

KEPP ADVENTURE



The Keppleway Centre Activity Risk Assessment

31st January 2025

Assessed By: Johan Hoving (Activity Manager)

Reviewed By: Neil Addington (Centre Manager)

The Keppleway Centre – Activity Risk Assessment

Contents

Amendment Log	4
Abseiling – Generic Risk Assessment	5
Donkey Rocks abseiling – Site Specific Risk Assessment	7
Brown Howe abseiling – Site Specific Risk Assessment.....	9
Cathedral Quarry abseiling – Site Specific Risk Assessment	10
Hodge Close abseiling – Site Specific Risk Assessment	11
Tilberthwaite abseiling – Site Specific Risk Assessment	12
Abseil ramp abseiling – Site Specific Risk Assessment	13
Birks Bridge Crag- Specific Risk Assessment.....	14
Archery – Generic Risk Assessment	15
Archery on ranges away from Centre – Generic Risk Assessment.....	16
Keppleway archery range – Site Specific Risk Assessment.....	17
Axe Throwing– Generic Risk Assessment.....	18
Bushcraft – Generic Risk Assessment	19
Camping – Generic Risk Assessment	21
Sunnybank Camping – Site Specific Risk Assessment	22
Hazel Head Farm (Charlie’s) Camping – Site Specific Risk Assessment.....	23
Bev’s Camping – Site Specific Risk Assessment	24
Canoeing, flat water - Generic Risk Assessment.....	25
Rafted canoeing - Specific Risk Assessment	27
Coniston Water – Site Specific Risk Assessment	28
Open Canoe River Trips – Specific Risk Assessment.....	29
Open Canoe flat water, night time – Specific Risk Assessment	30
Additional considerations when instructing clients with disabilities – Specific Risk Assessment	31
Climbing - Generic Risk Assessment.....	33
Brown Howe Quarry - Specific Risk Assessment.....	36
Diamond Crag, Eskdale - Specific Risk Assessment	37
Stretcher Crag, Eskdale - Specific Risk Assessment	38
The Hoad, Ulverston - Specific Risk Assessment	39
Brantrake Crag, Eskdale - Specific Risk Assessment.....	40
Blawith Crag - Specific Risk Assessment.....	41

The Keppleway Centre – Activity Risk Assessment

Tilberthwaite Quarry - Specific Risk Assessment.....	42
Birks Bridge Crag- Specific Risk Assessment.....	43
Crate stacking - Generic Risk Assessment.....	44
Crate stacking – wheel chair users - specific Risk Assessment	46
Ghyll scrambling / Gorge Walking / Canyoning- Generic Risk Assessment	47
Roped climbs in ghylls / gorges - Generic Risk Assessment.....	49
Birks Duddon River - Specific Risk Assessment.....	50
Church Beck - Specific Risk Assessment	51
Esk river - Specific Risk Assessment.....	52
Hardknott Beck - Specific Risk Assessment.....	53
Rydal Beck - Specific Risk Assessment	54
Stickle Ghyll - Specific Risk Assessment.....	55
Tarn Beck - Specific Risk Assessment.....	56
Thrang Beck - Specific Risk Assessment	57
Tilberthwaite Beck - Specific Risk Assessment.....	60
Improvised raft building - Generic Risk Assessment.....	61
Kayaking, flat water - Generic Risk Assessment.....	63
Coniston Water – Site Specific Risk Assessment	65
Kayaking, river trips - Generic Risk Assessment	66
Mine exploration - Generic Risk Assessment	67
Minibus Use - Generic Risk Assessment.....	69
Mountain day- Generic Risk Assessment	71
Navigational exercises / Orienteering - Generic Risk Assessment.....	72
Night line - Generic Risk Assessment.....	73
Pond dipping - Generic Risk Assessment.....	74
Sailing, flat water - Generic Risk Assessment	76
Coniston Water – Site Specific Risk Assessment	Error! Bookmark not defined.
Source to Sea - River Duddon Study Day - Generic Risk Assessment	78
Source to Sea - River Irt Study Day - Generic Risk Assessment	79
Stand Up Paddleboarding, flat water - Generic Risk Assessment.....	80
Coniston Water – Site Specific Risk Assessment	Error! Bookmark not defined.
Stone Age Art – Generic Risk Assessment	82
Team challenges - Generic Risk Assessment.....	83
Keppleway Grounds- Specific Risk Assessment	84
Wilson Park and East Park - Specific Risk Assessment.....	85

Abseiling – Generic Risk Assessment


Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
Falling	Impact injury	Climber	Harnesses and helmets to be worn at all times whilst abseiling or below abseil. Abseiler tied into a dynamic rope appropriately as judged by the instructor taking in the factors present e.g. group, venue and instructor qualification and experience. Ensure that belayers are attentive and suitably skilled for the chosen belaying method. Harness on abseiler to be checked by instructor before abseiling starts. Lowering to be done under direct supervision of an instructor.
Anchor failure	Fall, impact injury	Abseiler or instructor	Test all anchors before use.
Equipment failure	Fall, impact injury	Abseiler or instructor	Regular documented equipment checks; appropriate use of equipment & visual checks whilst on session
Setting up	impact injury	Instructor	Tie on when near or over the edge; take care
Pendulum swing	Swing, impact injury	Abseiler	Abseiler to be directly below central point of anchor system
Letting go of abseil rope	Fall, impact injury or rope burn	Abseiler	Safety rope/system to be used, with a good briefing with belayer controlling the speed of descent if necessary
Feet slipping	impact injury	Abseiler	Good briefing on correct body position, abseil directly below centre of anchor points
Objects stuck in descender	bodily injury	Abseiler	Ensure anything that could get caught is moved or tucked away. Good briefing on correct hand position. Releasable abseil and staff trained in use
Rings & jewelry cracks/edges	Finger injury	Abseiler	Remove rings or tape over Remove jewellery
Falling objects	impact injury	All	Wear helmet - wait away from foot of crag
Sharp edges cutting rope	impact injury	Abseiler	Protect & pad edges where appropriate
Approach to top of crag	falling - impact injury		Tie on before approaching, attentive supervision and setting of clear safe boundaries

