

AUCHENGILLAN

Outdoor Centre



ACTIVITY RISK BENEFIT ANALYSIS

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GENERAL INFORMATION

This document is part of an overall risk assessment for Auchengillan outdoor centre and serves to provide underpinning knowledge to staff/volunteers/participants and group leaders involved in activities. This document cannot serve as a substitute for common sense, good judgment, decision making or an ongoing dynamic risk assessment. The abilities, maturity and aspirations of the group should all be considered as well as the prevailing weather and environmental factors which could impact upon the activity.

Instructors shall be inducted, trained and monitored to appropriate standards relevant to the activity and will hold a national governing body qualification where appropriate. All instructors will have received training in safeguarding and awareness and first aid. The centre operates an in-house training and assessment scheme for some activities which is verified by a technical adviser where necessary. Instructors will follow written operating procedures for each activity.

We will take all steps to ensure the health & safety of groups whilst at Auchengillan. However certain inherent risks remain, which are integral to the activity and which cannot be eliminated completely. The risk of serious injury is extremely remote but some activities may result in minor injuries; e.g. grazes sprains and bruises. The level of risk in participation in our activities is no greater than normal play activity. This is not a 'disclaimer' but serves to inform group leaders about what participants may experience.

The experience and exposure to risk is what provides challenge and development opportunities for the participants involved. Subsequently it allows learning points to be extracted and transferred out-with the experience by participants, staff and leaders alike. Therefore this risk benefit analysis looks to provide a reasonable and balanced approach to risk without rendering the benefits, excitement and enjoyment of the experience void.

This document shall be reviewed as part of an ongoing process taking into consideration, staff and participant feedback, equipment damage, incidents arising henceforth, current best practice and HSE advice.

ANY ACTIVITY/AREA OF CONCERN SHOULD BE STOPPED AT THE EARLIEST CONVENIENCE, REPORTED TO THE APPROPRIATE PERSON AND RELEVANT PROCEDURES FOLLOWED.

TARGET SHOOTING RISK BENEFIT ANALYSIS

| | | |
|---|-------------------------|---|
| INSTRUCTOR QUALIFICATION NSRA YPS Rifle/Pistol Tutor | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical wellbeing, movement skills, competencies and concepts. | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> Promotes an awareness of safety culture in the handling of dangerous equipment Allows less able bodied persons to participate equally, enhancing self esteem Improves fine motor skills and muscle memory | | <ul style="list-style-type: none"> Is holistic in that it combines physical, technical and psychological development A low impact activity which promotes relaxation Low cost for participants wishing to pursue thereafter |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from pellet ricochet | Instructor, Participant | Range is constructed of materials recommended by the national small bore rifle association Deflectors and pellet catchers fitted where appropriate. Safety goggles to be worn when in front of safe area. Flat, diablo shaped pellets to reduce ricochet |
| Injury from faulty equipment | Instructor, Participant | Equipment subject to pre session safety check and formal monthly check. Participant should be encouraged to maintain a hand on the barrel when gun is cocked in case the spring catch fails. |
| Injury from being shot | Participant, Instructor | Individual shooting booths available. Safe area provided for spectators. Barrels to always point in a safe direction. |
| Injury from poor technique | Participant | Instructor to provide a safety briefing and demonstration and to provide feedback and assistance where necessary, Unsafe practise to be dealt with immediately. Hands should be kept clear of the barrel end and cocking hinge |
| Lead poisoning | Instructor, Participant | No eating or drinking within the range and participants to wash their hands on departure. |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

ARCHERY RISK BENEFIT ANALYSIS

| | | |
|--|------------------------------------|--|
| INSTRUCTOR QUALIFICATION GNAS Archery Leader | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical wellbeing, movement skills, competencies and concepts. | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> Promotes an awareness of safety culture in the handling of dangerous equipment Promotes a strong sense of self discipline Improves co-ordination, concentration, patience, self-control and balance. Enhances dedication and adherence. Improves upper body strength | | <ul style="list-style-type: none"> An inclusive activity in that it is gender and age indiscriminate and allows less physically abled persons to participant equally, enhancing self esteem Improves fine motor skills and muscle memory Holistic in that it combines physical, technical and psychological development A low impact activity that promotes relaxation |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from arrow ricochet | Participant, Instructor | Backstop netting surrounding target area to prevent ricochet Shooting line at least 5 metres from target as per GNAS recommendations |
| Injury from faulty equipment | Participant, Instructor | Equipment subject to pre session safety check and formal monthly check. |
| Injury from poor technique | Participant | Arm bracers/finger tabs to be worn where necessary Instructor to provide a safety briefing and demonstration and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately |
| Injury from being shot | Instructor, Participant, Spectator | Arrows to point in a safe direction at all times |
| Walking into arrow in the | Participant | No running in range and targets to be approached from the side |
| Injury from tripping | Participant | Arrows to be carried with tips facing the ground |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

FENCING RISK BENEFIT ANALYSIS

| | | |
|---|-------------------------|---|
| INSTRUCTOR QUALIFICATION BFA Fencing Coach | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical education, Movement skills, competencies and concepts, Cooperation and competition. | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> Promotes an awareness of safety culture in the handling of dangerous equipment Promotes strong sense of self discipline Improves co-ordination, concentration, patience, self-control and balance | | <ul style="list-style-type: none"> Improves fine motor skills and muscle memory Improves strength, endurance, flexibility and power |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from being hit | Participant, Spectators | Helmet and protective clothing to be worn where necessary Spectators to remain in a safe area Masks to be worn when handling foils |
| Injury from trip/slip | Participant, Instructor | Instructor to use good group management |
| Faulty equipment | Participant | Equipment subject to pre session safety check and formal monthly check Foil to be dropped immediately in the instance of breakage |
| Collision with object | Participant | Instructor to provide a full safety briefing and demonstration and to provide feedback and assistance where necessary |
| Puncture/stab wound/Slashing | Participant | Unsafe practise to be dealt with immediately. |
| Exhaustion/overheating | Participant | Appropriate rest and cool down breaks available |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

PARADROP RISK BENEFIT ANALYSIS

| | | |
|--|--|---|
| INSTRUCTOR QUALIFICATION In House Assessment | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Mental and emotional wellbeing, Social wellbeing. | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> • Builds trust in equipment and others • Promotes confidence and a sense of accomplishment • Develops risk awareness | | <ul style="list-style-type: none"> • Facilitates facing fears and overcoming challenges • Provides an awareness of safety systems • Responsibility for self and others |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from faulty equipment | Participant | Equipment subject to pre session safety check and a formal monthly check . A six monthly inspection of the paradrop assembly is carried out by an external verifier Equipment to be correctly sized and fitted Cable, ferrule and connectors checked prior to each descent |
| Injury from poor technique - step off/landing | Participant | Instructor to provide a safety briefing and land based demonstration where appropriate providing feedback and assistance where necessary. Unsafe practise to be dealt with immediately Participants must only step forwards from the tower and land as directed to prevent shock loading Landing area gravel to be loose and not compacted to avoid injury |
| Injury from falling object | Participant, Spectator | Helmets to be worn at all times inside the tower compound excluding the shelter Equipment to be properly fitted and checked prior to each descent Spectators to wait well clear from bottom of tower |
| Fall from height | Participant, Instructor | Instructor to attach participant to safety line or paradrop as soon as possible Instructor to ensure own safety at top of tower. |
| Poor visibility/weather | Participant, Spectator, Other user | Activity to cease in high winds and poor visibility where the participant is not clearly visible. |
| Fire | Instructor, Participant, Spectator, Other user | Tower evacuation procedures in place in event of a fire Only 1 non active participant waiting within tower Rescue bag to be at top of tower |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

