

Risk Assessment Record Sheet:

BALANCE BEAM

Activity/situation:	High Ropes – Balance Beam
Qualification of staff:	On-site assessed or SPA
Qualification of assistant:	Competent adult (if applicable)

General Associated Hazards:	Associated Risks:	Who is at Risk:	Existing Control Measures:	Responsibility:
Clients health unsuitable for activity	Asthma attacks, heart attacks, epilepsy etc	All group members	Health check for participants, Medical form	Group leader, staff, participants
Clients ability unsuitable for activity	Injuries or pulled muscles	All group members	Assess groups ability and adjust session accordingly	Group leader, staff, participants
Clients Behaviour unsuitable for activity	Injuries	All group members	See Health and Safety Policy - Client Behaviour	Group leader, staff, participants
Injury to clients	Various, including, breaks, sprains, pulled muscles, cuts bruises etc	All group members	See Health and Safety Policy – On-site Emergency Procedures See Instructor File – Session and Procedure Standards in-house training	Health & Safety manager, Senior Instructor, Activity Instructor
Incorrect sizing of equipment	Falling, strangulation	All group members	Assess the groups' size and equip accordingly. Only clients with correctly sized equipment may participate	Group leader, staff, participants
Weather	Lightning strikes, hypothermia, heat stroke/exhaustion	All group members, instructors	Check the weather, cancel session if appropriate. Make sure group is adequately clothed and protected.	Group leader, staff, participants
Specific Associated Hazards:	Associated Risks:	Who is at Risk:	Existing Control Measures:	Responsibility:
Incorrect sizing of P.P.E	Fall resulting in injuries	All group adults and children	Assess the group's size and equipment accordingly. Only clients with correctly sized P.P.E. may participate.	Activity Instructor
Inversion	Incorrect loading of harness and falling	Climber	All Participants to wear sit harness with associated chest harness.	Activity Instructor
Pendulum	Impact injuries	Climber	Belayer to maintain correct amount of tension in the rope whilst following client along to keep the trolley above the client.	Activity Instructor
Swinging into log while being lowered	Impact injuries	Climber	Belayer to time lowering off, avoiding client swinging into lower log.	Activity Instructor
Bang head on element.	Head injuries	Climber	All participants to wear a helmet on the Ropes Course and mention in safety talk.	Activity Instructor, participant
Falling Objects.	Head injuries	All group adults and children	Safe zones Established or helmets to be worn if clients are in the drop zone.	Group leader, staff, participants
Falling.	Minor to major injuries or fatalities	Climber	Instructor to use correct and recognised belaying practice at all times and to maintain suitable tension on the connecting rope.	Activity Instructor
Emotional Injury	Emotional Injury	Climber	Instructor to maintain 'challenge by choice' philosophy	Activity Instructor
Equipment Failure	Minor to major injuries or fatalities	Climber	Annual, Monthly and daily checks to be carried out on ropes course. (see policy), Instructor to visually check belay wires and general course condition prior to use. Instructor to log ropes in & out.	Health & Safety manager, Senior Instructor, Activity Instructor
Rescue Situations	Entrapment, General injuries, suspension trauma	Climber and rescuer	An instructor who is deemed competent to carry out a cut away rescue and tracer re-thread is on site while the ropes course is in use.	Health & Safety manager, Senior Instructor, Activity Instructor
Fall from ladder	Breaks, bruises, sprains etc	Climber, instructor and rescuer	Ladders to be footed or tied to pole.	Activity Instructor
Injury to fingers / ears	Breaks, bruises, sprains etc	Climber and rescuer	Remove all jewellery	Activity Instructor, Group leader, Participants
Incline log incorrectly secured	Minor to major injuries or fatalities	Climber and instructor	Instructors to check shackle before session, keep group in the safe area.	Activity Instructor

Date of Risk Assessment: 06/01/15

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