The Keppleway Centre – Activity Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
Cigarette burns - equipment failure	impact injury	Abseiler	Clients not to smoke whilst wearing harness or helmet
Inversion	Fall, impact injury	Abseiler	Chest harness to be considered if necessary – low take off point, very narrow or very round body shape of abseiler, slippery rock

The Keppleway Centre – Activity Risk Assessment

Donkey Rocks abseiling – Site Specific Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
Approach to abseil	Traffic risk on road Scrapes and stings from nettles and thistles. Livestock Cuts from barbed wire fence	All	Care taken crossing road and awareness of cars on single track. Long trousers and tops to be worn and a stick used to move stingers and nettles. Awareness of cows especially if with calf when crossing field. Support students climbing over barbed wire on the stile
Loose sloping exposed edge of crag	Falling	All	Define a clear safe area behind the in-situ blue rope. Tie abseiler into the safety rope before they come underneath the in-situ blue rope Take necessary precautions to ensure personal safety when setting up
Sharp rock on edge	Falling	Abseiler	Awareness of sharp edge in S shaped curve. Ropes should run down square channel. Protective carpet must be used. (See photos) Redirect abseil line over the branch overhanging the take off. 

The Keppleway Centre – Activity Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
Vague path to top of crag	Falling	Abseiler returning to group	Show the group the path and the blue rope that defines the edge or give a clear description of where to go. Ensure everyone has understood.
Inversion due to overhanging slippery rock	Falling or banging into rock	Abseiler	A chest harness must be considered at Donkey Rocks Redirect abseil line over the branch overhanging the take off to raise the height of the take off.
Glass	Lacerations to people and damage to equipment	All	Glass has often been found at the foot of the crag due to people smashing bottles here. A full inspection is recommended before use.
Loose rock	Injury from falling rock	All	Loose rock has fallen from the abseil route as recent as Oct 2022. Instructor to be aware of loose rocks and keep the group below in a safe area away from the bottom of the abseil. A thorough inspection is essential each time before abseiling and clearing if necessary.

The Keppleway Centre – Activity Risk Assessment

Brown Howe abseiling – Site Specific Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
Failure of stake anchors	Falling, impact injury	Abseiler	The stakes at the top of Brown Howe abseil are an unknown. There is a large pine tree 20metres back from crag which must be used in conjunction with the stakes as part of every system. The stakes are not to be solely relied upon.
Glass	Lacerations to people and damage to equipment	All	Glass has often been found at the foot of the crag due to people smashing bottles here. A full inspection is recommended before use.
Cars on approach to crag	Collision with cars	All	Good group briefing and management on approach to crag and group awareness of proximity of road.
Loose rock	Injury from falling rock	All	The right-hand wall of the quarry as you look into it has recently been cleared of vegetation and has left lots of loose rock on the wall. Keep groups away from the right-hand wall - apart from the abseil area which is not loose.

The Keppleway Centre – Activity Risk Assessment

Cathedral Quarry abseiling – Site Specific Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
Rock fall	Injury/death from rock fall	All	The National Trust manage the Cathedral Quarry and provide reports on the safety of the site which Keppleway adheres to along with an induction. Constant vigilance over possible new rock fall and management is essential. Helmets to be kept on at the bottom of the crag
Falling from edges/paths	Death due to exposed edges	All	Careful group management near edges with groups, especially ascending the path to top of quarry internally. Students should not be allowed to ascend/descend the internal path alone. Safe areas to be designated when waiting.
Loss of communication due to overhang and height of abseil	Situation of abseiler unknown	Abseiler	Good communication systems established, member of staff to be at the bottom of the abseil.
Inversion	Falling or banging into rock	Abseiler	Chest harness to be considered on both small and big abseils coupled with good briefing on correct body position. Take off point positioned as high as possible.
Bolts	Poor setups leading to anchor failure	All	Some of the bolts have been positioned in odd places and shouldn't be used just because they are there. Trees should still be included in the setup if deemed necessary

The Keppleway Centre – Activity Risk Assessment

Hodge Close / Parrock abseiling – Site Specific Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
Rock fall	Injury/death from rock fall	All	The Quarry is inspected and these are found in the attached Appendix. Constant vigilance over possible new rock fall and management is essential. Helmets to be kept on at the bottom of the crag
Falling from edges/paths	Death due to exposed edges	All	Careful group management near edges with groups, especially ascending the path to top of quarry internally. Students should not be allowed to ascend/descend the internal path alone. Safe areas to be designated when waiting.
Loss of communication due to overhang and height of abseil	Situation of abseiler unknown	Abseiler	Good communication systems established, member of staff to be at the bottom of the abseil.
Inversion	Falling or banging into rock	Abseiler	Chest harness to be considered coupled with good briefing on correct body position. Take off point positioned as high as possible.
Tunnels with water and quarry pool	Drowning	All	Consider use of Buoyancy aids. All routes involving water are led following training as part of receiving a relevant Certificate of Competence by TE or Activity Manager

The Keppleway Centre – Activity Risk Assessment

Tilberthwaite abseiling – Site Specific Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
Rock fall	rock landing on people from height	All	Due to the nature of the slate quarry rock there is often loose rock, a thorough inspection is essential each time before abseiling and clearing if necessary. Safe areas to be designated in the middle of the quarry away from the walls.
Approach to tree abseil	slipping causing injury or death	All	Careful group management on approach and near edges with groups especially on wet days where the grass and rock can become very slippery
Loss of communication	Situation of abseiler unknown	Abseiler	Good communication systems established, member of staff at the bottom of the abseil.

