



Risk Assessments
Reviewed September 2020

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Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Abseiling - Appersett Viaduct			
Exposure	Instructors and participants	Instructor to check the weather before the session and to plan accordingly for the conditions. Instructors are to ensure all participants are dressed in accordance to the prevailing conditions.	In hot weather participants are encouraged to seek shade, use sun cream and stay hydrated. In cold weather Instructor will provide additional layers where deemed necessary and the option to have a warm drink and the use of group shelter is available in some circumstances. The ability to curtail the activity is available if circumstances deem it appropriate.
Lone working	Instructor	Instructor is not to take any unnecessary risks and have access to a mobile phone. In locations where phone signal is unavailable Instructors are to know where the closest accessible phone is.	Call out procedure always in place.
Traffic	Instructors and participants	Instructor to brief participants on where safe waiting areas are. Instructor and/or group leader to ensure participants keep to those areas.	Group to be briefed on road safety prior to leaving the bus.
Access to the bridge via steep slope	Instructors and participants	Instructor to brief participants to take care on steep slope.	If necessary, access via the gate and follow the path along the field up onto the bridge.
Climbing over the styles to enter/exit the fields.	Instructors and participants	Instructor to brief the group to take care whilst using the styles.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
High water levels	Participants	Instructor to brief participants to keep away from the river.	Instructor and/or group leader to supervise participants at the bottom of the bridge.
Livestock	Instructors and participants	Instructor to brief participants on livestock prior to leaving the bus.	Instructor and/or group leader to supervise participants throughout.
Falling	Instructors and participants	Instructors and participants must wear a correctly fitted harness whilst belaying or abseiling. Harnesses have to be used in conjunction with a belay system that follows standard operating procedures.	Instructor to brief all participants not to climb onto the bridge parapet unless instructed to do so.
Stones thrown off of the bridge	Participants and members of the public	Instructor to brief participants not to throw stones, Instructor and/or group leader to supervise group.	Participants on the bridge to keep well away from the parapet. Only those wearing helmets are allowed to access the bottom of the bridge.
Being hit by falling objects	Instructors and participants	Instructors and participants are to wear a correctly fitted climbing specific helmet whilst abseiling or at the bottom of the bridge.	Clear instructions to be given about safe waiting areas.
Belay failure	Instructors and participants	Instructor to visually check bolts before each use. All equipment used must be suitable and be Low Mill approved equipment. Instructor must have undertaken in-house training at the venue.	The bolts are subjects to annual independent pull tests.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Abrasion to ropes	Instructors and participants	Instructor to use protective mat between the bridge and the ropes.	Abseil specific ropes only to be used. These are regularly checked and maintained.
Improper harness adjustment	Participants	Instructor to ensure all participants harnesses are fitted correctly before abseiling.	Instructor to check harness before each participant abseils.
Inversion on free hangs	Participants	Instructors to ensure harnesses are fitted correctly. Instructor to brief participants on good abseil technique. Instructor to supervise participant throughout abseil.	Participants whose body type would benefit from the use of a chest harness in conjunction with a sit harness should use one.
Entanglement	Instructors and participants	Loose clothing, jewellery and hair to be secured out of the way or removed. Abseil rope must be releasable.	Instructor to brief participants on the best hand position to avoid entanglement in the descender.
Clients jumping onto parapet to look over	Participants	Instructor to brief all participants not to climb onto the bridge parapet unless instructed to do so.	Designate safe observation areas e.g. behind the gate in the field.
Slipping at the base of the abseils	Instructors and participants	Instructor to brief the participants to take care whilst walking at the base of the abseils.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Archery - On-site			
Exposure	Instructor and participants	Instructor to check the weather before the session and to plan accordingly for the conditions. Instructors are to ensure all participants are dressed in accordance to the prevailing conditions.	In hot weather participants are encouraged to seek shade, use sun cream and stay hydrated. In cold weather Instructor will provide additional layers where deemed necessary and the option to have a warm drink and the use of group shelter is available in some circumstances. The ability to curtail the activity is available if circumstances deem it appropriate.
Lone working	Instructor	Instructor is not to take any unnecessary risks and have access to a mobile phone. In locations where phone signal is unavailable Instructors are to know where the closest accessible phone is.	Call out procedure always in place.
Members of the public on the Kingfisher path during session.	Members of the public	Appropriate signage to be displayed at the entrance to the Kingfisher path.	
Person using equipment without permissions	Instructor, participants and members of the public	Equipment store must be kept locked after sessions. Equipment to be counted in and out.	Equipment must not be left unsupervised.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Entanglement	Participants	Loose clothing, jewellery and hair to be secured out of the way or removed.	
Boss falling over	Instructor and participants	Boss must be tied down in windy conditions. Instructor to demonstrate and brief participants on the correct way to remove arrows from the target.	
Bow or string breaking	Instructor and participants	All equipment is checked and monitored.	
Pulling the bow back too far causing injury to bow hand	Instructor and participants	Instructor to brief participants about the risk. All arrows should be the correct size for the bow and all of equal length.	Choose the correct poundage of bow for the participant.
Muscular injuries from shooting	Instructor and participants	Instructor to brief and demonstrate safe shooting technique. Instructor to have good knowledge of the sport and be able to aid participants to safe shooting.	
Injury to arm from string	Instructor and participants	Instructor to brief and demonstrate safe shooting technique and to provide arm guards where clothing is inadequate to provide protection.	Instructor to brief participants on how to alter their technique to prevent further injury.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Arrow hitting a person	Instructor, participants and members of the public	Instructor to brief the group on rules and use of the range. Waiting and shooting lines must be adhered too. Instructors to ensure the correct use of equipment at all times.	Instructor to brief the group about what they must do if anyone enters the danger area. Use of ballistic netting around the targets to prevent overshoot. Instructors to remain vigilant of the surrounding areas and members of the public entering into the range area. 'Keep out' sign to be put into place prior to session starting.
Walking or running into an arrow in/on the ground	Instructor and participants	Instructor to brief participants about the risk and to approach the targets from the side of the range when collecting arrows. Participants must wear closed footwear for this session. Instructors to ensure all participants walk whilst in the range.	Grass must be kept short so that arrows can be seen.
Injury from removing arrows from target	Instructor and participants	Instructor to brief participants about the risk. Instructor to brief and demonstrate how to safely remove arrows from the targets. Instructor to monitor arrow removal throughout the session.	
Tripping/Falling whilst carrying equipment	Instructors and participants	Instructor to brief participants about the risk. Instructor to brief and/or demonstrate how to safely carry equipment.	Instructor to brief group on moving safely around the range e.g. no running.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Injury due to lost arrows	Instructor, participants and members of the public	Arrows must be counted in and out and after every session. A good effort should be made to find any lost arrows. Report any lost arrows at the daily debrief. The ballistic net should always be used.	Grass to be kept short.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Bushcraft - Sleety Bank			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Exposure	Instructor and participants	Instructor to check the weather before the session and to plan accordingly for the conditions. Instructors are to ensure all participants are dressed in accordance to the prevailing conditions.	In hot weather participants are encouraged to seek shade, use sun cream and stay hydrated. In cold weather Instructor will provide additional layers where deemed necessary and the option to have a warm drink and the use of group shelter is available in some circumstances. The ability to curtail the activity is available if circumstances deem it appropriate.
Lone working	Instructor	Instructor is not to take any unnecessary risks and have access to a mobile phone. In locations where phone signal is unavailable Instructors are to know where the closest accessible phone is.	Call out procedure always in place.
Livestock	Instructor and participants	Instructor to brief participants on livestock prior to leaving the bus.	Instructor and/or group leader to supervise participants throughout.
