

Risk Assessment – 3G Swing

Baseline	X	Site Specific		Vulnerable Person		Temporary		Version	2020.1.0	Date of issue:	20/01/2020
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Operating notes:

- This risk assessment does not cover Kingswood staff accessing the structure for routine inspection and maintenance. Please see the ‘Work at Height inspections / maintenance’ risk assessment.
- Structure and equipment must be managed as per the Kingswood Equipment Management Standards.
- **RCD 3G Swing:** 1 Activity Leader to 2 active participants with 1 additional adult supervising group (max size 15);
- **Colomendy 3G Swing:** 1 Activity Leaders to 1 active participant with 1 additional adult supervising group (max size 15)
- **Participants** - The 3G Swing activity should not be used by anyone (including all participants and accompanying adults) that is/has:
 - Weight over 120kg / 18.5 Stone
 - Pregnant (unless doctor’s advice has been sought)
 - Any type of heart condition or heart-related issues (unless doctor’s advice has been sought)
 - Any type of spinal injury or weak spine condition (unless doctor’s advice has been sought)
 - Anyone not participating on the swing itself (staff working on the ground for example) are not required to meet these restrictions

Qualifications/ Competence:

- Activity Leaders must be in-house assessed by an MIA or ERCA trainer; or have a relevant NGB qualification plus approval from the internal advisor; or be a Kingswood Ropes Trainer as approved by the internal technical advisor
- The Nominated Chief Instructor must be onsite during all roped activity operations; they must hold a relevant NGB award.
- All Activity Leaders must have their first session observed and then frequently as per the Coaching Guidelines.
- All Activity Leaders are required to maintain their skill level and must attend refresher training after a maximum of 12 months of service and after lengthy periods of shut down.

Risk – Benefit Statement:

There is a low ‘real’ risk of injury during 3G Swing but a high ‘perceived’ risk allowing a greater basis for learning.

Hazard Description and activities giving rise to risk	Who may be harmed	Control Measures	Risk Rating
Adverse weather – Lightning or High Winds	All	<ul style="list-style-type: none"> • All staff must follow the ROSPA 30/30 rule for lightning. • If lightning occurs suddenly then the group should vacate the area immediately. • If the facility is within a woodland environment then the activity should be cancelled during high winds to prevent falling branches becoming a risk. 	Low

Hazard Description and activities giving rise to risk	Who may be harmed	Control Measures	Risk Rating
Unauthorised access	All	<ul style="list-style-type: none"> • Access points to roped activity structures must be secured against casual or unauthorised access when the equipment is not in use. • Brief the group to stay off all activity equipment unless supervised by a Kingswood Activity Leader. 	Low`
Head Injuries	All	<ul style="list-style-type: none"> • Helmets are not required to be worn on this activity as there is zero risk of equipment falling from height onto the participant 	Very Low
Unsecure attachment to safety rope or Incorrectly fitted harness	All	<ul style="list-style-type: none"> • Sit harnesses are to be correctly fitted (waist loop tight above the hips and legs loops tight) • A chest harness must be worn when: <ul style="list-style-type: none"> ○ The participant does not have defined hips ○ The participant has a fairly prominent upper body/stomach and no hip definition (disability or over-weight) ○ When large clothing has been tucked into the harness preventing defined hips to be seen ○ There is a medical reason that suggests the participant may faint/collapse ○ Very top heavy, so inversion is likely • The use of a DMM Bridge is the only approved method of connecting a chest and sit harness using a captive karabiner. • Check the active participant's PPE and roped attachment twice: <ul style="list-style-type: none"> ○ When attaching to the swing - This check should be visual and verbal for all group members to observe. ○ Immediately prior to removing the platform - The belaying Instructor must complete a final tactile inspection prior to any participant leaving the platform 	Low
Stuck participant unwilling / unable to operate 3-ring circus	Participants	<ul style="list-style-type: none"> • Slack to be removed from the system and GRIGRI + to be locked off using a slippery hitch • Once secure release the Pro-traxion and return to the GRIGRI + • Lower off on the GRIGRI +, the handle can assist with braking, but the descent rate is controlled by the hand gripping the brake side of the rope. This must be slow and controlled 	Low

Hazard Description and activities giving rise to risk	Who may be harmed	Control Measures	Risk Rating
Impact with ground or other obstacle	Participants	<ul style="list-style-type: none"> • Check the area is free from other users and Activity Leaders before commencing the hoist. • Check the area is free of obstacles, in particular the steps before commencing the hoist. • Activity Leaders must always have the GRIGRI + set to 'Top-Rope' mode and locked and this must form part of the pre-use check of the equipment. • Descent / Lowering can only be completed by a qualified member of Kingswood staff. • To lower the handle can assist with braking, but the descent rate is controlled by the hand gripping the brake side of the rope. This must be slow and controlled • The GRIGRI + has an anti-panic handle to control a lower. If the belayer pulls too hard on the handle, the anti-panic mechanism triggers and stops the descent • The GRIGRI + anti-panic function is not a failsafe mechanism – the belayer must always hold the brake side of the rope to stop the descent • In certain cases, the GRIGRI + anti-panic mechanism can trigger inconveniently and may be too subtle for the belayer to even notice (if there is rope drag, with a lightweight climber, on reaching the ground...). To continue the descent, the belayer releases the handle completely, then resumes lowering normally. 	Low
Entrapment	All	<ul style="list-style-type: none"> • Brief and check the participant has tucked away and secured any loose or baggy clothing. • Brief and check the participant has removed any large or dangly jewelry. • Brief and check the participant has tied back / secured long hair • The Activity Leader must check themselves for the above as well • A physical barrier must be placed between the 'Hauling participants' and the Pro-Traxion so to prevent entrapment within the Pro-Traxion itself • Only the Activity Leader themselves are permitted to handle the GRIGRI+ and Pro-Traxion 	Low