The Keppleway Centre – Activity Risk Assessment

Abseil ramp abseiling – Site Specific Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
Approach to abseil & abseil tower	Serious injury due to approach ramp or tower collapsing	All	A tri-annual check issuing a Certificate of Inspection from a qualified Engineer. Regular checks on daily use and logged checks 6 monthly.
Trees	Injury/death due to falling trees	All	A regular Arboricultural Report will report on the trees and ongoing dead wooding, felling and replanting schedule will monitor hazardous trees.
Abseil tower	Slipping causing minor bruising	All	Non slip paint will be used on the tower and approach ramp to help participants to not slip whilst abseiling and walking up the ramp.
Falling	Impact injury	Unauthorised users	Lock gates at the top of the ramp when not in use. Replace sign barrier at the bottom of the ramp when not in use.

The Keppleway Centre – Activity Risk Assessment

Birks Bridge Crag- Specific Risk Assessment

To be used in conjunction with - Climbing - Generic Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Rock fall	Rock landing on people from height	All	Due to the nature of the crag there is potential for loose rock, a dynamic risk assessment is needed of the area each time before the climbing session. Safe areas to be designated away from the walls.
Fallen Trees	Falling trees landing on people/equipment	All	Noticeable amount of fallen trees around the area, including 2 dying trees near rock face. Dynamic risk assessment to be undertaken up on arrival and safe areas to be designated.
Loose boulder at top of route 10 'A life well wasted' (Duddon and Wrynose guide)	Potential failure of what looks like a good rigging point	Climber	There's a boulder at the top that looks like a good anchor, however, it does move and therefore should not be used. Rig using the pine tree. All other rock anchors to be used should be thoroughly checked before use.
Abseiling point	Falling from height while walking round to abseil	All	Definite route to be identified to group to abseil.
Birks Bridge (if visiting)	Slipping/ falling and Drowning	All	Birks Bridge is a potential place to visit while at the crag, potentials for slips and Falls, Water is deep enough to cause harm/drowning. No one is to enter water without the appropriate PPE and qualified instructors present. Groups to be monitored around the rocks and aware of the risks involved.

The Keppleway Centre – Activity Risk Assessment

Archery – Generic Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
Getting shot	Death or serious wounding	All	All people are to remain behind shooting line whilst shooting is taking place. Strict control of where arrow is pointed – on going management Warning signs and barriers to be put up at entrance of range. Good Instructor and group awareness of those approaching range. Arrows and bows not to be left unattended or stored together.
Arrows bouncing back from target	Serious wounding	All	Large re-curve bows only to be used from the front of the shelter and no further forward due to their increased power, raising the likelihood of an arrow bouncing back.
Tripping over arrow	Bruising or laceration	All	Approach the target from the side No running on the range
Taking arrows from boss	Stabbed by rear of arrow	All	Good briefing so that archers don't stand directly behind someone removing an arrow. Archers should check behind them before removing arrow
String catching body parts	Bruising	Archer	Correct body position to be demonstrated Arm guards used if necessary Pad on chest used if necessary
Covid-19	Infection	All	Bows and arrows will be cleaned with anti-viral disinfectant after use. Students will be instructed from a safe distance. If they need physical help, this can be carried out by the visiting bubbled member of staff.

The Keppleway Centre – Activity Risk Assessment

Archery on ranges away from Centre – Generic Risk Assessment

To be used in conjunction with Archery Generic Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
Getting shot	Death/injury	Members of public	Any range to be set up according to Archery GB guidelines. Range to be cordoned off with appropriate signage to make public aware of ongoing archery
Heavy target stands	Manual handling injury	Staff	Correct manual handling techniques to be used and enough manpower provided.
Arrows lost	Injury from tripping over lost arrows	Members of public	Net to be erected if grass is long enough to conceal arrows that haven't hit the target

The Keppleway Centre – Activity Risk Assessment

Keppleway archery range – Site Specific Risk Assessment

To be used in conjunction with Archery Generic Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
Path down to archery range	Slipping	All	Instructor to be brief group on the state of the path Wheelchair users to be assisted down with rope tied to their chair. Consider using shelter for group
Livestock behind range	Livestock injury	Livestock	Make sure no livestock are present behind the range.
Slippery surface on range	Falling	All	Excessive use of archery range can cause mud patches, these can become slippery. Guests are to be made aware of the hazard, avoid slippery patches where possible.

The Keppleway Centre – Activity Risk Assessment

Axe Throwing– Generic Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
Getting hit by axe	Death or serious wounding	All	All participants are to remain behind waiting line whilst throwing is taking place. Throwing will take place from a second line - the throwing line and participants will not cross that line until asked by the instructor. Strict control of where axe being thrown – on going management Warning signs and barriers to be put up at entrance of range if necessary. Good Instructor and group awareness of those approaching range. Axes to be stored safely away from uncontrolled access.
Axes bouncing back from target	Serious wounding	All	Throwing line to be situated far enough back relative to power of group's throwing to ensure re-bounding axes can't reach participants
Taking axes from target	Cut hands	All	Axes to be removed using handle only and with awareness of other participants near the target
Injury whilst handling axes	Cuts	All	Participants briefed how to pass an axe and how to carry an axe.
Heavy wood round targets	Injury from falling target	All	Targets to be secured in place to stop them falling over.

The Keppleway Centre – Activity Risk Assessment

Bushcraft – Generic Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
Fire	Burn injuries	All	Careful management of fire and appropriate usage for type of group. Needs constant management. Burns kit to be carried. Water available to put fire out or to treat burns.
Hot objects	Burn injuries	All	Gloves made available for handling hot objects. Closely supervise any cooking and particularly any pots of boiling water. Make sure group are aware of the heat of a melted marshmallow – count slowly to 10 between taking it out of the fire and eating it.
Cooking	Poisoning from poorly cooked food	All	If raw meat is to be cooked, it must be cut open to check it is cooked right through. Hand gel available
Edged tools	Cut and stab wounds	All –	Only to be used with a suitable group. Ratio is 1:6 people using tools Correct procedure to be demonstrated and adhered to – knives only used when sat or kneeling. No walking around with tools. Correct spacing between participants – two arm spans between each person. Tools sheathed when not in use and kept in a secure container, counted out and counted back in again.
Kelly Kettle	Scalds	All	Not to be placed on fire with the stopper in. Correct demonstration of removal from fire and how to pour to be done. Removed from fire using handle at 90 degrees from kettle and poured by holding handle and pulling base up with stopper chain. Gloves supplied.
Wild food	Poisoning	All	Only plants to be consumed that have a 100% positive identification. Not to be collected from a contaminated source.