Waterborne infection	Instructor and participants	Water only to be taken from the drinking taps around the centre. Alternatively water can be filtered and boiled.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Crossing the style into sleety bank	Instructor and participants	Instructor to brief participants on how to cross safely.	If deemed necessary the Instructor can encourage spotting.
Trips and slips	Instructor and participants	Instructors to ensure all participants are wearing appropriate footwear. Participants to be briefed on potential hazards.	
Dead wood falling from trees.	Instructor and participants	Instructors to be aware of the prevailing conditions and continuously assess the venue through-out the session.	Instructor to report any changes to venue at daily debrief.
Dry stone walls falling down	Instructor and participants	Instructor to brief participants not to interfere with the dry stone walls due to their instability.	
Sharp sticks, twigs and branches	Instructor and participants	Instructor to brief participants on safely moving around the venue and being made aware of the environment.	
Steep terrain	Instructor and participants	Instructor to brief participants on how to safely move across the terrain.	
Injury from manual handling	Instructor and participant	Instructor to brief participants on safe manual handling technique.	Instructor to monitor throughout the session.
Shelter collapsing	Instructor and participant	Instructor to give guidance on suitable designs and building areas.	Instructor to monitor construction of shelter.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Dismantling shelters	Instructors and participants	Instructor to brief on how to dismantle shelters safely.	Instructor to monitor the dismantling of shelters.
Burns and scalds	Instructor and participant	Instructor to brief participants on how to behave around the area of the fire. The participants should sit or stand at a safe distance when they are not involved with cooking or maintaining the fire. Instructor to ensure that the fire is properly extinguished prior to leaving the venue. Hair and any loose clothing should be tied back out of the way.	Instructor to monitor participants whilst around fire areas. Hot liquid and food needs to be suitably cooled before consumption.
Improper extinguish of fire	Instructor, participants and members of the public	Instructor to ensure that the fire is properly extinguished before leaving the venue.	
Food poisoning	Instructor and participants	Instructor to be aware of any allergens and only choose suitable options.	Instructor to try and ensure any contamination is prevented to the best of their abilities.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Camp Fire - Sleety Bank/On-site			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Exposure	Instructors and participants	Instructor to check the weather before the session and to plan accordingly for the conditions. Instructors are to ensure all participants are dressed in accordance to the prevailing conditions.	In hot weather participants are encouraged to seek shade, use sun cream and stay hydrated. In cold weather Instructor will provide additional layers where deemed necessary and the option to have a warm drink and the use of group shelter is available in some circumstances. The ability to curtail this activity is available if circumstances deem it appropriate.
Lone working	Instructor	Instructor is not to take any unnecessary risks and have access to a mobile phone. In locations where phone signal is unavailable Instructors are to know where the closest accessible phone is.	Call out procedure always in place.
High winds	Instructor and participants	Instructor to be aware of the prevailing conditions and make allowances for this.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Fire	Instructor and participants	Instructor to brief participants on how to behave around the area of the fire. The group should sit or stand at a safe distance when they are not involved with cooking or maintaining the fire. Instructor to ensure that the fire is properly extinguished prior to leaving the venue. Hair and any loose clothing should be tied back out of the way.	Instructor to monitor participants whilst around fire areas.
Uneven surface around the fire	Instructor and participants	Instructor to brief participants on the terrain and how to deal with it.	Instructors to ensure all participants are wearing suitable footwear.
Hot liquid	Instructor and participants	Instructor to brief participants on how to behave around the area of the fire. When dealing with hot liquids the Instructor must over see this.	Any hot liquids must be cooled before consumption.
Hot/burning food	Instructor and participants	Instructor to brief participants on how to behave around the area of the fire. Dealing with hot foods must be overseen by the Instructor.	Any hot foods must be cooled before consumption.
Food poisoning or allergies	Instructor and participants	Instructor to be aware of any allergens and choose suitable options.	

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Canoeing - Generic			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Exposure	Instructors and participants	Instructor to check the weather before the session and to plan accordingly for the conditions. Instructors are to ensure all participants are dressed in accordance to the prevailing conditions.	In hot weather participants are encouraged to seek shade, use sun cream and stay hydrated. In cold weather Instructor will provide additional layers where deemed necessary and the option to have a warm drink and the use of group shelter is available in some circumstances. The ability to curtail the activity is available if circumstances deem it appropriate.
Lone working	Instructor	Instructor is not to take any unnecessary risks and have access to a mobile phone. In locations where phone signal is unavailable Instructors are to know where the closest accessible phone is.	Call out procedure always in place.
Traffic	Instructors and participants	Instructor to brief participants on road safety prior to leaving the bus.	Instructor to continuously monitor participants whilst in an area of possible moving traffic.
Livestock	Instructors and participants	Instructor to brief participants on livestock prior to leaving the bus.	Instructor and/or group leader to supervise participants throughout.
Water levels	Instructors and participants	Instructor to check the weather and the prevailing conditions and choose a venue most suited to the conditions and the participants.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Waterborne diseases	Instructors and participants	Hands to be thoroughly washed prior to food consumption.	If the Instructor is made aware of any open wounds, before during or after the session, they are to be cleaned and dressed appropriately.
Slips and trips	Instructors and participants	Instructor to brief participants about the terrain.	
Manual handling	Instructors and participants	Instructor to brief participants of safe manual handling techniques.	Instructor to oversee the lifting and carrying of any objects.
Strainers	Instructors and participants	To be dynamically assessed by Instructors and take the safest route.	Instructor to oversee any movement near strainers.
Drowning	Instructors and participants	All Instructors and participants must wear a Low Mill approved buoyancy aid. Buoyancy aids to be worn both on the water and around water edge.	
Sudden immersion	Instructors and participants	Instructors and participants to be suitable dressed for the weather.	Additional layers and a warm drink are available. Instructors are able to curtail this activity if they deem it necessary. Deliberate cold water entry to be managed by Instructor.
Separation of group	Instructors and participants	Instructor to brief group and give clear instructions. Group to be told what to do in the event of separation.	Instructor to regularly check that all group members are present.
Other water users	Instructors and participants	Instructor to navigate around water to avoid other lake users where possible.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Injury from other paddlers	Instructors and participants	Instructor to brief participants on how to safely use paddles and how to store paddles when boats have come together.	
Injury due to collision	Instructors and participants	Instructor to brief participants on how to safely bring their boat alongside another.	Instructor to coach participants on how to manoeuvre their craft so they are able to prevent collision with others.
Falling from the craft	Instructors and participants	Instructor to brief participants on good paddling technique. Instructor to ensure that any games played are suitable to the depth of the water.	
Entrapment in craft	Instructors and participants	Instructors to demonstrate and/or brief participants on safe exit of craft in the event of capsize.	Instructor should always be within a suitable distance to each participant.
Foot entrapment	Instructors and participants	Instructor to demonstrate and/or brief participants on how to safely sit and exit each of their crafts.	Instructor to brief participants on the best swimming technique for the venue.
Foot injury	Instructors and participants	All Instructors and participants are wear footwear suitable to the environment.	
Entanglement	Instructors and participants	Loose clothing, jewellery and hair to be secured out of the way or removed. Where ropes are being used, clean line techniques should be used. Any painters or carrying ropes should be stowed away.	Instructors to brief participants on external possible entanglements e.g. fishing lines. Instructor should navigate groups away from other water users.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Injury due to collision	Instructors and participants	Instructor to coach participants on how to manoeuvre their craft so they are able to prevent collision with others.	Instructor to brief participants on how to safely bring their boat alongside another.
Canoeing - Semerwater			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Falling from rocks in middle car park	Instructors and participants	Instructor to brief participants not to jump from the rocks.	Instructor and/or group leader to supervise when participants are near the rocks.
Being washed down the Bain	Instructors and participants	Instructor to brief participants about the Bain. Instructor to manage the group around the bay area.	