ABSEILING RISK BENEFIT ANALYSIS (AUCHENGILLAN TOWER)

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|--|--|---|
| INSTRUCTOR QUALIFICATION In house assessment, CWA with Abseil Module or SPA. | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Mental and emotional wellbeing, social wellbeing, movement skills, competencies and concepts | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> • Builds trust in equipment and others • An accessible and inclusive activity for all • Promotes confidence and a sense of accomplishment • Develops risk awareness | | <ul style="list-style-type: none"> • Improves strength, sense of awareness and hand/eye co-ordination • Facilitates facing fears and overcoming challenges • Provides an awareness of safety systems • Responsibility for self and others |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Faulty equipment injury | Participant, Instructor | Equipment subject to pre session safety check and formal monthly check. |
| Fall from height | Participant, Instructor | Instructor to provide a safety briefing including how to use ladders safely Instructor will provide a demonstration, assistance and feedback where appropriate and necessary |
| Injury from poor technique | Participant | Unsafe practise to be dealt with immediately Instructor and participant to connect to safety line immediately at top of tower Instructor to control speed of descent if necessary |
| Injury from falling object/abseil rope | Spectator, Other user | Helmets to be worn at all times excluding the shelter and equipment to be properly sized and fitted. Spectators to wait well clear from bottom of tower. Instructor to check before dropping ropes |
| Injury from entrapment | Participant | Long hair/loose clothing/neck items to be removed or tucked away to reduce entrapment. Hands to be kept clear of descender |
| Poor visibility/weather | Participant, Spectator, Other User | Activity to cease in high winds and poor visibility where the top or bottom of the tower is not clearly visible. |
| Fire | Participant, Instructor, Spectators, Other users | Tower evacuation procedures in place in event of a fire 1 non active participant waiting within tower Rescue bag at top of tower, instructor to ensure they have a means of safe descent. |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

CLIMBING RISK BENEFIT ANALYSIS (AUCHENGILLAN TOWER, BOTTOM AND TOP ROPING ONLY)

INSTRUCTOR QUALIFICATION In house assessment, CWA or SPA.

CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Mental and emotional wellbeing, Social wellbeing, Physical education - movement skills, competencies and concepts, cooperation and competition, evaluating and appreciating, Physical wellbeing

BENEFITS

- Promotes communication skills and trust in equipment and others
- Promotes confidence and a sense of accomplishment
- Improves strength, power, flexibility and a sense of awareness, proprioception, hand eye co-ordination, determination and balance

- Promotes visualisation, problem solving and memory skills
- Achievable and measurable goals
- Facilitates facing fears and overcoming challenges

| RISK | WHO IS AT RISK? | ANALYSIS |
|------------------------------|------------------------------------|---|
| Injury from faulty equipment | Participant, Instructor | Equipment subject to pre session safety check and formal monthly check. |
| Injury from poor technique | Participant, Belayer | Instructor to provide a safety briefing as per ops manual, Instructor will provide a demonstration, assistance and feedback where appropriate and necessary Unsafe practise to be dealt with immediately, bell ringers must move to dead rope prior to descent. |
| Fall from height | Participant, Instructor | Instructor to back up/lower safety rope at all times unless authorised to teach belaying and only when satisfied of the groups maturity and competency. Instructor to check climbers attachment prior to each ascent and promote a peer checking system Instructor to ensure own safety at top of tower. Bouldering or Traversing must be appropriately managed and boundaries set. Use of spotters where appropriate Ensure climbers full weight is on rope prior to commencing descent. |
| Injury from falling object | Participant, Belayers, Spectators | Helmets to be worn at all times inside the tower compound excluding the shelter, equipment to be properly sized and fitted. |
| Injury from entrapment | Participant, Belayers. | Long hair/loose clothing/neck items to be removed or tucked away to reduce entrapment Climbers to be made aware of dangers of climbing using hanging bolts. Rescue rope readily available |
| Poor visibility/weather | Participant, Spectator, Other user | Activity to cease in high winds and poor visibility where the climber is not clearly visible. |

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|---|--|---|
| <p>Injury to spectators from abseiler/abseil rope</p> <p>Fire</p> | <p>Spectator</p> <p>Participant, instructor, spectator, other user</p> | <p>Spectators to wait well clear from bottom of tower. Spotters to be used when bouldering and boundaries set</p> <p>Tower evacuation procedures in place in event of a fire.</p> |
| <p>REVIEW DATE</p> | | <p>REVIEWER</p> |
| <p>RECOMMENDATIONS</p> | | |

SINGLE PITCH RISK BENEFIT ANALYSIS

INSTRUCTOR QUALIFICATION SPA or above.

CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Mental and emotional wellbeing, Social wellbeing, Physical education - movement skills, competencies and concepts, cooperation and competition, evaluating and appreciating, Physical wellbeing

BENEFITS

- Promotes communication skills and trust in equipment and others
- Promotes confidence and a sense of accomplishment
- Improves strength, power, flexibility and a sense of awareness, proprioception, hand eye co-ordination, determination and balance.

- Promotes visualisation, problem solving and memory skills
- Achievable and measurable goals
- Facilitates facing fears and overcoming challenges
- Conservation and environmental awareness

| RISK | WHO IS AT RISK? | ANALYSIS |
|--|--|--|
| Road accident travelling to/from venue | Participant, instructor, other road users. | Drivers to drive to the conditions with consideration to passengers and length of vehicle. Trailer hitch, lights and securing should be checked prior to each journey. |
| Environmental hazards | Participant, instructor | Instructor to check area prior to commencing activity – alternative plan available. Land management signs adhered to and consideration to nature and conservation. |
| Collision with other road users at get in/out. | Participant, instructor, spectators, other users | Group to be made aware of dangers. Instructor to manage group effectively and supervise road crossings. |
| Injury from trips or falls | Participant, instructor | Group to be shown safe route to top and bottom of crag and made aware of sensible footing. |
| Hypo/hyperthermia, sunburn, exposure | Participant | Participants should be appropriately prepared for the weather with full foot protection. Equipment should be correctly sized and fitted. Medication, food, spare clothes and shelter should be available along with a means of contacting help |
| Injury from faulty equipment | Participant, Belayer | Equipment subject to pre session safety check and formal monthly check. |
| Injury from poor technique | Participant, instructor | Instructor to provide a safety briefing as per ops manual, demonstrate where appropriate and provide feedback and assistance where necessary Unsafe practise to be dealt with immediately. |
| Fall from height | Participant, belayers, spectators, Instructors | Instructor to be in control of safety rope at all times unless teaching belaying and only when satisfied of competency Instructor must self-protect at all times. |

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| Injury from falling object | Participant, belayers, Instructor, Other user | Helmets to be worn at all times at bottom of crag equipment to properly sized and fitted. |
| Injury from entrapment | Participant, Belayer | Long hair/loose clothing/neck items to be removed or tucked away to reduce entrapment. Instructor to demonstrate correct technique. |
| Poor visibility/weather | Participants, Spectators, Instructors | Activity to cease in high winds and poor visibility where the top or bottom of the pitch is not clearly visible. |
| Injury to spectators from abseiler/abseil rope | Spectators | Spectators to wait well clear from bottom of crag. Spotters to be used when bouldering and boundaries set |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