The Keppleway Centre – Activity Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
			Only ingest a very small amount on the first go.
Shelter building	Crush	All	Staff to ensure that main supporting poles are strong enough to support the structure. Long poles/branches must be carried between two people or dragged by one person. Make participants aware of any guy lines from tarpaulins that are trip hazards.

The Keppleway Centre – Activity Risk Assessment

Camping – Generic Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
Guys, pegs, uneven ground	Tripping causing injury	All	Group awareness, careful placing of guys and pegs, place cooking stoves away from trip hazards and tents
Stove	Burn Injuries	All	Groups well briefed on use of stove. Trangia stoves to be used with methylated spirit or gel. Careful management appropriate to groups needs. Only staff members are to re-fuel the stoves. Stoves to be placed in a circle or against a wall to avoid people stepping over them.
Boiling water	Scalds	All	Pouring of water from pots to be conducted in a safe controlled manner after good briefing and demonstration. Burns kit and cold water available to treat scalds.
Hygiene & health	Ill health caused by poor hygiene and/or poorly cooked food.	All	Use sites with fresh water facilities and toilets where possible. Or boil water for minimum of 5 minutes before use. Prepare food which does not carry a high risk of food poisoning. Teach and observe cooking skills. Provide alcohol wipes/gel for cleaning hands.
Extreme weather	Hypothermia & exposure	All	Careful management of where to pitch camp. Spare clothes for group members. Appropriate exit strategy if necessary.
Fire	All – burn injuries		Careful management of fire and appropriate usage for type of group. Needs constant management. Burns kit to be carried. Appropriate distance away from tents depending on weather conditions
Smoking	Setting fire to tents	All	No smoking to be done in or near tents. Group to be briefed and monitored appropriate to their needs.

The Keppleway Centre – Activity Risk Assessment

Sunnybank Camping – Site Specific Risk Assessment

To be used in conjunction with Camping Generic Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
Lake	Drowning	All	Swimming not permitted unless buoyancy aids are available or a member of staff with a Life Guard qualification. Water can be entered but only knee deep and member of staff must be in constant attendance on the shore.
Livestock	Livestock escaping Contamination from faeces	Livestock, campers	Ensure gate is kept closed at entrance to the field. Hand gel must be available for cleaning hands prior to cooking
Sunnybank House	Disturbance to residents	Residents	Campers must be kept away from the house with noise kept to a minimum after 11pm Campers must stay in the camping field as much as possible.

The Keppleway Centre – Activity Risk Assessment

Hazel Head Farm (Charlie’s) Camping – Site Specific Risk Assessment

To be used in conjunction with Camping Generic Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
River	Drowning	All	Campers must be supervised by member of staff if they want to paddle. Only to be done if river is at a suitable level as judged by the instructor. Swimming must not occur unless a member of staff has a Life Guard qualification.
Livestock	Livestock escaping	Livestock	Ensure gates are kept closed. Groups must be briefed on the importance of doing this. Groups must also adhere to any areas that Charlie declares to be out of bounds due to presence of livestock.
Barn	Burning	All	Cooking on stoves not to be conducted in barn due to highly flammable nature of the building. Briefing on the urn and use of the urn to be given to the group.
Meadow grasses and flowers	Hayfever	Hayfever sufferers	If possible, Activity Manager should arrange for guests suffering from Hayfever to camp at an alternative campsite. At a minimum they should be briefed the campsite is in a hayfield and to take appropriate medication.
No mobile signal	Out of contact	All	The landline at the farmhouse can be used in an emergency - 01229 716531

The Keppleway Centre – Activity Risk Assessment

Bev’s Camping – Site Specific Risk Assessment

To be used in conjunction with Camping Generic Risk Assessment

Identified Hazards	Associated Risk	Who’s At Risk?	Action taken to reduce/eliminate the hazard specific
River	Drowning	All	Campers must be supervised by member of staff if they want to paddle. Only to be done if river is at a suitable level as judged by the instructor. Swimming must not occur unless a member of staff has a Life Guard qualification.
Stepping stones over river	Drowning	All	Stepping stones only to be used if river is at a reasonable level
Livestock	Livestock escaping	Livestock	Ensure gates are kept closed. Groups must be briefed on the importance of doing this. Groups must also adhere to any areas that the owner declares to be out of bounds due to presence of livestock.
No mobile signal	Out of contact	All	The landline in Bev’s hut can be used in an emergency.

The Keppleway Centre – Activity Risk Assessment

Canoeing, flat water - Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Loading/unloading trailer/boat rack	Poor lifting technique causing injury	Students and staff	Specific instructions from instructors to be given and adhered to when loading/unloading the trailer or boat rack. Not to be done unsupervised.
Carrying boats	Poor lifting technique causing back injury	Students and staff	Demonstrate lift and highlight risk of back injuries, ensure canoe carrying is shared between an appropriate number of people.
Capsize	Drowning, hypothermia	Students	Session must be tailored to the weather conditions – if very cold, consider rafting to avoid capsize. Buoyancy aids worn, warm dry clothing and hot drinks carried in safety sack. Group constantly monitored and kept together so that a rescue can be completed as quickly as possible if necessary.
Swamping	Hypothermia or drowning	Student	Careful attention to weather conditions and ongoing management of group. Bailers to be carried in each raft. Boats to have additional buoyancy fitted. Buoyancy aids worn
Cold weather	Hypothermia	Student and staff	Carry spare clothes and hot flask and constant monitoring of group
Hot weather	Sunburn and hyperthermia	Student and staff	Make sure group is well equipped with sunscreen, sun hats and sunglasses and drinking water is available.
Rescuing canoes	Back injury due to poor lifting technique	Staff and student	If boats have airbags, make sure inflated and tied securely. Practise good technique and straight back. If students are used in the rescue, they must be well briefed and understand their role.
Canoeing games	Injury due to contact with paddle, collisions, falling in boat	Students and staff	Helmets will be worn if deemed necessary. The danger of paddle injuries and collisions between boats to be highlighted during game briefing and managed dynamically. Group briefed to keep limbs inside the boat. If standing during a game, this must be done in a controlled fashion.