Strong offshore Winds	Instructors and participants	Instructor to manage the group closely in conditions of strong off shore winds.	Instructor has the ability to curtail this activity if deemed necessary.
Rafted canoes separating	Instructors and participants	Instructor should check each raft prior to getting on the water. Instructor should continue to visually check and monitor the raft throughout the session.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Canyoning - Grange Beck			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Exposure	Instructors and participants	Instructor to check the weather before the session and to plan accordingly for the conditions. Instructors are to ensure all participants are dressed in accordance to the prevailing conditions.	In hot weather participants are encouraged to seek shade, use sun cream and stay hydrated. In cold weather Instructor will provide additional layers where deemed necessary and the option to have a warm drink and the use of group shelter is available in some circumstances. The ability to curtail this activity is available if circumstances deem it appropriate.
Lone working	Instructor	Instructor is not to take any unnecessary risks and have access to a mobile phone. In locations where phone signal is unavailable Instructors are to know where the closest accessible phone is.	Call out procedure always in place.
Traffic	Instructors and participants	Instructor to brief participants about road safety.	Instructor to monitor road crossing.
Livestock	Instructors and participants	Instructor to brief participants on livestock prior to entering field.	Instructor and/or group leader to supervise participants throughout.
Waterborne diseases	Instructors and participants	Hands to be thoroughly washed prior to food consumption.	If the Instructor is made aware of any open wounds, during or after the session, they are to be cleaned and dressed appropriately.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Slips and trips	Instructors and participants	Instructor to brief about slippery surfaces. Instructor needs to ensure that everyone is wearing suitable footwear.	Instructors may encourage spotting.
Flooding	Instructors and participants	Instructor to check current and previous weather forecasts prior to the session and have knowledge of how this will affect the venue.	
Drowning	Instructors and participants	Instructor to choose a route suitable to the participants' abilities.	Instructor to supervise participants in deep water areas.
Sudden immersion	Instructors and participants	Instructors and participants to be dressed for the weather and getting wet.	Additional layers and a warm drink are available. Instructors are able to curtail the activity if they deem it necessary.
Deep water	Instructors and participants	Instructor to manage areas of deep water.	If it is planned for participants to be fully submerged, all participants must wear a buoyancy aid provided by Low Mill.
Siphons and strainers	Instructors and participants	Instructor to have good knowledge of the venue. Instructor to choose routes in reflection of participants abilities.	Instructor to manage participants' movement in high risk areas.
Stones thrown off the waterfall	Instructors and participants	Instructor to brief participants not to throw stones. Instructor and/or group leader to supervise participants.	Participants awaiting their turn are to keep well away from edge.
Being hit by falling objects	Instructors and participants	Participants are to wear a correctly fitted climbing specific helmet at all times.	Instructor to designate waiting areas.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Entanglement	Instructors and participants	Loose clothing, jewellery and hair to be secured out of way or removed. Abseil rope must be releasable. Harnesses to be removed after the abseil. Instructors to be vigilant if abseiling with a bag - alternatively throw bag into pool at bottom.	Instructor to brief participants on the best hand position to avoid entanglement in the descender.
Entrapment	Instructors and participants	Instructor to brief participants about best route. Instructor to have good knowledge of the venue.	Instructor to be vigilant and keep line of sight with participants at all times.
Falling from the waterfall	Instructors and participants	All participants must wear a correctly fitted harness and cows tails whilst abseiling, which are to be used in conjunction with a belay system that follows the standard operating procedures.	Instructor to demonstrate to participants how to use their cows tails. Instructors and participants always to be fastened into the system when on or around exposed areas. Instructor to designate safe observation areas, e.g. on field at the bottom of abseil.
Belay failure	Instructors and participants	Instructor to visually check trees before each use. All equipment used must be suitable and be Low Mill approved equipment. Instructor must have undertaken in house training at the venue.	
Improper harness adjustment	Instructors and participants	Instructor to ensure all participants harnesses are fitted correctly before abseiling.	Instructor to check each harness before each participant abseils.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Injury from abseil take off	Instructors and participants	Instructor to control the speed of the take off. Protective mat is in place to prevent abrasion against surface.	Instructor to brief participants on best abseiling technique.
Inversion on abseil	Instructors and participants	Instructors to ensure harnesses are fitted correctly. Instructor to brief participants on best abseiling technique. Bags not to be carried on back whilst abseiling.	Participants whose body type would benefit from the use of a chest harness in conjunction with a sit harness should use one.
Slipping at the base of the abseil	Instructors and participants	Second Instructor to be positioned at the bottom of the abseil.	Participant to be briefed about safe landing and the slippery surface.
Friction burns	Instructors and participants	Instructor to brief participants on correct abseil technique. Instructor to control the participant's speed on descent with the use of a safety rope.	
Abrasion to PPE	Instructors and participants	Instructor to put rope protection in place for the abseil. Prior to gorge walking, all harnesses to be removed.	
Injury due to jumping	Instructors and participants	There are no jumps.	Participants to be briefed to walk, climb or slide throughout the trip.
Missing the exit	Instructors and participants	Instructor has to be able to clearly communicate exit plans to participants.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Caving - Generic

Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Exposure	Instructor and participants	Instructor to check the weather before the session and to plan accordingly for the conditions. Instructors are to ensure all participants are dressed in accordance to the prevailing conditions.	In hot weather participants are encouraged to seek shade, use sun cream and stay hydrated. In cold weather Instructor will provide additional layers where deemed necessary and the option to have a warm drink and the use of group shelter is available in some circumstances. The ability to curtail the activity is available if circumstances deem it appropriate.
Lone working	Instructor	Instructor is not to take any unnecessary risks and have access to a mobile phone. In locations where phone signal is unavailable Instructors are to know where the closest accessible phone is.	Call out procedure always in place.
Traffic	Instructors and participants	Instructor to brief participants prior to leaving the bus about road safety.	Instructor to monitor road crossing
Livestock	Instructors and participants	Instructor to brief participants prior to entering the field.	Instructor and/or group leader to supervise participants throughout.
Waterborne diseases	Instructors and participants	Hands to be thoroughly washed prior to food consumption.	If the Instructor is made aware of any open wounds, during or after the session, they are to be cleaned and dressed appropriately.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Radon	Instructors and participants	See Radon Policy.	See Radon Policy.
Foul air	Instructors and participants	Instructor to have good knowledge of the venues.	
Digs	Instructors and participants	Do not use.	Do not use.
Flooding	Instructors and participants	Instructor to check current and previous weather forecasts prior to the session and have knowledge of how this will affect the venue.	
Drowning	Instructors and participants	Instructor to choose a route suitable to the participants' abilities.	Instructor to supervise deep water areas.
Manual handling	Instructors and participants	Instructor to brief participants on safe lifting and carrying techniques. Instructor to physically assist participant's movement as little as reasonably possible.	
Other Users	Instructors and participants	Instructor to brief participants on how to safely move around other groups.	
Light failure	Instructors and participants	Instructor to carry spare batteries/light.	
Slips and trips	Instructor and participants	Instructor to brief participants on nature of the terrain. Appropriate foot wear should be worn.	Instructor to encourage spotting if required.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Being hit by falling objects	Instructors and participants	Participants are to wear a correctly fitted climbing specific helmet at all times.	Instructor to brief participants about safe waiting areas.
Entrapment	Instructors and participants	Instructor to give clear brief of route. Instructor to have good knowledge of the venue.	Instructor to be vigilant.
Group becoming separated	Instructors and participants	Instructor to brief group and give clear instructions. Group to be told what to do in the event of separation.	Instructor to regularly check that all participants are present.
Entanglement	Instructors and participants	Loose clothing, jewellery and hair to be secured out of way or removed.	
Caving - Long Churn			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Stile going over into Alum Pot main shaft	Participants	Instructor to brief participants to avoid.	