CRATE CLIMBING RISK BENEFIT ANALYSIS

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| INSTRUCTOR QUALIFICATION In house assessment | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Mental and emotional wellbeing, Social wellbeing, Physical education - movement skills, competencies and concepts, cooperation and competition, evaluating and appreciating, Physical wellbeing | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> • Builds trust in equipment and others • Promotes confidence and a sense of accomplishment • Improves strength, sense of awareness, concentration and balance | | <ul style="list-style-type: none"> • Facilitates facing fears and overcoming challenges • Provides an awareness of safety systems • Responsibility for self and others and develops risk awareness |
| | RISK (WHO IS AT RISK)? | ANALYSIS |
| Injury from faulty equipment | Participant | Equipment subject to pre session safety check and formal monthly check. |
| Injury from poor technique | Participant | Instructor to provide a safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. |
| Injury from falling object | Spectator, instructor | Helmets to be worn at all times and equipment to be sized and properly fitted Spectators to wait clear of bottom of crate stack, crates clipped to bungee to prevent falling on assistant. Assistants to step back from crate tower as soon as possible to prevent injury from falling crate Use crate hoist to keep participants form fall zone, |
| Fall from height | Participant | Instructor to control belaying of participant with one hand on live rope and one hand on dead rope. Authorised instructors can supervise belaying where group is mature and competent to do so safely. Assistant to remove stepping crates as climber ascends past. |
| Environmental hazards | Participants, Instructor, Spectators | Instructor to visually check tree canopy and general area prior to start, |
| Injury from trip/fall | instructor, participant, belayer | Exposed root plates to be covered with wood chippings to prevent trip hazards. Instructor to make group aware of sensible footing. |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

POLE CLIMBING RISK BENEFIT ANALYSIS

| | | |
|--|--------------------------------------|--|
| INSTRUCTOR QUALIFICATION In house assessment | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Mental and emotional wellbeing, Social wellbeing, Physical education - movement skills, competencies and concepts, cooperation and competition, evaluating and appreciating, Physical wellbeing | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> • Builds trust in equipment and others • Promotes confidence and a sense of accomplishment • Improves strength, sense of awareness, concentration and balance | | <ul style="list-style-type: none"> • Facilitates facing fears and overcoming challenges • Provides an awareness of safety systems, responsibility for self and others and develops risk awareness |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from faulty equipment | Participant | Equipment subject to pre session safety check and formal monthly check. |
| Injury from poor technique | Participant | Instructor to provide a safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Participants must climb and descend the pole one at a time (only one belay rope is active). |
| Injury from falling object | Participants, instructor, spectators | Helmets to be worn at all times and equipment to be sized and properly fitted |
| Injury from trip/fall | Participants, instructor, spectator | Exposed roots to be covered with wood chippings to prevent trip hazards. Instructor to make group aware of sensible footing. |
| Fall from height | Participant | Instructor to ensure equipment is sized and fitted correctly. Instructor to control both safety ropes - take in, pay out and lowering of participant. Instructor must position themselves and the group to see the Italian hitch at all times during peer belaying. Authorised instructors may supervise belaying where group maturity and competence allows. |
| Injury from collision with pole | Participant | Dismount by leaning backwards facing the pole to deflect any collision. Ladder to be removed as soon as participant is on pole. |
| Environmental Hazards | Participant, Instructor, Spectators | Instructor to check area prior to activity, paying particular attention to tree canopy. |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

ORIENTEERING RISK BENEFIT ANALYSIS

| INSTRUCTOR QUALIFICATION In house assessment | | |
|--|-----------------|--|
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Social wellbeing, Physical wellbeing, listening and talking skills, finding and using information, understanding analysing, evaluating angles, symmetry and transformation | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> • A progressive and challenging activity introducing problem solving, skill development and environmental awareness • Can improve planning, responsibility, communication, risk awareness and team work | | <ul style="list-style-type: none"> • Teaches personal and group safety awareness • Promotes a sense of independence and achievement • Involves decision making, prioritising and use of judgement • Improves physical fitness |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from trips or falls | Participant | Activity to be run in accordance with operating procedures. Consider minimum group number. Instructor to provide a safety briefing including boundaries, hazards and what to do in the event of an accident. Instructor to provide feedback and assistance where necessary, and deal with unsafe practice Highlight risk areas e.g. – high drops, bogs, streams |
| Getting lost | Participant | Instructor to have a means of recalling group, access to first aid and torch if required Identify out of bounds area to group, record groups intended location/check in and out times and give cut off times. |
| Health problems arising from pre-existing medical conditions | Participant | Participants to receive instruction on use of map, a central base and point of return should be identified. Cut off times and record of each groups intended controls should be maintained. |
| Hypo/hyperthermia, sunburn, exhaustion | Participant | Participants should be appropriately prepared for the activity weather. |
| Tick-borne disease | Participant | Information leaflets on notice boards |
| Environmental hazards | Participant | Instructor to ensure areas are safe prior to sending group e.g. windblown trees/site works |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

WIDE GAMES RISK BENEFIT ANALYSIS

| | | |
|---|------------------------|--|
| INSTRUCTOR QUALIFICATION In house assessment | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical wellbeing, Social Wellbeing | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> • A progressive and challenging activity introducing problem solving, strategy, imagination and environmental awareness • Improves physical fitness • Can improve planning, responsibility, communication, risk awareness and team work | | <ul style="list-style-type: none"> • Teaches personal and group safety awareness • Promotes a sense of independence and achievement • Involves decision making and use of judgement |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from trips or falls | Participant | Activity to be ran in accordance with operating procedures. Instructor to provide a full safety briefing including boundaries, hazards and what to do in the event of an accident. Instructor to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Consider a minimum group number. |
| Getting lost | Participant | Instructor to have a means of recalling group, access to first aid and torch if required A central base and point of return should be identified. Cut off times should be adhered to |
| Hypo/hyperthermia, sunburn, exhaustion | Participant | Participants should be appropriately prepared for the weather and activity |
| Health problems arising from pre-existing medical conditions | Participant | Any participant suffering from pre-existing medical conditions should ensure that they are carrying appropriate medication. |
| Tick-borne disease | Participant | Information leaflets on notice boards |
| Environmental hazards | Participant | Instructor to ensure areas are safe prior to sending group e.g. windblown trees/site works |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

NIGHT LINE RISK BENEFIT ANALYSIS

| | | |
|---|---------------------------------------|---|
| INSTRUCTOR QUALIFICATION In house assessment | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical wellbeing, Social Wellbeing, listening and talking skills | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> • Develops communication skills, teamwork, and sensory awareness • Exploring the environment, adventure, new experience, encounter wildlife and astronomy, increases knowledge | | <ul style="list-style-type: none"> • Introduces hazard awareness and risk management • Improves listening skills, facing fears and understanding risk, responsibility, and challenge • A fun physical activity, good for building relationships – both within the group and with the instructor |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from trips or falls | Participant, instructor, spectators | Activity to be ran in accordance with operating procedures. Instructor to provide a full safety briefing including boundaries, hazards and what to do in the event of an accident. Instructor to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. |
| Environmental hazards | Participant, instructor, spectators | Instructor to ensure area safe prior to activity |
| Getting lost | Participant, spectators | Participants should be encouraged to share information relating to obstacles as they arise Participants to keep one hand in contact with the line and on hand on shoulder of person in front Instructor to carry torch, first aid and means for contacting help. Instructor to employ good group management throughout with regular opportunities to account for whole group. A central base and point of return should be identified. |
| Hypo/hyperthermia, sunburn, exhaustion, pre-existing medical conditions | Participants, spectators | Participants should be appropriately prepared for the weather with full foot and leg coverage. Any participant suffering from asthma, diabetes, epilepsy or other pre-existing medical conditions should ensure that they are carrying appropriate medication. |
| Tick-borne disease | Participants, instructors, spectators | Information leaflets on notice boards |
| Collisions | Participants | Instructor to promote good communication, advise of specific hazards and be on hand to assist participants. |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