The Keppleway Centre – Activity Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Entanglement in painters	Getting stuck in boat after capsize	Students	Staff must carry a knife in their buoyancy aid. Painters stowed securely before setting off.
Sailing	Student falling over board		Practise 'person over board', use releasable sail and carry throw bag for possible safety line for retrieval of swimmer.
Group split by wind or poor behaviour	Students capsizing away from instructor	Student	Good group management and briefing. Good choice of location according to wind condition and group ability. Instruction in correct paddling technique. Session cancelled if deemed unviable
Finger entrapment	Fingers squashed between boats when rafting up	Student	Brief group and monitor
Capsize causing group split	Group separation, increasing risk of a further capsize	Students	Good group briefing and management by instructor. Any intentional capsize done under close management and tight control of group
Infection from waterborne diseases	Illness from ingestion of pathogen	Staff and student	Activity manager to pass on Environment Agency updates. Cover all open cuts and abrasions. Wash hands before eating food – anti-bacterial gel to be available.
Covid -19	Infection	All	Kit either quarantined or cleaned after use.

The Keppleway Centre – Activity Risk Assessment

Rafted canoeing - Specific Risk Assessment

To be used in addition to - Canoeing, flat water - Generic Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard
Canoe spars	Injury when carrying spars Spars snapping	Students or staff	Spars can be carried in the canoes, or when carried by students preferably by two people, one either end. If carried solo, the instructor must ensure the student is capable of doing so safely. Spars replaced regularly.
Sailing	Man overboard,	Student	Practise 'person overboard', use releasable sail and carry throw bag for safety line for retrieval of swimmer.
Rafted canoe coming apart	Loss of control of group – injury	Students	Instructor to ensure that raft is securely built before launching particularly if the group has helped to build the raft.
Swamping	Group in water	Students and staff	Rafted canoes not to be overloaded. Rafted canoes to be parallel Bailers carried. Weather forecast to be consulted before session and dynamic risk assessment of water/wave condition to be made on arrival at paddling site and during session.
Entrapment in swamped/broken raft	Drowning	Students	Instructors to carry a knife so that ropes can be instantly cut if necessary. Canoe spars to be changed if deemed unfit for purpose.

The Keppleway Centre – Activity Risk Assessment

Coniston Water – Site Specific Risk Assessment

To be used in addition to - Canoeing, flat water - Generic Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard
Wind	Group splitting and subsequent capsizes too far away from instructor.	Students	Instructor to check forecast before leaving Keppleway to decide on a sheltered location to launch from. Force 2 and below, any location is suitable. Above Force 2, good options are: Southerly/Westerly – Sunny Bank, Brown Howe Northerly/Easterly – Monk Coniston Easterly – Low Peel Near
Gondola and ferry	Collision	Staff and students	Instructor to be aware of larger boats on the lake and to manage group accordingly.
Brown Howe car park	Collision with vehicle. Vehicles damaged by our kit	Students, cars	Group to be well managed in the car park particularly when busy.

The Keppleway Centre – Activity Risk Assessment

Open Canoe River Trips – Specific Risk Assessment

To be used in addition to - Canoeing, flat water - Generic Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard
Pinning on river obstacle	Entrapment and Drowning	Student	Ensure group has correct skill level through coaching for the water they are on. Brief group on the hazard. Instructor to decide on most appropriate route or to portage. Instructor to guard hazards as necessary.
Hitting rocks after capsize	Collision injury	Student	Brief the group on correct defensive swimming techniques. Instructor to assess risk of swim/capsize beforehand and portage if necessary. Helmets to be worn.
Swimmer foot entrapment	Drowning	Student	Brief the group on correct defensive swimming techniques and actions to be taken in the event of a capsize.
Swimmer entrapment in trees	Drowning	Student	Assess risk in current water conditions and consider route choice with possible portage. Instructor to carry knife and folding saw.
Swimmer entrapment by capsized boat	Crush injury between boat and obstacle	Student	Brief group to stay upstream of boat in event of a capsize.
Paddler trapped in capsized boat	Drowning	Student	Instructor to be in position of maximum usefulness whilst group is running the rapid. Instructor to carry folding saw and knife in buoyancy aid. All unnecessary rope and equipment to be taken out of boat or stowed cleanly.
Losing kit	Loss of kit	Student	All kit to be either left in the minibus or securely tied into the canoe.

The Keppleway Centre – Activity Risk Assessment

Open Canoe flat water, night time – Specific Risk Assessment

To be used in addition to - Canoeing, flat water - Generic Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard
Group separating	– poor visibility, communication	Students and staff	Up to date forecast to be consulted and dynamic assessment of wind to be undertaken on arrival. Session cancelled if too windy. Consider rafting boats together. Glow sticks attached each craft? Instructors to carry walkie-talkies if appropriate Use of Headtorches, high vis, glow sticks Consider rafted boats with ideally an instructor per raft.
Getting lost	– poor visibility	Students and staff	Use instructors with good knowledge of Coniston Water. Attach glow sticks to trees at the get on/off point. Map and compass to be carried in safety sack. Use of Headtorches, high vis, glow sticks
Injury from lack of light	– contact injuries	Students and staff	Use of Headtorches, high vis, glow sticks
Losing people if fall overboard	– poor visibility	Students and staff	Use of Headtorches, high vis, glow sticks Boats rafted. Group briefed to be extra vigilant of everyone in their raft and that messing about is not acceptable. No games to be played that could lead to falling overboard. Whole group can be involved in a search.
Losing paddle	– poor visibility	Student and staff	Use of Headtorches, high vis, glow sticks

The Keppleway Centre – Activity Risk Assessment

Additional considerations when instructing clients with disabilities – Specific Risk Assessment