Stream crossing above Alum Pot	Instructor and participants	Instructor to brief participants on the slippery terrain.	Instructor to cross the participants higher up stream at a safe distance from the fence.
Slips and trips on limestone pavements	Instructor and participants	Participants to be wearing suitable footwear.	Instructor to brief participants and demonstrate on how to move safely across the pavement.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Middle entrance up-stream drop off	Instructor and participants	Instructor to brief participants on best route around.	Where deemed necessary, Instructor can stand by drop off and ensure safety of participants passing.
Diccan entrance junction	Instructor and participants	Instructor to direct participants through Diccan entrance.	Instructor can be positioned at the junction to direct if necessary.
Middle entrance waterfall	Instructor and participants	Instructor to spot and manage participants where necessary.	A rope can be used if deemed necessary.
Falling down Dr. Bannisters	Instructor and participants	A safe waiting area will be designated by the Instructor. Instructor to use assisted hand line to assist participants up or down the climb.	
Instructor soloing Dr. Bannisters	Instructor	Instructor to ensure they are wearing suitable footwear; they have good venue knowledge and previous experience of this specific climb.	
Falling from St Paul's Cathedral and 9ft climb	Instructor and participants	Assisted hand line must be used.	Instructors can belay themselves up and down both of these.
Falling down Dolly Tubs pitch	Instructor and participants	Instructor to supervise the participants in the area close to the pitch head.	Instructor to have good knowledge of venue and give brief on safe areas.
Prolonged separation from group at Baptistery Crawl	Instructor and participants	Clear concise brief to be given.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Anchor failure	Instructor and participants	Visually check all anchors	Back up anchors where possible. Reports any faulty anchors to CNCC via their website- also report in daily debrief.
Falling in plank and Double Shuffle pool	Instructor and participants	Instructor to brief participants on route across.	Where necessary spot, or alternatively put a traverse line or hand line into place.
Caving - Thistle & Runscar			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Thistle Two top entrance	Instructors and participants	Instructor to brief participants to walk up or down in single file and keep a safe distance between one another.	Where deemed necessary, spotting can be put into place at bottom of shake hole.
Entrapment in worm holes	Instructors and participants	Instructor to make decision in reflection of groups abilities.	Participants to be briefed on how to safely navigate through the worm holes.
Top entrance to Runscar Three	Instructors and participants	Instructor to brief participants on the terrain.	If necessary Instructor can spot.
Runscar Four bottom entrance	Instructors and participants	Do not Use.	Do Not Use.
Deep puddles on surface	Instructors and participants	Instructor to brief participants to avoid.	
Dolans	Instructors and participants	Instructor to brief participants to avoid.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Climbing - Generic			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Exposure	Instructors and participants	Instructor to check the weather before the session and to plan accordingly for the conditions. Instructors are to ensure all participants are dressed in accordance to the prevailing conditions.	In hot weather participants are encouraged to seek shade, use sun cream and stay hydrated. In cold weather Instructor will provide additional layers where deemed necessary and the option to have a warm drink and the use of group shelter is available in some circumstances. The ability to curtail the activity is available if circumstances deem it appropriate.
Lone working	Instructor	Instructor is not to take any unnecessary risks and have access to a mobile phone. In locations where phone signal is unavailable Instructors are to know where the closest accessible phone is.	Call out procedure always in place.
Being hit by falling objects	Instructors and participants	Instructors and participants are to wear a correctly fitted climbing specific helmet whilst climbing and/or belaying.	Clear instructions to be given about safe waiting areas.
Improper harness adjustment	Participants	Instructor to ensure all participants harnesses are fitted correctly before climbing or belaying.	Instructor to check harness before each participant climb or belays.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Inversion	Participants	Instructors to ensure harnesses are fitted correctly. Instructor to brief participants on good climbing technique. Instructor to supervise participant throughout climb.	Participants whose body type would benefit from the use of a chest harness in conjunction with a sit harness should use one.
Improper belay technique	Instructors and participants	Instructor to use the most suitable belay technique for each group. Instructor to brief the participants clearly on how to belay safely.	Instructor to monitor belaying and assist where required.
Injury due to pendulum	Participants	Instructor to brief groups on safe routes and boundaries to climb within.	Instructor to monitor climbing throughout.
Falls whilst climbing	Participants	Instructor to choose climbing routes to suit the group's abilities. Instructor to brief participants on best climbing techniques.	Instructors to ensure belaying is of high standard and constantly monitor this.
Entanglement	Instructors and participants	Loose clothing, jewellery and hair to be secured out of the way or removed.	Instructors to ensure climbers are clear of the belay rope prior to climbing and descending.
Climbing - Ingleton Wall			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Traffic	Instructors and participants	Instructor to brief participants prior to leaving the bus about road safety.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Other users	Instructors, participants and members of the public	Instructor to choose an area avoiding other wall users where possible.	Instructor to brief the participants to be aware of other users and the adjoining risks.
Falling whilst bouldering	Instructors and participants	Instructor to set a height limit on the wall for bouldering.	Soft landing mats are in place in bouldering rooms. Instructor to monitor bouldering.
Fixed aids failure	Instructors and participants	Instructor to visually inspect all fixed aids prior to use.	Any faults should be reported to Inglesport shop.
Belayer being lifted	Instructors and participants	Instructor to make use of anchor bags where necessary.	
Climbing - Tower On-site			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Anchor failure	Instructor and participants	Instructor to visually check anchors before each use.	The anchors are subjects to annual independent tests.
Falling whilst bouldering	Participants	Instructor to set a height limit on the wall for bouldering.	Participants to spot one another whilst bouldering. Instructor to brief on safe methods of spotting. Instructor to supervise bouldering and spotting.
Loose hand holds	Instructor and participants	Instructors to oversee all climbing and monitor any possible movements.	Any loose holds to be reported at daily debrief and tightened up ASAP.
Falling over ground anchor	Instructor and participants	Instructor to brief participants on safe belaying and climbing areas.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Climbing - Twistleton Crag

Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Traffic	Instructor and participants	Instructor to brief the participants on surrounding traffic prior to exiting the bus.	
Livestock	Instructor and participants	Instructor to brief participants about livestock prior to exiting the bus.	Instructor and/or group leader to supervise group throughout.
Steep access path to crag	Instructor and participants	Instructor to brief participants on safe ascent and descent of the path.	Instructor to monitor ascent and descent and spot if necessary.
Uneven ground surface	Instructor and participants	Instructor to brief participants on the nature of the terrain. Instructor to choose and position participants and belayers in safe areas.	
Other crag users	Instructor and participants	Instructor to choose an area avoiding other crag users where possible.	Instructor to brief the participants to be aware of other users and the adjoining risks.
Carrying heavy bags	Instructor and participants	All equipment should be split between Instructors and participants to prevent any overweight bags.	
Anchor failure	Instructor and participants	All equipment used must be suitable and Low Mill approved equipment. Instructor to have RCI (SPA/SPSA) and choose suitable anchors.	Visual check, before and during session where possible.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Injury due to rock surface	Instructor and participants	Instructor to choose routes suitable to the participant's abilities.	Instructor to brief participants on the surface of the rock. E.g. can be very smooth and polished, or very sharp.
Entrapment	Instructor and participants	Instructor to choose suitable routes for the participant's abilities.	Instructor to monitor climbing throughout.
Abrasion to PPE	Instructor and participants	Instructor to use rope protectors where necessary and monitor PPE throughout.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Gorge Walking - Generic			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Exposure	Instructors and participants	Instructor to check the weather before the session and to plan accordingly for the conditions. Instructors are to ensure all participants are dressed in accordance to the prevailing conditions.	In hot weather participants are encouraged to seek shade, use sun cream and stay hydrated. In cold weather Instructor will provide additional layers where deemed necessary and the option to have a warm drink and the use of group shelter is available in some circumstances. The ability to curtail the activity is available if circumstances deem it appropriate.