TEAM CHALLENGES RISK BENEFIT ANALYSIS

| | | |
|---|-------------------------|--|
| INSTRUCTOR QUALIFICATION In house assessment | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical wellbeing, Social Wellbeing, listening and talking skills, forces, properties of 2D shapes and 3D objects. movement skills, competencies and concepts, cooperation and competition | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> Progressive and challenging activities introducing problem solving, communication and team working skills which teaches personal and group safety awareness Develops trust, self-confidence, leadership and awareness of limitations (group and individual) Can improve planning, responsibility, communication, risk awareness and relationship building | | <ul style="list-style-type: none"> Promotes a sense of independence and achievement and encourages exploring possibilities and understanding consequences Opportunity to explore the environment Encourages reflection, creativity, negotiation, sharing and supporting Involves decision making and use of judgement |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from trips or falls | Participant, instructor | Instructor to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary Unsafe practise to be dealt with immediately. |
| Environmental hazards | Participants | Instructor to check the area and equipment prior to use |
| Poor manual handling | Participant | Instructor to promote good manual handling |
| Injury from collision with object/ falling object | Participant | Moving or passing equipment must not exceed waist height; spars should not exceed 3m. Exercise good judgement when choosing blind fold areas. |
| Falling from height | Participants | Spiders web and trust fall should be undertaken with extra caution Safe spotting whenever participants are being lifted or carried. Instructors to ensure participants are fully supported by team members. Maturity of the group must be considered prior to these challenges. Tasks should be progressive to gauge group's ability. Instructor should ensure group maintain a minimum number for tasks that require counter balance. |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

SHELTER BUILDING/PIONEERING RISK BENEFIT ANALYSIS

| INSTRUCTOR QUALIFICATION In house assessment | | |
|--|--------------------------------------|--|
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Craft, design engineering and graphics contexts for developing technological skills and knowledge. Social wellbeing physical wellbeing, Angle symmetry and transformation, listening and talking, People place and environment mental and emotional wellbeing | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> Promotes teamwork, physical activity, reflection, building relationships, social skills Develops imagination, planning, safety awareness, new skills (knots) | | <ul style="list-style-type: none"> Encourages reflection, creativity, negotiation, sharing and supporting |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from trips or falls | Participants, instructor | Instructor to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Boundaries to be established. |
| Environmental hazards | Participants, instructor, spectators | Instructor to check the area and equipment prior to use |
| Injury from sticks/tools | Participants | Saws, axes and knives should only be used by those competent to do so under the strict supervision of an instructor trained in the safe use said tools with maturity of group in mind. |
| Injury from structures collapsing | Participants | Instructors to regularly check main structure for signs of collapse, large rotten logs should not be used for main structure, demolition of shelters should be supervised by a responsible person |
| Injury from poor manual handling | Participants | Larger logs must be carried by more than one person, larger logs must be kept below head height, helmets may be worn by younger groups, larger logs must be lifted using appropriate technique |
| Collision with tree | Participants | Group made aware of risk |
| Injury from collecting wood/brash | Participants, Instructor | Gloves provided |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

ENVIRONMENTAL ACTIVITIES RISK BENEFIT ANALYSIS (GENERIC)

| INSTRUCTOR QUALIFICATION In house assessment | | |
|---|--------------------------------------|---|
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Biodiversity and interdependence, energy sources and sustainability. People places and environment, social wellbeing and physical wellbeing, mental and emotional wellbeing, art and design. | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> Increased understanding and awareness of the world around us Teamwork, exploring the environment, discovery, understanding risks | | <ul style="list-style-type: none"> Increased knowledge (ecology, environmental issues, and biology etc.). |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from trips or falls | Participants, instructor | Instructor to provide a safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Boundaries to be established. Instructors must carry an appropriate first aid kit. |
| Collision | Participant | Group made aware of risks |
| Environmental hazards | Participants, instructor, spectators | Instructor to check the area and equipment prior to use Group to be managed appropriately |
| Drowning | Participants | Instructor must have a means of rescue when working close to water |
| Poisoning, infection, stings, bites, allergic reactions, ticks | Participants, instructors | Participants must wash hands before eating Cuts must be covered with a plaster or gloves worn where possible Participants should be made aware of the dangers of eating something they cannot clearly identify as safe or without appropriate supervision. Information leaflets on notice boards Participants to be appropriately dressed for weather and environment long trousers and sleeves are recommended. Any participant suffering from pre-existing medical conditions should ensure that they are carrying appropriate medication. |
| Getting lost | Participants | Participants must be aware of what to do in case of getting lost or being injured (wait and call for help). |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

CAMPFIRE RISK BENEFIT ANALYSIS

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|---|--------------------------------------|---|
| INSTRUCTOR QUALIFICATION In house assessment | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Participation in performance and presentation, dance, drama, music, social wellbeing | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> Promotes teamwork, physical activity Reflection, building relationships, social skills Develops imagination/storytelling, safety awareness, relaxation, new skills (fire lighting). | | <ul style="list-style-type: none"> Encourages reflection, creativity, negotiation, sharing and supporting Safety awareness, relaxation |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from trips or falls | Participant, instructor | Instructor to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary Unsafe practise to be dealt with immediately No running when collecting or carrying firewood or near fire. Boundaries to be established. |
| Burns/Scald | Participant, instructor | Group to be shown how to safely put sticks/logs on fire, size of fire to be appropriate Marshmallows should be toasted in small groups under direct supervision from an adult. |
| Uncontrolled fire | Participant, instructor, other users | Fire to be supervised by a responsible adult and extinguished after use Instructor to check the area and equipment prior to and after use |
| Explosion | Participant, instructor, other users | Accelerants to be kept away from fire |
| Environmental hazards | Participant, instructor, other users | Area to be checked prior to use |
| Injury from sticks/tools | Participants | Saws, axes and knives should only be used by those competent to do so under the strict supervision of an instructor trained in the safe use said tools with maturity of group in mind. |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

CAMPING RISK BENEFIT ANALYSIS (AUCHENGILLAN)

| INSTRUCTOR QUALIFICATION In house assessment | | |
|--|-------------------------|--|
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical wellbeing, mental and emotional wellbeing, social wellbeing, listening and talking, craft, design engineering and graphics, Space and planet earth. | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> Promotes teamwork, physical activity, reflection, building relationships, social skills Develops safety awareness, independence, self-sufficiency and risk assessment | | <ul style="list-style-type: none"> Raises environment awareness and responsibility Sense of adventure, increases knowledge of environment and astronomy |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from trips or falls | Participant, instructor | Instructor to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Boundaries to be established. |
| Environmental hazards | Participant, instructor | Instructor to check the area and equipment prior to use |
| Injury from structures collapsing | Participant | Instructors to check tents for signs of collapse/damage |
| Burns | Participant, instructor | Campsite to be away from fire and flammable materials |
| Hypothermia | Participant | An alternative plan for shelter must be available and a means of contacting help Participants must be appropriately dressed and prepared for an overnight camp. |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

