

Valley Adventure Centre – Low Development – Assault Course Risk Assessment

Risk Assessment for: Low Development/Team Building/Course	Assessor(s): Max Kemp	Date: 02/01/2026
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Overview of activity/ location/ equipment/ conditions assessed:	Team Building and Development activities are conducted at low level and include: assault course, spiders web, all aboard, wobble board, Bosuns chair, blindfold games, team games and Nightline etc.
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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	The site is inspected prior to use. 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 how injuries may occur and how to avoid them. Correct PPE must be worn at all times where necessary. 'Spotting' and support techniques must be clearly demonstrated for off the floor activities.	See the Safety Brief

3	Young persons and vulnerable adults	All staff and public	<p>Additional information is requested before the session in order for any adaptations to be made.</p> <p>Under 16's require a 'Consent Form' signed by a parent or guardian or have a parent/guardian in attendance.</p> <p>The minimum age for Low Dev is 7.</p>	<p>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.</p>
4	Health and/ or fitness	All staff and public	<p>Each participant should understand that the activity is physical and mentally challenging</p> <p>All users 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.</p> <p>Participants with current injuries or undergoing medical treatment should consult with the Senior Staff before participating in the activity</p>	<p>See the Safety Brief</p>
5	First aid and medical requirements	All staff and public	<p>Supervising staff have received first aid training.</p> <p>In addition The Duty Manager has a valid first aid award.</p> <p>First aid kits are available in the Tower and the Office</p> <p>An accident reporting record is keep 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>It may be impractical for participants to carry personal medications during activity.</p> <p>All personal medications should be immediately available in the Safe Zone or carried by a supervisor if requested.</p> <p>The activity may be stopped if personal medications are required.</p>

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.
9	Staff and Public entering the activity area during a session	All staff and public	Instructors should keep a clear eye out for non-participants and keep them clear of the activity	
10	Weather	All staff and public	All staff and public are to wear suitable footwear and clothing for the conditions Force 8 wind conditions will halt all activities. Heavy rain will halt activities at the discretion of the duty manager. Participants should be briefed to take more care in adverse conditions.	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.
11	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.
12	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 All equipment should have a pre-use check and be Inspected every 3 months by a	

			suitably qualified or experienced member of staff. Equipment must be stored clean and in a dry environment	
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Date of review:	Serial amended:	Reviewed by:	Date of review:	Serial amended:	Reviewed by:
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			