To be used in addition to - Canoeing, flat water - Generic Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard
Mobility impairment	Inability to swim	Client	Appropriate flotation Buoyancy aid or lifejacket worn
Unable to use standard seat	Falling into boat or into water	Client	In consultation with client if possible, choose from a range of possible seating options that best match the needs of their needs – extra seat strapped in, head support provided if necessary, bean bag etc.
Unable to enter/exit boat without assistance on shore	Dignity of client	Client	Hoist can be used to get client into boat at the shore. Appropriate and safe lifting techniques to be used if staff are lifting the client into the boat.
Extra risk of cold or heat because of mobility impairment	Getting uncomfortably cold /hot or possibly hypo or hyperthermic	Client	Ensure client has suitable clothing for the conditions, including fleece waterproof bag for legs if needed. Stay in communication with client and or carer to determine level of need.
Inability to exit boat if capsizes	Entrapment, drowning	Client	Remove anything that might impede exit from the boat If client is in a wheelchair or strapped to a seat, a quick release must be fitted and all instructors must carry a knife Cannot be attached to a wheelchair due to lack of floatation in event of a capsized An instructor to be assigned responsibility for each wheelchair user.
Inability to reenter boat after capsized	Getting too cold in water, drowning	Client	In deep water lifting the client in with a team if light enough or support them in the water back to shore if too heavy Boats are usually rafted to prevent capsized in first place

The Keppleway Centre – Activity Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard
Balance/Coordination impairment	Increased capsize risk	Client	Boats rafted together. Client supported to and from seat whilst getting into and out of boat.
Susceptibility to seizures	Seizure leading to falling into water or into boat	Client	Life jackets to be worn if a seizure is suspected. Ensure client can move freely in boat and that head can be cushioned in the event of a seizure. Boats rafted for additional stability. Appropriate level of staffing for additional needs
Learning disability	Misunderstanding of instructions	Client	Ensure safety information has been communicated appropriately and understood. Boats rafted if deemed necessary.
Deformities / amputations	PPE coming off, inability to swim	Client	Ensure PPE is appropriately adapted to remain effective. Client supported in water by staff and

The Keppleway Centre – Activity Risk Assessment

Climbing - Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Falling	Impact injury	Climber	Harnesses and helmets to be worn at all times whilst climbing or belaying. Climber attached to a dynamic rope appropriately as judged by the instructor taking in the factors present e.g. group, venue and instructor qualification and experience. Belay kept tight, particularly in first 2m and instructor to ensure that belayers are attentive and suitably skilled for the chosen belaying method. Harness on climber and belay plate and karabiner on belayer to be checked by instructor before climb starts. Lowering to be done under direct supervision of an instructor.
Fall from top	Impact injury	All	Unclip/untie well back from edge in a designated safe area. Students must not be on top of a crag without direct supervision and must be clipped into a safety system if there is a possibility of a fall. Instructor to use appropriate personal safety system when rigging the climb.
Anchor failure	Impact injury	All	Test all anchors before use. Minimum of 2 anchors to be used if they are large trees or large secure boulders or 3 anchors if using bolts or nut/hex placements. Climb to be rigged in accordance with NGB guidelines.
Cold muscles	Soft tissue damage	Climber	Suitable warm up provided if necessary.
Equipment failure	Impact injury	Climber	Regular documented equipment checks; appropriate use of equipment & visual checks whilst on session. Rope protectors to be used in high wear areas. Equipment retired according to the manufacturers recommendations.
Feet slipping/pendulum	Impact injury	Climber	Climb in line with anchor if possible. Footwear with a suitable grip to be used. If a pendulum is a possibility, the instructor must either coach the climber back into the correct position or make the climber aware of the situation and to put feet out in front in the event of a pendulum.

The Keppleway Centre – Activity Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Belayers letting go of climbing rope	Fall, impact injury	Climber	Climbing rope kept tight with attentive belaying. Good brief of the belaying system with the emphasis on not letting go of the dead rope until the climber is back on the ground, ensure the whole belay team understands their role before climbing starts. Instructor to only manage maximum of 2 ropes. Lowering only to be done under direct supervision of instructor.
Rings caught in cracks/edges	Finger entrapment, de-gloving	Climber	Remove rings or tape over them and make climber aware of potential risk.
Bouldering	Fall, impact injury	Climber	Manage the height at which clients can boulder. Boulder only at locations with good landings. Effective spotting in line with good practice. Helmets must be worn
Sharp edges causing equipment failure	Fall, impact injury	Climber	Pad edges, protect ropes, rig to avoid problematic areas.
Karabiners not done up	Fall, impact injury	Climber	Instructor must double check all karabiners before use – both on rigging system and on belayers. Orientate to gravity load the gate if possible. Use double karabiner on bottom rope anchor.
Approach to crag	Loose and rough terrain causing injury impact injury	All	Attentive supervision particularly with clients that are less steady on their feet. Designate safe area when reaching the crag.
Cigarette burns	Failure of safety equipment due to burns Fatality	All	Avoid allowing clients to smoke during the session but where necessary supervise to ensure PPE is removed beforehand in a designated safe place.
Rocks and other objects falling from the top	Objects and rocks falling onto climbers and those watching at the bottom	All	All attending a climbing session will wear helmets for the duration. If helmets need to be removed, then a safe zone will be established well back from the crag. The group will be briefed about the procedure to make those at the bottom aware of falling debris.
Entanglement of hair or clothing in belay device	Belay device jamming	Climber and belayer	Instructor to ensure that anything that might get caught in the belay device is tucked out of the way.

The Keppleway Centre – Activity Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Damage to climbing rope if left on the ground	Failure of the climbing rope at a later date	Climber	Coil up any unused rope and put into a rucksack or rope bag. Belay team to coil rope onto something rather than onto the ground. Group briefed not to step on rope during session.
Climbers getting stuck	Entrapment injury or can't get climber down	Climber	Choose climbs that are reasonable for the group's ability Instructor to be able to rescue climber from the top if necessary. Avoid climbs with large ledges where a climber may get crag fast.