Lone working	Instructor	Instructor is not to take any unnecessary risks and have access to a mobile phone. In locations where phone signal is unavailable Instructors are to know where the closest accessible phone is.	Call out procedure always in place.
Traffic	Instructors and participants	Instructor to brief participants about road safety. Participants to stay together whilst walking on a road.	Instructor to monitor road crossing and participants walking on roads.
Livestock	Instructors and participants	Instructor to brief participants on livestock prior to leaving the bus.	Instructor and/or group leader to supervise participants throughout.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Manual handling	Instructors	Instructor to brief participants on safe carrying and lifting techniques and physically assist client's movement as little as reasonably possible.	
Waterborne diseases	Instructors and participants	Hands to be thoroughly washed prior to food consumption.	If the Instructor is made aware of any open wounds, during or after the session, they are to be cleaned and dressed appropriately.
Slips and trips	Instructors and participants	Instructor to brief participants about slippery surfaces. Instructor needs to ensure that everyone is wearing suitable footwear.	Instructors may encourage spotting.
Flooding	Instructors and participants	Instructor to check current and previous weather forecasts prior to the session and have knowledge of how this will affect the venue.	
Drowning	Instructors and participants	Instructor to choose routes in reflection of participants abilities.	Instructor to supervise deep water areas.
Sudden immersion	Instructors and participants	Instructors and participants to be dressed for the weather and getting wet.	Additional layers and a warm drink are available. Instructors are able to curtail the activity if they deem it necessary.
Deep water	Instructors and participants	Instructor to manage areas of deep water.	If it is planned for participants to be fully submerged, all participants must wear a buoyancy aid provided by Low Mill.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Siphons and strainers	Instructors and participants	Instructor to have good knowledge of the venue. Instructor to choose routes in reflection of participants abilities.	Instructor to manage participant's movement in high risk areas.
Thrown objects	Instructors and participants	Instructor to brief participants not to throw objects. Instructor and/or group leader to supervise participants.	
Being hit by falling objects	Instructors and participants	Participants and Instructor are to wear a correctly fitted climbing or paddlesport specific helmet at all times.	Participants to be given clear instruction about safe waiting areas. Instructor to manage group through the gorge.
Entanglement	Instructors and participants	Loose clothing, jewellery and hair to be secured out of way or removed. When ropes are used in the flow of water, clean line techniques should be used.	Instructor to brief participants on suitable techniques to avoid entanglement.
Entrapment	Instructors and participants	Instructor to brief participants on the route. Instructor to have good knowledge of the venue.	Instructor to ensure all participants stays together. Instructor to be vigilant and monitor throughout.
Injury due to falling from height	Instructors and participants	Instructor to brief the participants on safe waiting areas.	Instructor to supervise participants throughout.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Belay failure	Instructors and participants	Instructor to visually check natural / bolted anchors before each use. All equipment used must be suitable and be Low Mill approved equipment. Instructor must have undertaken in-house training at the venue.	
Improper belt adjustment	Instructors and participants	Instructor to ensure all participants belts are fitted correctly before and throughout the session.	
Inversion on roped climbs	Instructors and participants	Instructors to ensure belts are fitted correctly. Instructor to brief participants on good climbing technique. Bags to be passed up or down where possible. Instructor to visually check karabiners before participant climbs.	
Friction burns	Instructors and participants	Instructor to brief participants on use of ropes.	
Abrasion to PPE	Instructors and participants	Instructor to monitor the abrasion on PPE throughout session.	
Missing the exit	Instructors and participants	Instructor has to be able to clearly communicate exit plans to participants. Instructor to have good knowledge of the venue used.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Gorge Walking - Arn Gill			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Erosion of track beside gill	Instructors and participants	Instructor to choose the best route past eroded sections and avoid where possible. Instructor to brief participants on safe structures for support.	
Loose rocks on climbs	Instructors and participants	Instructor to check rocks prior to any climbing.	Instructor to manage all climbs.
Pipes under the road	Instructors and participants	Do not use.	Do not use.
Fence strainer	Instructors and participants	If participants are going under the fence strainer the Instructor must keep hold of the fence until all participants are through safely.	
Wedged tree	Instructors and participants	Instructor to brief participants on how to safely move past the tree.	
Natural anchors	Instructors and participants	All natural anchors must be visually checked prior to use.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Gorge Walking - Hell Gill

Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Injury due to jumping	Instructors and participants	Instructor is to descend into the pool and check depth of jump prior to jumping.	Instructor to brief participants on correct technique for jumping and manage each jump.
Injury due to sliding	Instructors and participants	Instructor to brief participants on where it is safe to slide.	Instructor to spot if necessary.
Very slippery rocks	Instructors and participants	Instructor to brief participants on the nature of the terrain and choose a route in reflection of the participant's abilities.	
Last Waterfall at bottom stile	Instructors and participants	Do not slide down.	Do not slide down.
Crossing stiles	Instructors and participants	Instructor to brief participants on how to safely cross the stiles.	Instructor can spot if necessary.
Entanglement	Instructors and participants	Loose clothing, jewellery and hair to be secured out of the way or removed.	
Anchor Failure	Instructors and participants	Instructor to visually check anchors prior to use.	Use a backup if necessary.
Caves	Instructors and participants	Do not use.	Do not use.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Gorge Walking - Mill Gill			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Lower waterfall	Instructors and participants	Instructor to choose a route in reflection of the participant's abilities and guide them up the waterfall accordingly.	Instructor can spot if necessary.
Second waterfall	Instructors and participants	Instructor to choose the most suitable climbing route for the participant's abilities. Instructor is to use a rope for all ascents and descents of the waterfall.	If there is no waterfall climb suitable for the groups abilities, a short dry scramble route can be used: to be spotted by the Instructor.
Welly Sucker pool	Instructors and participants	Instructor to brief participants on the depth and the nature of the pool. Instructor to manage participants at the top of the pool and direct to river right.	
River left bank above Welly Sucker pool	Instructors and participants	Instructor to manage all participants at the top of the pool. Alternative dry routes on river right can be followed divert away from bank.	
Whitfield Force plunge pool	Instructors and participants	Instructor to brief participants on the correct depth they can enter too.	Instructor to supervise all participants in plunge pool.
Access/ egress path	Instructors and participants	Instructor to brief participants on the nature of the terrain. The participants should follow in single file.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Injury due to jumping	Instructors and participants	There are no jumps.	There are no jumps.
Trees across the gorge	Instructors and participants	Instructor to monitor any trees that may cause any arising problems.	Instructor to report anything at daily debriefs.
Anchor failure	Instructors and participants	Instructor to visually check anchor prior to use.	Instructor to use a backup if necessary.
Natural anchor failure	Instructors and participants	All natural anchors must be visually checked prior to use.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Kayaking - Generic			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Exposure	Instructors and participants	Instructor to check the weather before the session and to plan accordingly for the conditions. Instructors are to ensure all participants are dressed in accordance to the prevailing conditions.	In hot weather participants are encouraged to seek shade, use sun cream and stay hydrated. In cold weather Instructor will provide additional layers where deemed necessary and the option to have a warm drink and the use of group shelter is available in some circumstances. The ability to curtail the activity is available if circumstances deem it appropriate.
Lone working	Instructor	Instructor is not to take any unnecessary risks and have access to a mobile phone. In locations where phone signal is unavailable Instructors are to know where the closest accessible phone is.	Call out procedure always in place.
Traffic	Instructors and participants	Instructor to brief participants on road safety prior to leaving the bus.	Instructor to continuously monitor participants whilst in an area of possible moving traffic.
Livestock	Instructors and participants	Instructor to brief participants on livestock prior to leaving the bus.	Instructor and/or group leader to supervise participants throughout.
