

<b>Assessment of:</b>	Low Ropes and Mini Zip	<b>Location:</b>	Mount Cook
<b>Completed by:</b>	James Clarke	<b>Date of assessment:</b>	February 2026
<b>Reviewed by:</b>	Stephen Turner	<b>Next Review Date:</b>	February 2027
<b>Ratio:</b>	1:12 Max and Min 1 Group Leader	<b>Staff Competencies</b>	ERCA Low Ropes or In-house Trained and assessed by activity manager. Must have suitable group management experience.
<b>Activities covered:</b>	Low Ropes and Mini Zip, low level team challenges	<b>Emergency procedure</b>	Give first aid and call for help from centre if needed

<b>Hazard</b> <i>(something with potential to cause harm)</i>	<b>Risk</b> <i>(How could hazard cause harm and to whom)</i>	<b>Control Measures</b> <i>(What is required to reduce risk)</i>	<b>In place</b> <i>(Y/N)</i>	<b>Action Required</b>	<b>Action Owner</b>	<b>Residual Risk</b> <i>(low / medium / high)</i>
Slips, Trips and Falls (Ground Level)	<b>To Participant and Staff:</b> Minor Bruising, cuts, abrasions. Head and spinal injuries.	Thorough pre-session inspection of the course and ground- particular care to ensure all trip hazards are removed and rabbit holes filled in. Helmets to be worn throughout session. Clear safety brief given to	Y	Activity Staff suitably trained & inducted  Daily pre-use inspections	Activity manager  Activity Staff	LOW

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		<p>participants outlining boundaries and no running rule. Potential trip hazards such as guy lines highlighted during safety talk.</p> <p>Appropriate footwear to be worn.</p>				
<p>Slips, Trips and Falls (From Height)</p>	<p><b>To Participant and Staff:</b> Bruising, cuts, abrasions, breaks and sprains. Head and spinal injuries.</p>	<p>Helmets to be worn throughout session.</p> <p>Clear spotting briefing at the start of the session. Participants must demonstrate good spotting technique to the instructor before being allowed to proceed.</p> <p>Participants must be spotted whenever they are off the ground.</p> <p>Participants encouraged to step off the obstacles in a controlled manner as opposed to falling off.</p> <p>Instructor to actively spot where necessary.</p> <p>Participants climbing underside of cargo netting to be spotted by instructor only.</p> <p>Maximum of 1 active participant per element.</p>	Y	Activity Staff suitably trained & inducted	Activity manager	LOW

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		Instructors to demonstrate and explain elements. Consider use of harness in combination with safety sling on mini-zip for younger participants, (junior school) those who struggle to support their own body weight or who appear to be top heavy.				
Equipment Failure	<b>To Participant and Staff:</b>  Bruising, cuts, abrasions, breaks and sprains. Head and spinal injuries.	Quarterly Inspection by Activity Manager. Annual inspection by an independent ERCA Type C inspector. Before all sessions, instructors to check that all aspects of structure/ elements and components, are in working order Pre-use helmet inspection. CCTV in place to deter vandalism and signage in place	Y	Regular inspections logged  Staff trained in both PPE inspection and Course Inspection	Activity manager  Activity Staff	LOW
Wood and wire rope splinters	<b>To Participant and Staff:</b>  Splinters	Regular inspection of the course and elements to reduce likelihood of splinters. Any splinters identified to be sanded down not pulled off.	Y	Activity Staff suitably trained & inducted	Activity manager	LOW

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		Participants briefed to only stand on wire ropes and never to pull on them.				
Entrapment of Feet and Fingers	<b>To Participants:</b>  Bruising, cuts, abrasions, breaks and sprains, particularly to fingers and ankles.	Participants made aware of the potential dangers of touching/using chains and other connectors throughout the course. Participants shown the correct way to traverse tyres. Feet are not to be placed inside tyres. Instructors on hand to assist if feet become trapped.	Y	Activity Staff suitably trained & inducted	Activity manager	LOW
Lifting others and being lifted	<b>To Participants and Staff:</b>  Bruising, cuts, abrasions, breaks and sprains. Head and spinal injuries.	The wall activity is only to be done if the instructor is confident in their group's physical ability and control. Participants shown correct lifting technique (back straight against wall, bent knees, hand over palm and lift with legs.) Every group member to spot whilst doing the wall activity. Instructor to take an active role in the spotting of the wall exercise.	Y	Activity Staff suitably trained & inducted	Activity manager	LOW

