

Risk Assessment – Obstacle Courses (including Low Ropes, Team Challenge, Obstacle Course, Problem Solving, Problem Solving Course and Construct)

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

- Supervision ratio is 1 Activity Leader to 30 participants with an additional adult for Problem Solving
- Supervision ratio is 1 Activity Leader to 15 participants with an additional adult for Low Ropes, Team Challenge, Obstacle Course, Construct activities and Problem Solving Course
- Activity Leader to be trained to in-house syllabus for the activity. Refresher training as directed by session observations.
- Chief Instructor to be qualified in ERCA Temporary Low Ropes Instructor or ERCA Low Ropes Instructor or Approved by Group Activities Manager
- Technical advice from the Group Activities Manager.
- Apparatus is subject to periodic inspections, including trees where they form part of the course or are close to it.
- 'Rules of Construction' sheets will be given to all groups when working on Temporary Low Ropes Courses (Construct) and reinforced through observation by the Activity Leader.
- All Temporary Low Ropes Courses (Construct) will be checked throughout and post build prior to anyone taking part in the activity
- Wooden components that may become slippery must be covered with a textured surface or avoided when slippery. Impact absorbing material must be present below any elements where there is potential for a fall.

Risk – Benefit Statement: There is low risk of cuts, grazes, bruises and sprains but high levels of participation in teamwork exercises, leadership and communication and physical challenges making the risk tolerable.

Hazard Description and activities giving rise to risk	Who may be harmed	Control Measures	Risk Rating
Manual handling – injuries resulting from lifting/ carrying group members or equipment	Participants	<ul style="list-style-type: none"> Anyone being lifted must be supported by enough people to ensure the load is spread Stop any lifting and carrying that you do not consider safe Gloves must be worn when handling wires and when working in vegetated areas 	Very Low
Collisions between team members on apparatus – causing cuts, bruises, head or eye injuries	Participants	<ul style="list-style-type: none"> Space out participants on apparatus to stop them accidentally kicking/standing on each other Tell participants to be aware of who is around them and give each other room 	Low

Hazard Description and activities giving rise to risk	Who may be harmed	Control Measures	Risk Rating
Collisions with apparatus – banged heads on beams, uprights and contact with lifted or carried equipment on problem solving	Participants	<ul style="list-style-type: none"> • Give clear instructions to participants about technique on course elements that pose a risk of collisions • Tell participants to be aware of who is around them when moving tyres, planks, etc. and give each other plenty of room 	Very Low
Falling from apparatus – causing cuts, bruises, grazes and possible broken bones (Obstacle Course mini-zip in particular)	Participants	<ul style="list-style-type: none"> • Check that all participants are wearing low heeled or flat soled shoes • Limit access to slippery sections if, in your opinion, it is too slippery to continue safely. • Explain and demonstrate appropriate supportive and spotting techniques and position yourself so as to lend support as needed. • Keep movement slow and controlled – don't allow participants to hurry and don't make speed a competitive requirement if it compromises safety. • Ensure Construct elements are built correctly, at a reasonable difficulty and height before allowing participants to operate • Ensure participants have a good grip on the mini-zip rope before launch • Encourage the participants to discuss safety points and control measures and ensure these are briefed to all users 	Low