with supervision of their group during this activity. Ratio 1:12 + 1 or 1:16 (under exceptional circumstances with consent from the group leader]

**To be used in conjunction with Special Educational Needs, Disability and Medical conditions risk assessment.**

STEP ONE	STEP TWO	STEP THREE	STEP FOUR	STEP FIVE
List significant hazards here:	List groups of people who are at risk from the hazards you have identified:	List the Control Measures for the identified risks:	Identify any residual risk remaining after the control measures have been put in place:	Identify any benefits that may result from exposure to the perceived and residual risk for participants:
<b>Slips &amp; trips</b>	Instructors Guests Public.	Participants advised to wear long sleeves & trousers to reduce impact. Pebbles within fenced area absorb impact. Participants briefed on specific hazards, ongoing communication during nightline.	With the nature of this activity, small bumps and bruises can be inevitable.	
<b>Falls/ being dropped</b>	Guests	<b>A frame-</b> participants to face towards the A frame when climbing up or down. <b>Spider's web-</b> a minimum of 2 people supporting head and neck at all times when lifting/ carrying (2 either side of web minimum)	Mismatch of strength/ weight of person being lifted	

		<p><b>Night line seesaw</b>- Instructor to supervise participants on &amp; off</p> <p><b>Challenge course wall</b>- Lifting assistance provided by stepping on thighs only, with back of person lifting firmly against the wall</p> <p>Participants spotted where necessary/ appropriate based on abilities of group. Participants only lifted with consent and agreement on who is lifting.</p> <p><b>Nightline</b>- participants briefed to walk with arms out in front to increase spatial awareness &amp; allow quicker support in case of a fall</p>		
<b>Incorrect use/ Misuse of equipment</b>	Instructors Guests Public	Instructors trained in each activity and give appropriate safety briefs as per SOPs.	Potential of guests not adhering to the safety brief.	Equipment could be completely fenced off and locked or access to outside areas could be refused however this would have a negative aesthetic impact on the environment and prevent use of outside areas for recreation.
<b>Unauthorized access to equipment</b>	Public Guests	<p>“No Access” signs</p> <p>Fence and gates around area</p> <p>Briefing given on site tour</p>	Misuse of equipment by outside parties/ trespassers.	Equipment could be completely fenced off and locked or access to outside areas could be refused however this would have a negative aesthetic impact on the environment and prevent use of outside areas for recreation.
<b>Rope Burns</b>	Instructors Guests	Advised to wear long sleeves and trousers that cover the knees, briefed not to slide down ropes	Potential of guests not adhering to the safety brief.	
<b>Splinters</b>	Instructors Guests	Equipment checked regularly for rough edges, participants briefed not to run hands along wood	Potential of guests not adhering to the safety brief.	
<b>Cold/Heat/weather</b>	Instructors Guests	Adequate clothing for the environment, shade/shelter to be sought as necessary. Instructor to monitor group	Weather-wind and/or rain/Sun/lightning	Exposure to cold/heat and inclement weather has proven positive developmental effects and teaches

		welfare and adapt sessions as needed		people about their limitations.
<b>Crush injury</b>	Instructors Guests	Problem solving see-saw: participants briefed on getting on/off one end and not moving past middle before all are on, not to step on the edge or stand near see-saw whilst in use.		