

Valley Adventure Centre – King Swing Risk Assessment

Risk Assessment for: King Swing	Assessor(s): Max Kemp	Date: 02/01/2026
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Overview of activity/ location/ equipment/ conditions assessed:	The King Swing (3G Swing) is a high adrenaline activity that involves up to 3 participants being attached to a metal spreader bar and hoisted by other participants to a height of up to 9 metres using a rope and self-jamming 5:1 pulley system or hoisted by an electric winch. Participants are required to pull a cord to release the swing, which can produce up to 3 times the force of gravity and gain speeds of up to 45km per hour.
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Generic or specific assessment:		Specific		
Serial	Hazard(s) identified	Persons affected	Existing Controls	Additional Controls
1	General Site safety	All staff and public	Participants must attend a safety brief prior to the activity No person will be allowed to take part unless they can demonstrate that they have fully understood the safety instructions and rules for the centre and activity	See the Safety Brief
2	Slips, trips, falls and personal injury	All staff and public	Obstacles and elements are inspected prior to use. Monthly Inspections are undertaken by trained/experienced staff At the time of booking participants are informed about wearing suitable clothing and footwear for the session. To avoid injury the participants should be briefed before the activity begins. The brief should cover where hands, head and feet should be placed and where injuries may occur and how to avoid them	See the Safety Brief

3	Young persons and vulnerable adults	All staff and public	Additional information is requested before the session in order for any adaptations to be made. Under 16's require a 'Consent Form' signed by a parent or guardian or have a parent/guardian in attendance. The minimum age for the Climbing and Abseiling is 7 years old.	Young persons and vulnerable adults will tend to forget the safety instructions and rules when they are excited. It is essential to repeat the rules at frequent intervals.
4	Health and/ or fitness	All staff and public	Each participant should understand that the activity is physical and mentally challenging All users should be fit enough to undertake the activity and operate within their personal limits. 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 should consult with the Senior Staff before participating in the activity	See the Safety Brief
5	First aid and medical requirements	All staff and public	Supervising staff have received first aid training. In addition The Duty Manager has a valid first aid award. First aid kits are available in the Tower and the Office An accident reporting record is kept by the Centre Manager. 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.	It may be impractical for participants to carry personal medications during activity. All personal medications should be immediately available in the 'Tower' or carried by a supervisor if requested. The activity may be stopped if personal medications are required.

6	Alcohol and drug misuse	All staff and public	Any person who appears to be under the influence of alcohol and / or drugs will be asked to leave the site.	
7	Fire and Emergency	All staff and public	The site is 'No Smoking'. Naked flames are not allowed on-site unless as part of the 'Bushcraft' sessions at a designated fire pit. Staff are inducted and trained to respond in the event of a fire. Contact the emergency services by calling 999 or 112 from the office or by mobile phone. There is a mobile reception for most networks on-site.	In the event of a Fire or Emergency all users 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 the centre.
8	Panic or Injury etc.	All staff and public	Lead Instructors are to be trained and signed off by an ERCA trainer. Assistant instructors are trained in house by the Lead Instructor, Centre Manager or Operations Manager. Assistants must attend sufficient training sessions, and be assessed as competent, before assisting on any session.	
10	Staff and Public entering the activity area during a session	All staff and public	During the site briefing everyone is instructed on the use of helmets within the site Any adults assisting are required to wear a helmet at all times. No access is allowed when the swing is in motion	
11	Weather	All staff and public	All staff and public are to wear suitable footwear and clothing for the conditions Force 7 wind conditions from the south west will halt the activity. Force 8 wind conditions will halt all activities. Heavy rain will halt activities at the discretion of the duty manager.	A dynamic risk assessment is made before and during sessions. Participants are briefed on weather conditions as required. The activity can be adjusted as conditions dictate i.e. only use level 1 if windy. Activity will be stopped if necessary.

			Participants should be briefed to take more care in adverse conditions.	
12	Inadequate personal clothing and/ or footwear	All staff and public	Participants are advised to remove rings and jewellery and are advised to wear sturdy, close-toed footwear. Hair tied back and no objects in pockets.	Spare hair bands should be kept in the Office for use by participants.
14	Equipment failure	All staff and public	Instructors should ensure all PPE equipment is clean, fits properly and conforms to safety regulations. Defective equipment should be quarantined Size and adjust harnesses and helmets to correct fit. Re-adjust equipment as necessary during activity especially after weighting the harness. All equipment should have a pre-use check and be Inspected every 3 months by a suitably qualified or experienced member of staff. All equipment should be stored clean and in a secure dry area.	
18	Falling from height	All staff and public	The Zip Line is inspected visually prior to use and undergoes a complete 'nut and bolt' inspection monthly. Instructors are fully trained and assessed in briefing participants, inspecting equipment and completing top to toe departure checks. Instructors should use a verbal cue that they have checked the lanyard and safety line before allowing the participant to move from the platform.	
19	Injury when landing	Staff and Public	An Instructor at the bottom of the Zip must keep their eyes on the participant at all times. Verbal Instructions to run up or drag feet must be used to slow the incoming	See the Safety Brief

			person. Participants should only be caught by the lanyard and only if necessary. If the landing is not successful the participant will travel to the lowest point of the Zip Line – A rope should be used to bring them back to where they can put their feet down on the landing platform.	
	Walking from Landing	Staff and Public	All persons should use the steps at the back of the landing zone. This should be clear and checked in the Pre-Use checks.	

Date of review:	Serial amended:	Reviewed by:	Date of review:	Serial amended:	Reviewed by:
Aug 12	N/A	Wilkes			
Apr 13	3, 8, 9, 12, 13, 15, 16, 18	Wilkes			
Jun 13	Assessor(s)	Corbett			
Jun 14	3, 7, 9, 12, 13, 15, 16	Corbett			
April 15	Title, Overview, 1, 3, 8, 10, 11, 13, 14, 16, 18	Corbett			
May 16	11 & General Review	Robinson			
Sep 17	17, 18	Wade			
Feb 18	General Review	Wade			
April 18	3,17	Colin			
Feb 19	General Review	Colin			
Jan20	8 & General Review	Colin			
April 21	General Review	Girdwood			
Jan 22	Review	Girdwood			
Jan 23	11 & Review	Girdwood			
Jan 25	Full Overview	AD			
Jan 26	Review	MK			