

## Valley Adventure Centre – Assault Course & Team Building Risk Assessment

<b>Risk Assessment for:</b> Team Building	<b>Assessor(s):</b> Alex Dodds	<b>Date:</b> 23/02/2024
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<b>Overview of activity/ location/ equipment/ conditions assessed:</b>	Team Building and Development activities are conducted at low level and include: assault course, spiders web, all aboard, wobble board, low V, 12ft wall, Bosuns chair, Amaizin, cosmic slop, barrel challenge, blindfold games, team games etc.
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Generic or specific assessment:	Specific			
Serial	Hazard(s) identified	Persons affected	Existing Controls	Additional Controls
1	Induction/ Safety Brief	All staff and public	<b>All</b> staff and public must attend a safety brief prior to using the team building and development areas.	<b>A Safety Brief is attached</b>
2	Slips, trips, falls and personal injury	All staff and public	Where possible, obstacles shall be removed. At the time of booking participants are informed about wearing suitable clothing and footwear for the session. Care to be taken during wet months to ensure that areas do not become too muddy or slippery. Obstacles are treated with grip paint to prevent slips. 'Spotting' to be used when participants are tackling obstacles elevating them above 1m in height	
3	Young persons and vulnerable adults	All staff and public	Ensure that young persons and vulnerable adults receive an induction talk and safety brief. It is vitally important that they not only listen to, but also fully understand, the safety instructions and rules.	Young persons and vulnerable adults will tend to forget the safety instructions when they are excited. It is essential to repeat the rules at frequent intervals.

			<p>Ensure that young persons and vulnerable adults do not enter sessions where there are older or more experienced participants.</p> <p>No person will be allowed to take part unless they can demonstrate that they have fully understood the safety instructions and rules.</p> <p>Under 16's require a '<b>Consent Form</b>' signed by a parent or guardian or have a parent/guardian in attendance. The minimum age for this activity is 7 years old. Occasionally 6 year olds may be permitted to use the assault course (i.e. same school year 7<sup>th</sup> birthday parties) but they must be at least 120cm in height. All participants must read an Activity Disclaimer form, and the lead person must sign for their group. All participants must read an Activity Disclaimer form, and the lead person must sign for their group.</p>	
4	Injury due to problems with health and/ or fitness	All staff and public	<p>Team Building and Development activities can be physically and mentally challenging.</p> <p>All participants should be fit enough to undertake the activity and operate within their personal limits.</p> <p>Participants are advised to seek professional assistance if in doubt about the fitness level required for the activity. Participants with current injuries or undergoing medical treatment are discouraged from activities.</p>	
5	First aid and medical requirements	All staff and public	<p>Supervising staff must have a valid first aid award or have received specific training as an Appointed Person.</p> <p>First aid kits are available in the Tower and</p>	It may be impractical for participants to carry personal medications during activity. All personal medications should be immediately available or

			<p>the Cabin. An accident reporting record is kept by the Centre Manager.</p> <p>Participants with additional medical requirements such as asthma, inhalers, diabetes etc should make themselves known to supervising staff so that appropriate measures may be taken to ensure the availability of personal medications if required.</p>	<p>carried by an instructor if requested.</p> <p>The activity is stopped if personal medications are required.</p>
6	Alcohol and drug misuse	All staff and public	<p>All staff and public are particularly at risk when exposed to alcohol and/or drug misuse. Members of the public who appear to be under the influence of alcohol and/or drugs will be asked to leave the site immediately.</p>	<p>This is included in the safety brief.</p> <p><b>ALCOHOL, DRUG MISUSE AND OUTDOOR ACTIVITIES DO NOT MIX.</b></p>
7	Fire	All staff and public	<p>The site is 'No Smoking'.</p> <p>Naked flames are not allowed on-site unless as part of the 'Bushcraft' sessions at a designated fire pit.</p> <p>Staff are inducted and trained to respond in the event of a fire.</p> <p>Contact the emergency services by calling 999 or 112 from the cabin or by mobile phone. There is a mobile reception for most networks on-site.</p>	<p>In the event of a Fire or Emergency all participants will be escorted by an instructor to the Emergency Assembly Area which is located next to the water pumping station at the main gate entrance to Creepy Valley.</p>
8	Staff and Public entering the activity area during a session	All staff and public	<p>Ensure any gates are closed.</p> <p>Ensure any safety/warning signs are in place.</p> <p>The activity is highly visible and it is unlikely that public will enter sessions when being run. Public entering the team building and development areas would be politely asked to move back onto the main track.</p>	
9	Injury due to ground and/ or weather conditions	All staff and public	<p>All staff and public are to wear suitable and supportive footwear for use outdoors and on uneven ground (or indoor football</p>	<p>A dynamic risk assessment is made before and during sessions.</p> <p>Participants are briefed on ground</p>