ACTIVITY AREAS RISK BENEFIT ANALYSIS (GAMES ROOM/BARN/BEAVER CREEK)

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| INSTRUCTOR QUALIFICATION In house assessment | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical wellbeing, mental and emotional wellbeing, social wellbeing, listening and talking | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> • Provides fun, adventure and an opportunity to explore • Promotes teamwork, physical activity, building relationships, social skills • Develops movement skills and techniques, improves physical fitness | | <ul style="list-style-type: none"> • Safety awareness /for self and others, • Introduces risk awareness |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from trips or falls | Participant | Group to be supervised at all times and safety rules followed. |
| Collision with object | Participant | Group leader to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Boundaries to be established. |
| Fall from height/obstacle | Participant | Climbing on the furniture is not permitted unless specifically designed for that purpose. Appropriate fall surfaces in place. Member of staff and group leader to check area/equipment before use Areas subject to routine maintenance checks |
| Fire | Participant | Fire exit/procedures and equipment readily available |
| REVIEW DATE 20/11/2014 | | REVIEWER |
| RECOMMENDATIONS Display no unauthorised access signs or similar | | |

INFLATABLES RISK BENEFIT ANALYSIS

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| INSTRUCTOR QUALIFICATION In house assessment | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical wellbeing, mental and emotional wellbeing, social wellbeing, listening and talking | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> • Provides fun, adventure and an opportunity to explore • Promotes teamwork, physical activity, building relationships, social skills • Develops movement skills and techniques, improves physical fitness | | <ul style="list-style-type: none"> • Safety awareness /for self and others, • Introduces risk awareness |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from trips or falls | Participant, spectators | Group leader to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Boundaries to be established. Ensure group are aware of guy lines as a trip hazard |
| Friction burns | Participant | Bungee harness should not be held, harness should not contact bare skin. |
| Collision with object/person | Participant | Member of staff and group leader to check area/equipment before use Group to be supervised at all times and safety rules followed. |
| Fire | Participant, spectators, other users | Areas subject to routine maintenance checks Fire exit/procedures and equipment readily available |
| Fall from height | Participant | Mats placed at appropriate locations around activity if appropriate |
| REVIEW DATE 20/11/2014 | | REVIEWER Claire Taylor |
| RECOMMENDATIONS Display no unauthorised access signs or similar | | |

GRASS SLEDGES RISK BENEFIT ANALYSIS

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| INSTRUCTOR QUALIFICATION In house assessment | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical wellbeing, mental and emotional wellbeing, social wellbeing, listening and talking | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> • Provides fun, adventure • Increases confidence and trust, building relationships, social skills • Improves physical fitness | | <ul style="list-style-type: none"> • Safety awareness /for self and others, • Introduces risk awareness |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from trips or falls | Participant | Group leader to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Boundaries to be established. |
| Collision with object/person | Participants, spectators | Only riders should descend the track, sitting and forwards. No one should attempt to ascend the track. Spectators must wait in a safe area |
| Entrapment (participant) | Participant | Participants should be discouraged form propelling the sledge by their hands on the track |
| Faulty equipment | Participant | Member of staff and group leader to check area/equipment before use Areas subject to routine maintenance checks Group to be supervised at all times and safety rules followed Participants to leave track immediately by the exit ramp, riders must not descend unless the track is clear |
| REVIEW DATE 20/11/2014 | | REVIEWER Claire Taylor |
| RECOMMENDATIONS Display no unauthorised access signs or similar | | |

GYRO CARS/PEDAL KARTS RISK BENEFIT ANALYSIS

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| INSTRUCTOR QUALIFICATION In house assessment | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical wellbeing, mental and emotional wellbeing, social wellbeing, listening and talking | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> • Provides fun, adventure, strategy • Increases confidence and trust, building relationships, social skills, improves communication skills • Improves physical fitness | | <ul style="list-style-type: none"> • Safety awareness /for self and others, • Introduces risk awareness |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from trips or falls | Participants | Group leader to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Boundaries to be established. |
| Faulty equipment | Participants | Member of staff and group leader to check area/equipment before use Areas subject to routine maintenance checks Group to be supervised at all times and safety rules followed. |
| Collision with object/person | Participants, spectators | Spectators to wait in safe area |
| Entrapment | Participants | Hands should be kept clear of the chain and gearing any faults should eb reported to a member of staff for repair |
| Fall from height | Participants, spectators | Stairs to be used entering and exiting track, the walls and fence of the track area should not be climbed |
| Injury from lifting Karts | Instructor | Minimum of 2 persons to lift karts, ramps provided. Correct manual handling used. |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

SWIMMING POOL RISK BENEFIT ANALYSIS

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| INSTRUCTOR QUALIFICATION NPLQ or equivalent | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical wellbeing, mental and emotional wellbeing, social wellbeing, listening and talking | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> • Provides fun, adventure and skill development • Promotes teamwork, physical activity, building relationships, social skills • Develops movement skills and techniques, improves physical fitness – aerobic fitness, flexibility, speed and power | | <ul style="list-style-type: none"> • Safety awareness /for self and others, • Introduces risk awareness |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from trips or falls | Participants, spectators | Group leader to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. Boundaries to be established. |
| Collision with object/person/poolside | Participants | Member of staff and group leader to check area/equipment before use , safety signs displayed. No diving. Areas subject to routine maintenance checks |
| Drowning | Participants | Pool hook available |
| Hypothermia/sunburn (participants, spectators) | Hypothermia/sunburn (participants, spectators) | Participants to be prepared for the weather and activity. |
| Fall from height (participants, spectators) | Fall from height (participants, spectators) | Group to be supervised at all times and safety rules followed. Group leader to have means of alerting users. |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

WATER WALKERZ RISK BENEFIT ANALYSIS

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| INSTRUCTOR QUALIFICATION In house assessment | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical wellbeing social wellbeing mental and emotional wellbeing | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> • Can improve your aerobic fitness, strength, endurance and cardiovascular fitness • An opportunity to hone coordination, flexibility and balance | | <ul style="list-style-type: none"> • Teaches personal and group safety awareness • Opportunity to explore the environment from a different perspective |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Electric shock | Instructor, participant | Electric blower to be kept away from edge of pool – pat tested. Blower fitted with safety button. Equipment subject to pre session safety check and formal monthly check. |
| Injury from trips or falls | Participant, instructor | Activity to be run in accordance with operating procedures. Instructor to provide a safety briefing. Unsafe practise to be dealt with immediately. |
| Drowning | Participant | Pool hook available, minimum user weight of 15 stone. |
| Collision with other water users | Participant | One person in a ball at a time, spectators to deflect ball away from edge of pool |
| Collision with side of pool | Participant | Participants to crawl on entry and exit to pool Water Walkerz to be tethered and zip to be securely fastened with no gaps, this should be checked prior to each water entry |
| Hypo/hyperthermia, sunburn, exhaustion | Participant | Participants should be appropriately prepared for the weather. Average ball time is 5 mins per entry. |
| Infectious disease | Participants | Bare feet or socks as appropriate |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