Water levels	Instructors and participants	Instructor to check the weather and the prevailing conditions and choose a venue most suited to the conditions and the participants.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Waterborne diseases	Instructors and participants	Hands to be thoroughly washed prior to food consumption.	If the Instructor is made aware of any open wounds, before during or after the session, they are to be cleaned and dressed appropriately.
Slips and trips	Instructors and participants	Instructor to brief participants about the terrain.	
Manual handling	Instructors and participants	Instructor to brief participants of safe manual handling techniques.	Instructor to oversee the lifting and carrying of any objects.
Strainers	Instructors and participants	To be dynamically assessed by Instructors and take the safest route.	Instructor to oversee any movement near strainers.
Drowning	Instructors and participants	All Instructors and participants must wear a Low Mill approved buoyancy aid. Buoyancy aids to be worn both on the water and around water edge.	
Sudden immersion	Instructors and participants	Instructors and participants to be suitable dressed for the weather.	Additional layers and a warm drink are available. Instructors are able to curtail this activity if they deem it necessary. Deliberate cold water entry to be managed by Instructor.
Separation of group	Instructors and participants	Instructor to brief group and give clear instructions. Group to be told what to do in the event of separation.	Instructor to regularly check that all group members are present.
Other water users	Instructors and participants	Instructor to navigate around water to avoid other lake users where possible.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Injury from other paddlers	Instructors and participants	Instructor to brief participants on how to safely use paddles and how to store paddles when boats have come together.	
Injury due to collision	Instructors and participants	Instructor to brief participants on how to safely bring their boat alongside another.	Instructor to coach participants on how to manoeuvre their craft so they are able to prevent collision with others.
Falling from the craft	Instructors and participants	Instructor to brief participants on good paddling technique. Instructor to ensure that any games played are suitable to the depth of the water.	
Entrapment in craft	Instructors and participants	Instructors to demonstrate and/or brief participants on safe exit of craft in the event of capsize.	Instructor should always be within a suitable distance to each participant.
Foot entrapment	Instructors and participants	Instructor to demonstrate and/or brief participants on how to safely sit and exit each of their crafts.	Instructor to brief participants on the best swimming technique for the venue.
Foot injury	Instructors and participants	All Instructors and participants are wear footwear suitable to the environment.	
Entanglement	Instructors and participants	Loose clothing, jewellery and hair to be secured out of the way or removed. Where ropes are being used, clean line techniques should be used. Any painters or carrying ropes should be stowed away.	Instructors to brief participants on external possible entanglements e.g. fishing lines. Instructor should navigate groups away from other water users.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Injury due to collision	Instructors and participants	Instructor to coach participants on how to manoeuvre their craft so they are able to prevent collision with others.	Instructor to brief participants on how to safely bring their boat alongside another.
Kayaking - Semerwater			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Falling from rocks in middle car park	Instructors and participants	Instructor to brief participants not to jump from the rocks.	Instructor and/or group leader to supervise when participants are near the rocks.
Being washed down the Bain	Instructors and participants	Instructor to brief participants about the Bain. Instructor to manage the group around the bay area.	
Strong offshore winds	Instructors and participants	Instructor to manage the group closely in conditions of strong off shore winds.	Instructor has the ability to curtail the activity if deemed necessary.
Head injury due to capsize	Instructors and participants	Instructor and participants are to wear a correctly fitted watersports specific helmet whilst kayaking.	Instructors to brief participants on what to do in the event of capsize.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Mountain Biking			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Exposure	Instructors and participants	Instructor to check the weather before the session and to plan accordingly for the conditions. Instructors are to ensure all participants are dressed in accordance to the prevailing conditions.	In hot weather participants are encouraged to seek shade, use sun cream and stay hydrated. In cold weather Instructor will provide additional layers where deemed necessary and the option to have a warm drink and the use of group shelter is available in some circumstances. The ability to curtail the activity is available if circumstances deem it appropriate.
Lone working	Instructor	Instructor is not to take any unnecessary risks and have access to a mobile phone. In locations where phone signal is unavailable Instructors are to know where the closest accessible phone is.	Call out procedure always in place.
Traffic	Instructor, participants and members of the public	Instructor to brief the participants on how to ride safely on a public highway.	Instructor to manage the spacing of the group. Instructor to position themselves in the most effective place for the group. All cyclists must wear a hi-visibility jacket.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Livestock/ animals	Instructor, participants, members of the public and Livestock	Instructor to remain vigilant and brief participants on the correct method of passing if they come across any livestock or animals.	Instructor to manage participants passing livestock and/or animals. All gates should be left as found.
Manual handling	Instructor and participants	Instructor to brief participants on safe manual handling techniques.	Instructor to oversee lifting and carrying of any equipment.
Members of the public	Instructor, participants and members of the public	Instructor to brief participants on safe passing of other route users.	Instructor to manage participants passing any other route users.
Waterborne diseases	Instructor and participants	Hands to be thoroughly washed prior to food consumption.	If the Instructor is made aware of any open wounds, before during or after the session, they are to be cleaned and dressed appropriately.
Low light/visibility	Instructor and participants	Instructor to prepare for the prevailing conditions.	Avoid public highways at all times if lighting is insufficient.
Mechanical failure	Instructor and participants	Hire bikes should be sought from a reputable company. Instructor to check all equipment prior to the session beginning and monitor throughout the session.	Instructor to brief participants about check and meeting points and ensure all participants adhere to them.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Faulty equipment	Instructor, participants and members of public	Instructor to check all equipment prior to the session beginning and monitor throughout the session.	Instructor is to have adequate knowledge to be able to carry out emergency repairs and carry a small repair kit. Hire bikes should be sought from a reputable company.
Improper bike fitting	Instructor and participants	Instructor to ensure that bikes are properly fitted to participants prior to leaving centre.	Hire bikes should be sought from a reputable company and well maintained.
Improper route choice	Instructor and participants	Instructor to assess skill set of participants prior to leaving the centre.	Instructor to adapt routes and/or challenges to suit participant's abilities.
Improper bike control	Instructor and participants	Instructor to assess skill set of participants prior to leaving the centre.	Instructor to adapt routes and/or challenges to suit participant's abilities.
Collision with another cyclist	Instructor and participants	Instructor to brief participants at check/meeting points about the suitable spacing for the upcoming terrain.	Instructor to oversee spacing of participants.
Uneven Terrain	Instructor and participants	Instructor to have good knowledge of the route and brief participants on the upcoming terrain and how to safely cross.	Hire bikes should be suitable to the terrain.
Injury to eye	Instructor and participants	Instructor to brief participants at check/meeting points about the suitable spacing for the upcoming terrain.	Instructor to carry eye wash solution.
Injury due to pedals/cogs	Instructor and participants	Instructor to ensure all participants should wear shoes with a good tread, to prevent any slipping from the pedals.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Chain oil	Instructor and participants	Hands to be thoroughly washed prior to food consumption.	
Entanglement	Instructor and participants	Loose clothing, jewellery and hair to be secured out of the way or removed.	
Group separation	Instructor and participants	Instructor to carry out regular head counts. Instructor to brief participants about check points. Instructor to manage group to ensure they adhere to check points.	
Gates	Instructor and participants	Instructor to have good knowledge of route and brief participants about location of gates. Instructor to brief participants about leaving gates as they are found.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Orienteering - Generic			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Exposure	Instructor and participants	Instructor to check the weather before the session and to plan accordingly for the conditions. Instructors are to ensure all participants are dressed in accordance to the prevailing conditions.	In hot weather participants are encouraged to seek shade, use sun cream and stay hydrated. In cold weather Instructor will provide additional layers where deemed necessary and the option to have a warm drink and the use of group shelter is available in some circumstances. The ability to curtail the activity is available if circumstances deem it appropriate.