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		Spotters reminded that their job is not complete until lifted person is on the platform safely.				
Exposure to extreme weather – cold, wet, heat and sun.	<b>To Participants and staff:</b> Hypothermia, frostbite, circulation problems, death.	Daily weather forecast obtained. Kit list sent to all groups in advance, so all participants have suitable footwear, clothing and equipment to match expected conditions. Activity is cancelled if conditions determined to be dangerous or degrade on session. Spare clothing (gloves, hats, coats) available close by. Sun cream if necessary.	Y	Instructor to monitor group condition and ensure all individuals are appropriately dressed for the weather conditions.	Activity Staff	LOW
Rough edges on equipment/equipment failure	<b>To Participants and Staff:</b> Cuts, splinters, bruises	Equipment checked before sessions. Clear instructor brief. Crates only picked up by handles. Any damaged equipment quarantined.	Y	Clear briefing. Equipment checks before sessions.	Activity Staff	LOW
Incorrect use of equipment	<b>To Participants and Staff:</b> Entanglement, cuts, bruises, sprains, twists,	Clear briefing by instructor on correct use. Leader supervising, preventing horse play.	Y	Clear briefing	Activity Staff	LOW

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	falls, head injury, eye injury.					
Falls from Crates/Stumps	<b>To Participants:</b> Breaks, Twists, Falls, Sprains	Clear brief from instructor. Activity site level. Staff trained to recognise the acceptable level of difficulty for a group.	Y	Clear briefing from instructor.	Activity Staff	LOW
Blind Folded activities	<b>To Participants:</b> Breaks, Twists, Falls, Sprains  Eye infections	Pre-course checks for trip hazards and stable ground. Instructors supervising closely, preventing horse play. Challenge by choice is observed.	Y	Clear briefing from instructor. Blindfolds kept clean.	Activity Staff	LOW
Moving through woodland	<b>To Participants and Staff:</b> Slips, trips and falls, Eye damage, Lost child	Full safety brief activity staff, Buddy system for students, regular head counts, boundaries, no running. Head torches in low light, No climbing trees.	Y	Clear safety briefing, Head Counts	Activity Staff	LOW
Slips, Trips and Falls	<b>To Participants and Staff:</b> Breaks, Twists, Falls, Sprains	Close leader supervision during activities and rest periods. Suitable footwear will be worn by the young people.	Y	Briefing by activity instructor	Activity Staff and Participants	LOW

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		Activity site checked by Mount Cook staff before all sessions and hazards cleared.				
Heavy/ Awkward lifting	<b>To Participants and Staff:</b> Manual handling injury, lifting and twisting, crushing injuries, breaks, concussion, head injury, eye injury.	Full safety brief from activity staff, Instruction on correct lifting techniques, participant ratios for shared lifting suitable to ability of group.	Y	Instructor instructions on correct lifting and equipment use technique.	Activity Staff	LOW
Poor light/visibility	<b>To Participants and Staff:</b> Increased risk of slips trips and fall. Groups becoming separated from one another.	Full safety briefing and clear definite boundaries. Areas where activities are present will be lit, either with portable lighting or exterior fixed lights.	Y	Portable lighting charged prior to session and placed in most effective locations. Exterior fixed lighting turned on where required.	Activity Staff	LOW
Vehicles and Machinery	<b>To Participants and Staff:</b> Contact with Machinery, unsupervised machinery	Safety Brief at start of activity outlining potential hazards of car onsite. No vehicles permitted onsite (deliveries exempt). Speed limited onsite and intercom system prevents traffic through site.	Y	Clear staff briefing and boundaries.	Activity Staff	

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Animal/Insect habitats	<b>To Participants and Staff:</b> Disturbing of habitats, Lime disease (Ticks) potential anaphylaxis, wasps/bees	Pre-course checks for insect nests, any insect nests in or very close to activity area to be reported and removed or destroyed by suitable persons.	Y	First Aid kit, participant to keep medication close for those with allergies.	Participants and Mount Cook staff	LOW
Lack of Boundaries	<b>To Participants:</b> Missing participants. Unwanted public access	Buddy systems and regular head-checks. Brief on what to do if a student becomes lost. Clear markings of boundaries, fences and gates	Y	Boundaries in place. Monitoring of boundaries	Mount Cook staff	LOW
Uneven Ground / Animal holes	<b>To Participants and Staff:</b> Breaks, Twists, Falls, Sprains	Animal holes identified, and filled in where necessary Initial safety brief to highlight danger areas. No running rules enforced in woods Supervision at all times.	Y	Filling in any dangerous holes, removal of any dangerous stumps and roots	Mount Cook Staff	LOW

**Risk Assessment Checked by H&S or Line manager.**

Name: Steve Turner

Date of Review: 3/3/2026

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