RAFT BUILDING RISK BENEFIT ANALYSIS

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| INSTRUCTOR QUALIFICATION In house assessment | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Craft, design, engineering and graphics contexts for developing technological skills and knowledge. Social wellbeing, physical wellbeing. Angle symmetry and transformation, listening and talking, People places and environment, mental and emotional wellbeing. Forces, properties of 2D shapes and 3D objects. Movement skills, competencies and concepts, cooperation and competition. | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> • Problem solving, teaches consequences and seeing an idea through from start to end • Skill development, imagination, sharing and negotiating • Improves planning communication, leadership, risk awareness and team work | | <ul style="list-style-type: none"> • Teaches personal and group safety awareness • Sense of achievement • Opportunity to explore the environment from a different perspective |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from trips or falls | Participant/instructor | Equipment subject to pre session safety check and formal monthly check. Activity to be run in accordance with operating procedures and BCU guidelines. Instructor to provide a full safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately |
| Injury from poor manual handling | Participant, instructor | Rafts to be lifted as a group endorsing good manual handling technique |
| Injury from rocks etc. on pond bed | Participant | Participants should be appropriately prepared for the weather with full foot protection. Equipment should be correctly sized and fitted. Buoyancy aids and helmets to be worn at all times on water |
| Hypo/hyperthermia, sunburn | Participant | Activity operational out with winter months. Participants appropriately dressed and prepared for activity and weather. |
| Injury from entrapment/drowning | Participant | Instructor to check raft prior to launch for any entrapment issue Instructor to carry a knife and means of assisting raft, Participants to position themselves on raft to avoid entrapment. Attempts to flip the raft should be discouraged |

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| <p>Waterborne disease</p> <p>Collision with raft/other water users/paddles</p> | <p>Participant, instructor</p> <p>Participant, instructor</p> | <p>Participants to cover all open wounds and wash after session</p> <p>Activity of other users to be taken into consideration and instructor to adapt accordingly</p> |
| <p>REVIEW DATE</p> | | <p>REVIEWER</p> |
| <p>RECOMMENDATIONS</p> | | |

CANOEING AND KAYAKING RISK BENEFIT ANALYSIS (AUCHENGILLAN POND)

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| INSTRUCTOR QUALIFICATION UKCC Level 1 Coach or above | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical, social, mental, and emotional wellbeing, listening and talking, physical education, people, places and environment. | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> • A low impact activity with a reduced risk of wear-and-tear on joints and tissues • Can improve your aerobic fitness, strength and flexibility and cardiovascular fitness • Can be peaceful and meditative as well as fun and exciting | | <ul style="list-style-type: none"> • An opportunity to hone coordination, flexibility and patience • Improves communication, awareness and team work • Teaches personal and group safety awareness • Provides the opportunity to explore the environment from a different perspective |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from poor manual handling and from poor paddling technique | Participant, instructor | Boats to be lifted as a group endorsing good manual handling technique |
| Injury from capsize/entrapment | Participant, instructor | Equipment subject to pre session safety and formal monthly checks. Helmets available if necessary. Instructor to carry knife for entanglement rescues. |
| Collision with other water users/road users | Participant, instructor, other users | Activity of other users to be taken into consideration and instructor to adapt accordingly, good group management to be employed throughout |
| Injury from rocks etc. on water bed | Participant | Full foot protection |
| Hypo/hyperthermia, sunburn, exposure | Participant, instructor | Participants should be appropriately prepared for the weather. Run out with winter months. Equipment should be correctly sized and fitted. Buoyancy aids to be worn at all times on water. Medication, /food/fluids and shelter should be available, and means of contacting help |
| Drowning Injury from trips or falls | Participant, instructor, spectators, other users | Activity to be run in accordance with operating procedures and BCU guidelines. Instructor to provide a safety briefing and demonstration where appropriate and to provide feedback and assistance where necessary, unsafe practise to be dealt with immediately. |
| Waterborne disease | Participant, instructors | Participants to cover all open wounds and wash after session |
| REVIEW DATE | | REVIEWER |
| RECOMMENDATIONS | | |

OFFSITE CANOEING AND KAYAKING RISK BENEFIT ANALYSIS (OFF SITE - LOCH ARD)

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| INSTRUCTOR QUALIFICATION UKCC Level 2 or above | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical, social, mental, and emotional wellbeing, listening and talking, physical education, people, places and environment. | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> • A low impact activity with a reduced risk of wear-and-tear on joints and tissues • Can improve your aerobic fitness, strength and flexibility and cardiovascular fitness • Can be peaceful and meditative as well as fun and exciting • An opportunity to hone your coordination, flexibility and patience • Improves communication, awareness and team work • Teaches personal and group safety awareness and aspects of self sufficiency • Provides opportunity for journeying and exploration, opportunity to explore the environment from a different perspective | | |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Road accident travelling to/from venue. | Participants, Instructor, other road users. | Drivers to drive to the conditions with consideration to passengers and length of vehicle. Trailer hitch, lights and securing's should be checked prior to each journey. |
| Injury loading/unloading trailer and from poor manual handling | Participant, Instructor | Instructor to employ, supervise and promote good manual handling, boats to be lifted as a group. |
| Collision with other road users at get in/out. | Participant, Instructor | Group to be made aware of dangers. Preferred get in at Loch End Cottage Get in at layby (nn47908) requires particular care due to blind corner. Instructor to manage group effectively and supervise road crossings. |
| Poor paddling technique | Participant | Activity to be run in accordance with operating procedures and BCU guidelines and instructor to provide a safety briefing and demonstration where appropriate providing feedback and assistance where necessary. |
| Drowning | Participant, Instructor | Unsafe practise to be dealt with immediately. Multiple opportunities to get out available and late back procedures in place. Main body of loch can be greatly affected by wind – appropriate planning with reference to BCU environment guidelines, forecast and a dynamic risk assessment performed. An alternative activity should be available. Bouyancy aids to be worn at all times on water |

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| Injury from capsizing/strainers/entrapment | Participant, Instructor | Equipment subject to pre session safety check and formal monthly check. Instructor to carry a knife. Group to be managed effectively – particular care on slow moving water section – the narrows. |
| Lost group/participants | Participant | Instructor to employ effective group management strategies to keep group together – when travelling upstream on the narrows – adopt a position of most usefulness in order to assist paddlers against flow and maintain a line of sight for rest of group. |
| Collision with other water users | Collision with other water users | Activity of other users to be taken into consideration and instructor to adapt accordingly, good group management to be employed throughout |
| Hypo/hyperthermia, sunburn, exposure | Participant, Instructor | Participants should be appropriately prepared for the weather with full foot protection. Medication, food, spare clothes and shelter should be available along with a means of contacting help Participants to cover all open wounds and wash after session |
| Waterborne disease | Participant, Instructor | Instructor to check area prior to commencing activity – alternative plan available. Land management signs adhered to. |
| Environmental hazards | Participant, Instructor | |
| Injury from trips or falls | Participants, Instructor | Group made aware of risks |

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| REVIEW DATE | REVIEWER |
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| RECOMMENDATIONS |
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MOUNTAIN BIKING RISK BENEFIT ANALYSIS (AUCHENGILLAN)