Lone working	Instructor	Instructor is not to take any unnecessary risks and have access to a mobile phone. In locations where phone signal is unavailable Instructors are to know where the closest accessible phone is.	Call out procedure always in place.
Traffic	Instructor and participants	Instructor to brief participants about traffic prior to entering the fields.	Instructor to monitor any traffic movement whilst the participants are on the field.
Public right of way path	Instructor, participants and members of the public.	Instructor to brief participants about the public path across the field.	Instructor to ensure that participants are aware of when members of the public are present.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Dry stone walls and fences	Instructor and participants	Instructor to brief participants not to interfere with the dry stone walls due to their instability.	
Waterborne diseases	Instructor and participants	Hands to be thoroughly washed prior to food consumption.	If the Instructor is made aware of any open wounds before during or after the session, they are to be cleaned and dressed appropriately.
High winds	Instructor and participants	Instructor to be aware of prevailing conditions and choose routes accordingly.	
Low level lighting	Instructor and participants	Instructor to carry torches (if needed) and distribute lights when needed.	
Slips, trips and falls	Instructor and participants	Instructor to ensure all participants are wearing footwear that is suitable to the terrain.	Instructor to brief participants on potential hazards and how to deal with these safely.
Getting lost	Participants	Instructor to brief participants on the boundaries. Instructor to ensure participants can effectively use their map prior to leaving. Instructor to brief the participants on what to do in the event of an accident and where to go.	Instructor to brief participants on where to meet at the end of the session.
Farm machinery	Instructor and participants	Instructor to brief participants to avoid any farm machinery.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Orienteering-Onsite			
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Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Unsupervised climbing of climbing tower	Participants	Instructor to brief participants not to use or attempt to use the climbing tower at any point.	
Concrete tube	Participants	Instructor to brief participants to be careful around the area of the concrete tube.	
Archery	Instructor and participants	Archery and orienteering cannot run at the same time.	Archery and orienteering cannot run at the same time.
General construction and maintenance of site	Instructor and participants	Instructor to brief participants on any potential hazards they may come across and brief them on how to deal with them.	Instructor to have good knowledge of the venue and be aware of any potential 'jobs' on-going.
High water levels	Instructor and participants	Instructor to brief participants to only use the wooden foot bridge to cross the gill.	

Orienteering-Sleety Bank			
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Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Steep terrain	Instructor and participants	Instructor to brief participants on how to safely move across the terrain.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Fall from height	Instructor and participants	Instructor to brief participants on how to conduct themselves in different areas of the fields.	Instructor to monitor throughout session.
Livestock	Instructor and participants	Instructor to brief participants on livestock prior to leaving the bus.	Instructor and/or group leader to monitor participants throughout.
Dead wood from trees falling	Instructor and participants	Instructor to be aware of prevailing conditions and continuously assess the venue throughout the session.	Instructor to report any changes to venue at daily debrief.
Crossing the stile into the field	Instructor and participants	Instructor to brief participants on how to cross safely.	Instructor can encourage spotting if deemed necessary.
Shelters left standing	Instructor and participants	Instructor to brief participants to avoid any shelters that may be left standing.	Refer to bushcraft RA for dismantling shelters.
High Water levels	Instructor and participants	Instructor needs brief participants to avoid water areas at all times.	Instructor to supervise areas of water.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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PPE			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Unsuitable user	Instructors, participants and other users	Staff are trained in safe use of equipment.	Other users have to hold suitable training and/or qualification. Additionally other users must be approved by HoC/CI.
Inappropriate use	Instructors, participants and other users	PPE should only be used for activities provided by Low Mill Outdoor Centre.	Any equipment that is being used out with Low Mill activities must be approved by HoC/CI.
Environment of use	Instructors, participants and other users	PPE should only be used for activities provided by Low Mill Outdoor Centre.	Any equipment that is being use out with Low Mill activities must be approved by HoC/CI. Staff are to hold suitable training and/or qualifications in activities they are carrying out and have good knowledge of PPE.
Inadequate storage	Instructors, participants and other users	PPE should only be stored in Low Mill kit store.	Any equipment that is being stored outside of the Low Mill kit store must be approved by HoC/ CI.
Unsuitable transport	Instructors, participants and other users	PPE should only be transported in suitable storage containers. Low Mill has a selection of suitable transport containers - these should be used.	Client/and or other users whom are transporting PPE on their person are briefed on how to do so safely.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Exceptional circumstances	Instructors, participants and other users	PPE that has been used in exceptional circumstances must be checked by a member of Low Mill staff and logged prior to being put back into service.	Exceptional circumstances must be approved by CI/HoC.
Inadequate checkers	Instructors, participants and other users	Staff who undertakes monthly checks must have undergone training.	User checks are to be logged on Papertrail.
Unable to identify	Instructors, participants and other users	Each item of Low Mill PPE has an ID number and/or colour tag.	PPE is stored in collective groups and is logged on Papertrail.
Cleaning and drying of equipment	Instructors, participants and other users	PPE is to be cleaned and dried by trained staff and/or users only.	PPE is only to be cleaned with Low Mill provided substances and dried in kit store.
Contamination	Instructors, participants and other users	Clients and users are to be briefed on contamination. PPE is to be kept away from harmful substances and where possible suitable alternative options should be available.	PPE will be cleaned and dried if contamination is suspected; an 'exceptional user' check should also be carried out and logged.
Repairs	Instructors, participants and other users.	Only trained Low Mill staff can carry out minor repairs.	PPE is to be put into quarantine and inspected by CI prior to any repairs being carried out. Completed repairs must be inspected and approved by CI before being put back into service. Any minor repairs should be logged on Papertrail.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Rope cutting	Instructors, participants and other users	Only trained Low Mill staff can cut rope.	
Use of personal equipment	Instructors, participants and other users	Clients can only use personal PPE under Type 1. Staff can use personal PPE under categories 1 and 2. All category type 3 PPE must be provided by Low Mill. PPE is only to be fitted by trained staff/users.	Staff using their own category 2 PPE needs to ensure that it is compliant with PPE regulations.
Ill-fitting equipment	Instructors, participants and other users	PPE is only to be fitted by trained staff/users.	
Abrasion	Instructors, participants and other users	Where possible staff/users should put measures in place to prevent abrasion to any PPE.	PPE should be monitored throughout its use to prevent any abrasion.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Raft Building - Semerwater			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Exposure	Instructors and participants	Instructor to check the weather before the session and to plan accordingly for the conditions. Instructors are to ensure all participants are dressed in accordance to the prevailing conditions.	In hot weather participants are encouraged to seek shade, use sun cream and stay hydrated. In cold weather Instructor will provide additional layers where deemed necessary and the option to have a warm drink and the use of group shelter is available in some circumstances. The ability to curtail the activity is available if circumstances deem it appropriate.
Lone working	Instructor	Instructor is not to take any unnecessary risks and have access to a mobile phone. In locations where phone signal is unavailable Instructors are to know where the closest accessible phone is.	Call out procedure always in place.
Traffic	Instructor and participants	Instructor to brief participants on road safety prior to leaving the bus.	Instructor to continuously monitor participants whilst in an area of possible moving traffic.
Livestock	Instructors and participants	Instructor to brief participants on livestock prior to leaving the bus.	Instructor and/or group leader to supervise participants throughout.
Waterborne diseases	Instructors and participants	Hands to be thoroughly washed prior to food consumption.	If the Instructor is made aware of any open wounds, before during or after the session they are to be cleaned and dressed appropriately.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Slips and trips	Instructors and participants	Instructor to brief participants about the terrain.	
Foot injury due to ground surface	Instructor and participants	Instructor and participants to wear suitable footwear.	
Manual handling	Instructors and participants	Instructor to brief participants of safe manual handling techniques.	Instructor to oversee the lifting and carrying of any objects.