			<p>pitches). Activities may go ahead in most conditions. Rain and moisture have an adverse effect on the participants' ability to climb the elements especially the obstacle course and 12ft wall and they are briefed and shown how to 'spot' each other as required to minimise injury through a slip or fall. There is also danger of wood splinters from obstacles and wood-chippings.</p> <p>'Spotting techniques' need to be taught and understood before leaving a participant on their own to safeguard another. Spotting is essentially being in a position to assist another to prevent serious injury or a fall from an element or obstacle.</p> <p>The activity may go ahead in most conditions. Rain and high winds above SW Force 6 can stop the activity at the instructor's discretion. Approaching (10miles+) lightning storms shall be monitored, if trending into the sea channel between Jersey and France activities will go to alert, if storm strikes within 5miles of Jersey this will stop ALL activities.</p> <p>Participants are made aware of the implications when conditions are icy, windy or wet and asked to move slower and with more care.</p>	<p>conditions as required. The activity can be adjusted as conditions dictate.</p> <p>The activity will be stopped if necessary. Heavy rain showers may temporarily stop the activity.</p> <p>Participants are allowed to reschedule activity if the forecast is for very inclement weather or high winds.</p>
10	Injury from inadequate personal clothing and/ or footwear	All staff and public	Participants are advised to remove rings and jewellery and to wear sturdy, close-toed footwear. Hair tied back and no objects in pockets.	

11	Injury from falling, static and mobile equipment	All staff and public	The activity equipment is to be inspected and maintained. Individual elements are to be in good condition and inspected for splinters, wires etc. Participants trained in 'spotting' techniques and receive additional instructions or are shown how to do the activity.	Helmets are issued where required; i.e. obstacle course, 12ft wall, Bosuns chair.
12	Issue of personal PPE equipment	All staff and public	Ensure all PPE equipment is clean, fits properly and conforms to safety regulations. NEVER issue any worn or defective equipment. Stress the importance of ' <b>looking after equipment</b> '. Adjust helmets to correct fit.	The Centre Manager is responsible for all safety checks of PPE. Gloves may be used when handling wood such as the Cosmic Slop team building task to protect from splinters.
13	Injury to head, face and eyes	All staff and public	The helmet will protect the head from direct force but is mostly to protect from 'in activity bumps' such as the obstacle course.	
14	Injury through damaged or faulty equipment	All staff and public	All activity areas and equipment is inspected by instructors. Damaged or faulty equipment is withdrawn and replaced.	The Centre Manager inspects all damaged or faulty equipment for serviceability.
15	Effect on equipment due to poor storage conditions	All staff and public	Team Building and Development equipment is to be stored in a cool dry environment.	
16	Misuse of equipment	All staff and public	The Team Building and Development equipment is to be stored correctly and not used other than on authorised training or sessions.	

Date of review:	Serial amended:	Reviewed by:	Date of review:	Serial amended:	Reviewed by:
Aug 12	N/A	Wilkes	Feb 19	Review	Colin
Apr 13	5, 12	Wilkes	Jan 2020	Review & 2	Colin

Jun 13	Assessor(s)	Corbett	Jan 2021	Review	Girdwood
Jun 14	1, 3, 8, 9, 10	Corbett	Jan 2022	Review	Girdwood
Aug 15	Title, Overview, 3, 5, 9,12	Corbett	Feb 2023	Weather & Review	Girdwood
May 16	General Review	Robinson			
July 17	Yearly Review	Wade			
Feb 18	General Review	Wade			
April 18	3,12,14	Colin			