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| INSTRUCTOR QUALIFICATION TCL Training or equivalent | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical, social, mental, and emotional wellbeing, listening and talking, physical education, people, places and environment. | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> Physical activity which improves aerobic and cardiovascular fitness, muscular endurance, power, speed and stamina. Progressive skill development Personal and group awareness as well as risk awareness and assessment Can involve elements of trust | | <ul style="list-style-type: none"> Responsibility for self and others, communication and team working skills Exploration, journeying, challenge and sense of achievement Promotes planning, thinking ahead, anticipation and decision making skills |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from faulty equipment | Participant, instructor | Equipment subject to pre session safety check and formal monthly check supervised by Weldtech mechanic. Means of trailside repair available. |
| Poor technique | Participant | Instructor to provide a full safety briefing and demonstration where appropriate and to provide feedback on trail and obstacles with assistance where necessary |
| Injury from falling from bike | Participant, instructor | Any unsafe practise to be dealt with immediately. Route/trail choice to be appropriate to group's ability and maturity. Helmets and gloves to be worn at all times and equipment correctly sized and fitted |
| Hypo/hyperthermia/sunburn/exhaustion/pre-existing medical conditions | Participant, instructor | Medication must be carried and instructor made aware of any issue Participants to be prepared for ride and conditions |
| Injury/damage from loose fitting clothing | Participant | Loose clothing/items etc. to be tucked away |
| Lost group/individuals | Participants | Group to regroup regularly and encouraged to stay within sight of instructor. |

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| <p>Injury/death from collision with other trail or road user/obstacle</p> <p>Environmental hazard</p> | <p>Participant, instructor, other users</p> <p>Participant, Instructor</p> | <p>Group to be aware of dangers and managed effectively Promote a give way attitude Group should move to side of track during stops</p> <p>Instructor to check area, trail prior to riding with group</p> |
| <p>REVIEW DATE</p> | | <p>REVIEWER</p> |
| <p>REASON FOR REVIEW</p> | | |

OFFSITE MOUNTAIN BIKING RISK BENEFIT ANALYSIS (OFF SITE - AUCHENGILLAN TO MILNGAVIE)

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| INSTRUCTOR QUALIFICATION TCL or equivalent | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical, social, mental, and emotional wellbeing, listening and talking, physical education, people, places and environment. | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> Physical activity which improves aerobic and cardiovascular fitness Muscular endurance, power, speed and stamina. Progressive skill development Personal and group awareness as well as risk awareness and assessment Promotes planning, thinking ahead, anticipation and decision making skills | | <ul style="list-style-type: none"> Responsibility for self and others Communication and team working skills Can involve elements of trust. Exploration, journeying, challenge and sense of achievement. |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Road accident travelling to/from venue. | Participants, instructor, other road users | Drivers to drive to the conditions with consideration to passengers and length of vehicle. Trailer hitch, lights and securing's should be checked prior to each journey. |
| Injury loading/unloading trailer and from poor manual handling | Participant, instructor | Instructor to supervise and promote good manual handling, bikes to be secured before another is added to prevent falling from trailer. |
| Injury from faulty equipment | Participant, instructor | Equipment subject to pre session safety check and formal monthly check supervised by Weldtech mechanic. Means of trailside repair available. |
| Poor technique | Participant | Instructor to provide a safety briefing and demonstration where appropriate and to provide feedback on trail and obstacles with assistance where necessary Group to regroup regularly and encouraged to stay within sight of instructor. Any unsafe practise to be dealt with immediately |
| Hypo/hyperthermia/sunburn/exhaustion/pre-existing medical conditions | Participant, instructor | Participants should be appropriately prepared for the weather and activity Medication must be carried and instructor made aware of any issues. Appropriate clothing/food/shelter and fluids to be carried by group or means of obtaining them available. |

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| Navigational error resulting in lost group/individuals | Participant, instructor | Instructor to be familiar with the trail venue and able to navigate to safety; carry a map of route and means of contacting help. Emergency cut off points available. Late back procedures in place. |
| Injury from falling from bike | Participant, instructor | Helmets and gloves to be worn at all times and equipment correctly sized and fitted. Route/trail choice to be appropriate – specific sections of trail ridden will be at the discretion of the instructor based on the group’s ability and maturity. |
| Injury/damage from loose fitting clothing | Participant | Loose clothing/items etc. to be tucked away |
| Injury/death road accident at road crossings – | Participant, instructor, other users | Group to be managed effectively at road crossings – consider dismounting if appropriate. Instructor to provide direct supervision. Hi vis jackets should be worn in low visibility or cycling along the road. |
| B821 forest path junction NS537797 Khyber pass NS538771 Milngavie riverside - NS552746. | Participant, instructor, other users | WHW and Mugdock wood heavily used by other users, Group to be managed effectively and encouraged to give way with particular care exercised on single track descents. Instructor to be in a position of most usefulness. |
| Injury/death from collision with other trail user/obstacle | Participant, Instructor | Instructor to check area prior to commencing activity – alternative plan available. Land management signs adhered to. |
| Environmental hazards | | |

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| REVIEW DATE | REVIEWER |
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| RECOMMENDATIONS |
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OFFSITE MOUNTAIN BIKING RISK BENEFIT ANALYSIS (OFF SITE - LOCH ARD FOREST)

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| INSTRUCTOR QUALIFICATION TCL or equivalent | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical, social, mental, and emotional wellbeing, listening and talking, physical education, people, places and environment. | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> Physical activity which improves aerobic and cardiovascular fitness Muscular endurance, power, speed and stamina Progressive skill development Personal and group awareness as well as risk awareness and assessment Promotes planning, thinking ahead | | <ul style="list-style-type: none"> Anticipation and decision making skills Responsibility for self and others Communication and team working skills Can involve elements of trust. Exploration, journeying, challenge and sense of achievement. |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Road accident travelling to/from venue. | Participants, instructor, other road users | Drivers to drive to the conditions with consideration to passengers and length of vehicle. Trailer hitch, lights and securing's should be checked prior to each journey. |
| Injury loading/unloading trailer and from poor manual handling | Participant, instructor | Instructor to supervise and promote good manual handling, bikes to be secured before another is added to prevent falling form trailer. |
| Injury from faulty equipment | Participant, instructor | Equipment subject to pre session safety check and formal monthly check supervised by Weldtech mechanic. Means of trailside repair available. |
| Poor technique | Participant | Instructor to provide a safety briefing and demonstration where appropriate and to provide feedback on trail and obstacles with assistance where necessary Group to regroup regularly and encouraged to stay within sight of instructor any unsafe practise to be dealt with immediately |
| Hypo/hyperthermia/sunburn/exhaustion/pre-existing medical conditions | Participant, instructor | Medication must be carried and instructor made aware of any issues. Appropriate clothing/food/shelter and fluids to be carried by group or means of obtaining them available. |

