

Risk Assessment Record Sheet:**Activity/situation:**

High Ropes – Jacob’s Ladder

Qualification of staff:

On-site assessed or SPA

Qualification of assistant:

Competent adult (if applicable)

JACOB’S LADDER

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	Group leader, Activity Instructor and participants
Clients ability unsuitable for activity	Injuries or pulled muscles	All group members	Assess groups ability and adjust session accordingly	Group leader, Activity Instructor and participants
Client behaviour unsuitable for activity	Injuries	All group members	See Health and Safety Policy - Client Behaviour	Group leader, Activity Instructor and participants
Injury to clients	Various, including, breaks, sprains, cuts, etc	All group members	See Health and Safety Policy – On-site Emergency Procedures See Instructor File – Session and Procedure Standards in-house training	Health and Safety Manager, Senior Instructor, instructor
Weather	Lightning strikes, hypothermia, heat stroke/ exhaustion	All group members	Check the weather, cancel session if appropriate. Make sure group is adequately clothed and protected.	Group leader, Activity Instructor and 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 members	Assess the group’s size and equipment accordingly. Only clients with correctly sized P.P.E. may participate.	Activity Instructor
Lowering off / inexperienced belayer	Swinging into ladder causing injury	Climber	Instructor to supervise and make a decision on ability of belayer and ensure a controlled descent, tailing the rope as necessary.	Group leader and participants
Awkward fall onto element	Causing injury	Climber	Instructor to monitor ascent and slack in belay system	Group leader and participants
Inversion	Incorrect loading of harness and falling	Climber	All Participants to wear sit harness with associated chest harness when appropriate.	Group leader and participants
Bang head on element	Head injuries	Climber	All participants to wear a helmet on the Ropes Course and mention in safety talk.	Group leader and participants
Swinging into log as lowered	Impact injuries	Climber	Belayer to time lowering off, avoiding client swinging into lower log.	Activity Instructor
Falling Objects	Head injuries	All group members	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 and 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 and Safety Manager, Senior instructor, Instructor
Fall from ladder	Breaks, bruises, sprains	Climber 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	Group leader and participants

Date of Risk Assessment: 06/01/15**Name:** John Wareing