Injury due to moving poles and barrels	Instructor and Participant	Instructor and participants are to wear a correctly fitted paddle sports specific helmet at all times.	Instructor to brief participants on safe lifting and carrying techniques.
Strong winds	Instructor and participants	Instructor to check the weather before the session and to plan accordingly for the prevailing conditions.	
Drowning	Instructors and participants	All Instructors and participants must wear a Low Mill approved buoyancy aid. Buoyancy aids to be worn both on the water and around water edge.	
Sudden immersion	Instructors and participants	Instructors and participants to be suitable dressed for the weather.	Additional layers and a warm drink are available. Instructors are able to curtail the activity if they deem it necessary. Deliberate cold water entry to be managed by Instructor.
Other users	Instructor and participants	Instructor to navigate participants around water to avoid other lake users where possible.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Injury from other paddlers	Instructor and participants	Instructor to brief participants on how to safely use paddles.	
Entanglement	Instructor and participants	Loose clothing, jewellery and hair to be secured out of the way or removed. Where ropes are being used, clean line techniques should be used.	Instructor to brief participants about feet positioning whilst on the raft. Instructor to ensure that the ropes are safely tied away prior to participants going on the raft.
Complete capsize	Instructor and Participant	Instructor will be on the water in a separate boat with a throw bag.	Instructor to brief participants on the procedure prior to getting on the water.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Team Games			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Exposure	Instructors and participants	Instructor to check the weather before the session and to plan accordingly for the conditions. Instructors are to ensure all participants are dressed in accordance to the prevailing conditions.	In hot weather participants are encouraged to seek shade, use sun cream and stay hydrated. In cold weather Instructor will provide additional layers where deemed necessary and the option to have a warm drink and the use of group shelter is available in some circumstances. The ability to curtail the activity is available if circumstances deem it appropriate.
Lone working	Instructor	Instructor is not to take any unnecessary risks and have access to a mobile phone. In locations where phone signal is unavailable Instructors are to know where the closest accessible phone is.	Call out procedure always in place.
Traffic	Instructor and participants	Instructor to brief participants on the farm traffic and low mill traffic that may access the drive way.	Instructor to monitor any traffic movement whilst the participants are on the field.
Slips, trips and falls	Instructor and participants	Instructor to ensure that playing ground is of suitable conditions for the group. Instructor to ensure that all participants are wearing suitable footwear.	Instructor should choose games suitable to the group's abilities and give very clear instructions.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Collision with another participant	Instructor and participants	Instructor to ensure that no games involve full contact with another participant.	Instructor to give clear and concise rules for each game and monitor behaviour throughout.
Low level lighting	Instructor and participants	Team games should only be carried out when there is a sufficient amount of lighting.	
Public footpath	Instructor, participants and members of the public	Instructor to brief participants about the public path across the field.	Instructor to ensure that participants are aware on when members of the public are present.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Walking			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Exposure	Instructors and participants	Instructor to check the weather before the session and to plan accordingly for the conditions. Instructors are to ensure all participants are dressed in accordance to the prevailing conditions.	In hot weather participants are encouraged to seek shade, use sun cream and stay hydrated. In cold weather Instructor will provide additional layers where deemed necessary and the option to have a warm drink and the use of group shelter is available in some circumstances. The ability to curtail the activity is available if circumstances deem it appropriate.
Lone working	Instructor	Instructor is not to take any unnecessary risks and have access to a mobile phone. In locations where phone signal is unavailable Instructors are to know where the closest accessible phone is.	Call out procedure always in place.
Livestock	Instructors and participants	Instructor to brief participants on livestock prior to entering the field.	Instructor and/or group leader to supervise participants throughout.
Traffic	Instructors and participants	Instructor to brief participants on road safety.	Instructor to oversee all road use and crossings.
Water features	Instructors and participants	Instructor to brief participants on safety around the water features.	Instructor to monitor and spot if necessary.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Getting lost/low visibility	Instructors and participants	Instructor to have good knowledge of the area.	Instructor is to carry a map of the area.
Dark	Instructors and participants	Instructor and participants to carry torches if required.	
Exhaustion	Instructors and participants	Instructor to choose route in reflection of participant's abilities.	
Heavy rucksacks	Instructors and participants	Instructors to brief participants on any equipment that they may need. Where necessary Instructor can check participant's bag.	Any trips where additional equipment should be required, the equipment should be shared equally amongst rucksacks.
Trips and slips due to ground surface	Instructors and participants	Instructor to brief participants of varying ground surfaces on approach. Instructor to ensure that participants are wearing footwear suitable to the terrain.	Instructor can spot where deemed necessary.
Steep edges/drop offs	Instructors and participants	Instructor to brief participants on safe passing.	Instructor can spot where deemed necessary.
Heavy rucksacks	Instructors and participants	Instructors to brief participants on any equipment that they may need. Where necessary Instructor can check participant's bag.	Any trips where additional equipment should be required, the equipment should be shared equally amongst rucksacks.
Minor injuries	Instructors and participants	Instructor to choose a suitable route for the participants' abilities.	

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
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Zip Wire - Helm			
Hazard	Who Might be Harmed?	How the risk is adequately controlled?	What further action is taken?
Exposure	Instructors and participants	Instructor to check the weather before the session and to plan accordingly for the conditions. Instructors are to ensure all participants are dressed in accordance to the prevailing conditions.	In hot weather participants are encouraged to seek shade, use sun cream and stay hydrated. In cold weather Instructor will provide additional layers where deemed necessary and the option to have a warm drink and the use of group shelter is available in some circumstances. The ability to curtail the activity is available if circumstances deem it appropriate.
Lone working	Instructor	Instructor is not to take any unnecessary risks and have access to a mobile phone. In locations where phone signal is unavailable Instructors are to know where the closest accessible phone is.	Call out procedure always in place.
Traffic	Instructor and participants	Instructor to brief participants on where safe waiting areas are. Instructor and/or group leader to ensure participants keep to those areas.	Group to be briefed on road safety prior to leaving the bus.
Livestock	Instructors and participants	Instructor to brief participants on livestock prior to leaving the bus.	Instructor and/or group leader to supervise participants throughout.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Paths up to top platform	Instructor and participants	Instructor to brief participants on the slippy nature of the path.	If the main path is not in a suitable condition, participants are to access the platform via the road.
Falling objects	Instructor and participants	Instructors and participants are to wear a correctly fitted climbing specific helmet whilst on the zip wire or at the bottom.	Clear instructions to be given about safe waiting areas.
Take off Platform slippery surface	Instructor and participants	Instructor to brief participants on safe take-off.	Instructor to monitor take-off from platform continuously.
Improper harness adjustment	Instructor and participants	Instructor to ensure all participants harnesses are fitted correctly before they descend.	Instructor to check harness before each participant descends.
Incorrect lowering	Instructor and participants	Instructor to demonstrate and brief participants on how to lower participants safely.	Instructor and group leader to monitor the lowering throughout.
Inversion in harness	Instructor and participants	Instructors to ensure harnesses are fitted correctly. Instructor to brief the group of safe descent.	Participants whose body type would benefit from the use of a chest harness in conjunction with a sit harness should use one.
Entanglement	Instructor and participants	Loose clothing, jewellery and hair to be secured out of the way or removed.	
Falling From ladders	Instructor	Only Instructors can use ladders to help participants. Instructor to choose best position for safe use of ladders.	Participants can help by stabilising ladders whilst Instructor is using them.

Hazard	Who Might be Harmed?	How is the risk adequately controlled?	What further action is taken?
Falling from the lime Kiln	Instructor and participants	Instructor to brief the participants to be careful when around the Lime Kiln.	
Injury from quarry walls	Participants	Instructor to brief participants to avoid quarry walls.	