The Keppleway Centre – Activity Risk Assessment

Brown Howe Quarry - Specific Risk Assessment

To be used in conjunction with - Climbing - Generic Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Broken glass, cans	Lacerations from glass smashed at bottom of crag and on ledges and sharp cans	All	Inspection of crag before use. Use hand brush from minibus if needed to clear debris away
Nearby road	Impact with vehicles	All	Awareness of group at all times when moving to and from the crag and good briefing of road danger along with constant management. Walk the group along the path off the road rather than on the road
Loose rock on northern wall of quarry	Impact injury from falling rock	All	Brief the group to stay away from the northern wall of the quarry (right hand side as you look into the quarry)– recent clearances of undergrowth and trees have exposed lots of loose rock

The Keppleway Centre – Activity Risk Assessment

Diamond Crag, Eskdale - Specific Risk Assessment

To be used in conjunction with - Climbing - Generic Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Road after parking at train station	Collision with vehicles	All	Group to be briefed and managed, generally single file along the 50m of main road before crossing.
Bolts	Bolt failure	Climber	Instructor to closely inspect integrity of bolts before using in the setup

The Keppleway Centre – Activity Risk Assessment

Stretcher Crag, Eskdale - Specific Risk Assessment

To be used in conjunction with - Climbing - Generic Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Road after parking at train station	Collision with vehicles	All	Group to be briefed and managed, generally single file along the 50m of main road before crossing.
Bolts	Bolt failure	Climber	Instructor to closely inspect integrity of bolts before using in the setup
Ticks	Lyme disease	All	Brief group to check themselves for ticks after moving through the bracken on the approach to the crag.

The Keppleway Centre – Activity Risk Assessment

The Hoad, Ulverston - Specific Risk Assessment

To be used in conjunction with - Climbing - Generic Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Broken glass, cans	Lacerations from glass smashed at bottom of crag and on ledges and sharp cans	All	Inspection of crag before use. Use hand brush from minibus if needed to clear debris away
Bolts	Bolt failure	Climber	Instructor to closely inspect integrity of bolts before using in the setup. Some are placed at the wrong angle and some spin.
Ticks	Lyme disease	All	Brief group to check themselves for ticks after moving through the bracken on the approach to the crag.
Ledge 3m up the crag	Falling from ledge	All	Instructor to ensure that group is safe from a behavioural point of view before choosing to belay from the ledge.

The Keppleway Centre – Activity Risk Assessment

Brantrake Crag, Eskdale - Specific Risk Assessment

To be used in conjunction with - Climbing - Generic Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Loose boulders –at top	Falling due to setup failure	Climber	Instructor must carefully check any boulders used in the setup because lots of them look solid but are not.
Ticks	Lyme disease	All	Brief group to check themselves for ticks after moving through the bracken on the approach to the crag.
Peregrines	Peregrines scared away	Peregrines	Brantrake not to be used during the nesting season 1 st Mar – 30 th June

The Keppleway Centre – Activity Risk Assessment

Blawith Crag - Specific Risk Assessment

To be used in conjunction with - Climbing - Generic Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Steep drop near belaying point	Falling	Belayers	Instructor to brief group to be aware of and stay away from the drop into the beck at the bottom of the crag
Ticks	Lyme disease	All	Brief group to check themselves for ticks after moving through the bracken on the approach to the crag.
Road crossing	Collision	All	Instructor to carefully manage the road crossing to and from the vehicle.

The Keppleway Centre – Activity Risk Assessment

Tilberthwaite Quarry - Specific Risk Assessment

To be used in conjunction with - Climbing - Generic Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Rock fall	Rock landing on people from height	All	Due to the nature of the slate quarry rock there is often loose rock, a dynamic risk assessment is needed of the area each time before the climbing session. Safe areas to be designated in the middle of the quarry away from the walls.
Ticks	Lyme disease	All	Brief group to check themselves for ticks if they have been moving through the bracken.
Bolts	Bolt failure	Climber	Instructor to closely inspect integrity of bolts before using in the setup

The Keppleway Centre – Activity Risk Assessment

Birks Bridge Crag- Specific Risk Assessment

To be used in conjunction with - Climbing - Generic Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Rock fall	Rock landing on people from height	All	Due to the nature of the crag there is potential for loose rock, a dynamic risk assessment is needed of the area each time before the climbing session. Safe areas to be designated away from the walls.
Fallen Trees	Falling trees landing on people/equipment	All	Noticeable amount of fallen trees around the area, including 2 dying trees near rock face. Dynamic risk assessment to be undertaken up on arrival and safe areas to be designated.
Big Boulders near Belay points	Slipping and Falling	Climber, Belayer/Back ups	Large boulders around the bottom of crag where belayers and back-ups would potentially stand, instructors to supervise area and ensure safe standing positions
Loose boulder at top of route 10 'A life well wasted' (Duddon and Wrynose guide)	Potential failure of what looks like a good rigging point	Climber	There's a boulder at the top that looks like a good anchor, however, it does move and therefore should not be used. Rig using the pine tree. All other rock anchors to be used should be thoroughly checked before use.
Abseiling point	Falling from height while walking round to abseil	All	Definite route to be identified to group to abseil.
Birks Bridge (if visiting)	Slipping/ falling and Drowning	All	Birks Bridge is a potential place to visit while at the crag, potentials for slips and Falls, Water is deep enough to cause harm/drowning. No one is to enter water without the appropriate PPE and qualified instructors present. Groups to be monitored around the rocks and aware of the risks involved.