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| <p>Navigational error resulting in lost group/individuals</p> | <p>Participant, instructor</p> | <p>Instructor to be familiar with the trail venue and able to navigate to safety; carry a map of route and means of contacting help. Emergency cut off points available. . Late back procedures in place.</p> |
| <p>Injury from falling from bike</p> | <p>Participant, instructor</p> | <p>Instructor should consider directing group at junction nn45107 to avoid missing turn off</p> <p>Helmets and gloves to be worn at all times and equipment correctly sized and fitted. Route/trail choice to be appropriate – specific sections of trail ridden will be at the discretion of the instructor based on the group’s ability and maturity.</p> <p>NN45107 long descent from to lochside – consider positioning, regrouping and pace setting. NN47951 technical single track by Rob Roy’s cave – difficult for novice riders.</p> |
| <p>Injury/damage from loose fitting clothing</p> | <p>Participant</p> | <p>Loose clothing/items etc. to be tucked away</p> |
| <p>Injury/death from road accident</p> | <p>Participant, Instructor, Other user</p> | <p>All track is fire track and local access only – group to be made aware of dangers and managed effectively Encourage group to give way. During stops ensure group leave trail/road clear.</p> |
| <p>Injury/death from collision with other trail user/obstacle</p> | <p>Participant, instructor, other users)</p> | <p>WHW and Mugdock wood heavily used by other users, group to be managed effectively and encouraged to give way. Particular care exercised on single track descents. Instructor to be in a position of most usefulness.</p> |
| <p>Environmental hazards</p> | <p>Participant, Instructor</p> | <p>Instructor to check area prior to commencing activity – alternative plan available. Land management signs adhered to Appropriate clothing/food/shelter and fluids to be carried by group or means of obtaining them available.</p> |

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| RECOMMENDATIONS |
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OF FSITE MOUNTAIN BIKING RISK BENEFIT ANALYSIS (OFF SITE - MUGDOCK COUNTRY PARK)

| INSTRUCTOR QUALIFICATION TCL or equivalent | | |
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| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical, social, mental, and emotional wellbeing, listening and talking, physical education, people, places and environment | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> Physical activity which improves aerobic and cardiovascular fitness Muscular endurance, power, speed and stamina Progressive skill development Personal and group awareness as well as risk awareness and assessment Promotes planning, thinking ahead | | <ul style="list-style-type: none"> Anticipation and decision making skills Responsibility for self and others Communication and team working skills Can involve elements of trust exploration, journeying, challenge and sense of achievement. |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Road accident travelling to/from venue. | Participants, instructor, other road users. | Drivers to drive to the conditions with consideration to passengers and length of vehicle. Trailer hitch, lights and securing's should be checked prior to each journey. |
| Injury loading/unloading trailer and from poor manual handling | Participant, instructor | Instructor to supervise and promote good manual handling Bikes to be secured before another is added to prevent falling from trailer. |
| Injury from faulty equipment | Participant, instructor | Equipment subject to pre session safety check and formal monthly check supervised by Weldtech mechanic. Means of trailside repair available. |
| Poor technique | Participant | Instructor to provide a safety briefing and demonstration where appropriate and to provide feedback on trail and obstacles with assistance where necessary Group to regroup regularly and encouraged to stay within sight of instructor Any unsafe practise to be dealt with immediately |
| Hypo/hyperthermia/sunburn/exhaustion/stings/bites/pre-existing medical conditions | Participant, instructor | Appropriate clothing/food/shelter and fluids to be carried by group or means of obtaining them available. Participants to be prepared for ride. |

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| <p>Navigational error resulting in lost group/individuals</p> | <p>Participant, Instructor</p> | <p>Instructor to be familiar with the trail venue and able to navigate to safety; carry a map of route and means of contacting help. Emergency cut off points available. Late back procedures in place.</p> |
| <p>Injury/damage from loose fitting clothing</p> | <p>Participant</p> | <p>Loose clothing/items etc. to be tucked away, medication must be carried and instructor made aware of any issues.</p> |
| <p>Injury/death road accident at road crossings</p> | <p>Participant, instructor, other users</p> | <p>Helmets and gloves to be worn at all times and equipment correctly sized and fitted. Route/trail choice to be appropriate – specific sections of trail will be at the discretion of the instructor based on the group’s ability and maturity.</p> |
| <p>Injury from falling from bike</p> | <p>Participant, instructor</p> | <p>The following descents should be treated with caution with novices:</p> <p>NS539788 – Cuilt Brae NS550771 - Mugdock wood NS547765 - Drumclog moor NS547781 to Dumbrock loch</p> |
| <p>Injury from collision with other road user</p> | <p>Participant, instructor, other user.</p> | <p>NS554768 – single track descent to road - stop group before end of section as track opens onto road Group to be managed effectively at road crossings – consider dismounting if appropriate. Instructor to provide direct supervision. Ensure group are managed effectively in car park, cars enter by blind corner ensure group remain within coach bay Hi- vis jackets should be worn in low visibility or cycling along the road.</p> |
| <p>Ns547781 visitor centre, Ns554761 Mugdock reservoir to ns555769. (participant, instructor)</p> | <p>Participant, instructor, other user.</p> | <p>Mugdock park heavily used by other users, group to be managed effectively and encouraged to give way. Particular care exercised on single track descents. Instructor to be in a position of most usefulness.</p> |
| <p>Injury/death from collision with other trail user/obstacle</p> | <p>Participant, instructor</p> | <p>Instructor to check area prior to commencing activity – alternative plan available. Land management signs adhered to</p> |
| <p>Environmental hazards</p> | <p>Participant, instructor</p> | <p>Instructor to check area prior to commencing activity – alternative plan available. Land management signs adhered to</p> |

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| <p>RECOMMENDATIONS</p> |
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HILL WALKING RISK BENEFIT ANALYSIS

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| INSTRUCTOR QUALIFICATION Appropriate to terrain | | |
| CURRICULUM FOR EXCELLENCE, EXPERIENCES AND OUTCOMES Physical, social, mental, and emotional wellbeing, listening and talking, physical education, people, places and environment | | |
| BENEFITS | | |
| <ul style="list-style-type: none"> Physical activity which improves aerobic and cardiovascular fitness, muscular endurance, power, speed and stamina. Personal and group awareness as well as risk awareness and assessment Promotes planning, thinking ahead, anticipation and decision making skills | | <ul style="list-style-type: none"> Responsibility for self and others, communication and team working skills Can involve elements of trust Exploration, journeying, challenge and sense of achievement Progressive skill development |
| RISK | WHO IS AT RISK? | ANALYSIS |
| Injury from ill-fitting footwear | Participant | Group to receive appropriate pre walk advice and instructor to be first aid trained. |
| Injury from trip/falling Falling from height | Participant, instructor | Route/trail choice to be appropriate to group's ability and maturity. Instructor to provide a full safety briefing and demonstration where appropriate and to provide feedback on trail and obstacles with assistance where necessary, group to regroup regularly and encouraged to stay within sight of instructor. |
| Hypo/hyperthermia/ sunburn/exhaustion/ pre-existing medical conditions | Participant | Any unsafe practise to be dealt with immediately. Group to be made aware of terrain and risks. Group to be prepared for the activity and weather Medication must be carried and instructor made aware of any issues. Appropriate clothing/food/shelter and fluids to be carried by group or means of obtaining them available. |
| Navigational error resulting in lost group/individuals | Participant, instructor | Instructor to be familiar with the venue is able to navigate, a map of the area, compass and emergency contact details must be carried Lateback procedures in place |
| Insect bites/stings allergic reaction | Participant, instructor | First aid kit and means of contacting help. Emergency cut off points available. |

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| <p>Injury/death from collision with other trail or road user/obstacle</p> | <p>Participant, instructor, Other user</p> | <p>Roads used only when necessary group managed effectively on road, hi vis jackets available for poor visibility, land management signs adhered to.</p> |
| <p>REVIEW DATE</p> | | <p>REVIEWER</p> |
| <p>RECOMMENDATIONS</p> | | |