The Keppleway Centre – Activity Risk Assessment

Crate stacking - Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Falling	Impact injury	Climber	Ensure belay is kept tight especially if climber is less than 2m off the ground. Appropriately fitted PPE to be worn. Low stretch rope to be used. Instructor to be attentive to belayers. Climber to be attached appropriately according to instructor qualification, experience and judgement. Climber encouraged not to pull up on the rope.
Inverting during a fall	Impact injury	Climber	Sit harness and chest harness or full body harness to be considered. Risk is similar to abseil or tree.
Falling crate	Impact injury	Students and staff on ground	Helmets to be worn by everyone until the activity has finished. Tower must not be manually supported to avoid people being static in the impact zone. Group briefed to be aware of crates falling at any time. Pole to be used to pass crates up instead of throwing. Tower orientated to fall away from belayers.
Equipment failure	Impact injury	Climber	Regular documented checks, appropriate use of equipment & visual checks whilst on session. Anchors to be checked regularly and replaced as necessary.
Fingers caught between crates	Crush injury	Builders	Ensure the group is aware of the possibility of and avoids fingers getting caught between crates as they are stacked.
High winds	Increased stress on equipment. Falling branches	All	Activity not to be used in strong winds as recommended by the constructors
Safe working load of activity	Damage/failure of equipment and tree	Climbers	As recommended by the constructors, normally no more than 120kg (18 ½ stone) per person. 320kg in total.

The Keppleway Centre – Activity Risk Assessment

The Keppleway Centre – Activity Risk Assessment

Crate stacking – wheel chair users - specific Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Client unable to move away from falling crates/tower	Impact injury	Client	If the client is fully immobile, their feet must be level with the top of the tower throughout so that they cannot be hit by falling crates/tower. Other wheelchair users on the ground must be positioned well away from any area that may be affected by falling crates.
Discomfort and possible injury due to harnessing	Injury	Client	Harnessing to be done in a carefully considered fashion and in constant communication with the user or their carer if the user is non-communicative. Hoisting must be paused as soon as the full weight of the client has come onto the harness in order to check the comfort and wellbeing of the client.
Emotional wellbeing	Emotional distress	Client	The emotional wellbeing of the client must be continually checked, particularly if the client is unable to communicate verbally.
Misuse of equipment	Equipment failure and impact injury	Client	Only staff signed off by the Activity Manager may use the hoist system on the crate stack activity.

The Keppleway Centre – Activity Risk Assessment

Ghyll scrambling / Gorge Walking / Canyoning- Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Cold weather, cold water	Hypothermia	Client	Ensure all group members wear appropriate clothing. Instructor to monitor participants. Hot drink, warm clothes to be carried in safety sack. Following 3 cold water incidents in the ghyll in Nov 2015 and Feb 2016 it is recommended that in colder months of the year, Steamers with waterproof and maybe fleece over the top are worn if possible. Additionally, full immersion by jumping should not happen until right at the end of the session and only after a slow immersion to avoid cold water shock.
Slippery rocks	Slipping and falling causing bruising and sprains	Client	All of group to be wearing appropriate footwear, helmets and buoyancy aids. Brief group of danger areas and how to place feet in the environment.
Fast current	Slipping and falling causing bruising and sprains	Client	Instructor awareness of individual abilities, and to tailor the session accordingly. All to wear protective clothing. Session not to proceed if water level is too high for group's ability –see end of RA.
Deep pools	Drowning	Client	All members of the group to wear correctly fitted buoyancy aids. Constant instructor supervision.
Entrapments	Hypothermia and drowning	Client	Instructor to carry knife, group to be briefed on danger and to tread carefully.
Debris in pools	Impact injuries, stab injuries from metal objects	All	Instructor to inspect pools before jumping for sufficient depth and contaminating metal work, particularly in Church Beck
Flash floods	Drowning	All	Instructor to be aware of recent weather and nature of the area. Activities Manager to pass on information about water releases in Church Beck.
Deceptive depths of water	Injury to lower legs	Client	Group to wear good fitting footwear and instructor to encourage good communication of information.
Rings & cracks/edges in rock	Finger, jewellery getting stuck, degloving	Client	Remove rings/jewellery or tape over
Falling objects	Bodily injury	All	Wear helmet – instructor to be attentive of the state of the banks of the ghyll and what is above the group.

The Keppleway Centre – Activity Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Falling	Impact injury	Client	Good spotting throughout ascents, clients briefed on correct route and to wait in designated safe area.
Jumping into pools	Impact injury, from landing badly or hitting bottom	Client	Pool inspected by instructor prior to jumping. Group briefed to keep legs together and arms in as they land.

The Keppleway Centre – Activity Risk Assessment

Roped climbs in ghylls / gorges - Generic Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Equipment failure	Impact injury	Climber	Regular documented equipment checks; appropriate use of equipment & visual checks whilst on session
Feet slipping /pendulum	Impact injury	Climber	Climb in line with belayer
Letting go & falling	Impact injury	Climber	Climbing rope to be kept tight
Anchor failure	Impact injury	Climber	Test all anchors before use.
Sharp edges	Impact injury from equipment failure	Climber	Direct rope away from sharp edges
Falling	Impact injury	Climber	Keep belay tight, particularly first move and ensure all equipment is correctly fitted and belayers skilled and attentive.
Karabiner not done up	Impact injury	Climber	Check all karabiners before climber starts. Climber to show the instructor a visual squeeze test on the karabiner to confirm the gate is shut.
Harness not done up correctly	Impact injury	Climber	Harnesses checked at start of session and before a roped climb.
Instructor fall from height	Impact injury	Instructor	Instructor to be clipped into safety system at the top of the climb
Group getting too cold whilst waiting	Hypothermia	Client	Instructor to assess weather conditions and state of group before deciding to go ahead with a roped climb.

The Keppleway Centre – Activity Risk Assessment

Birks Duddon River - Specific Risk Assessment

To be used in conjunction with Generic Ghyll / Gorge / Canyon risk assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Egress from ghyll	Slips and falls	Client	Instructor to spot the egress appropriately and ensure that group is briefed to take extra care particularly when cold, wet and tired.
Debris in pools	Impact injuries, stab injuries from metal objects	All	Instructor to inspect pools before jumping for sufficient depth and contaminating metal work.
Undercut rocks	Pinning client	Client	Awareness of where undercuts are, and how to avoid them
Landing on a ledge	Body injuries	Group	Don't jump from bridge, manage jumps from sides carefully with water level on the day

The Keppleway Centre – Activity Risk Assessment

Church Beck - Specific Risk Assessment

To be used in conjunction with Generic Ghyll / Gorge / Canyon risk assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Egress from ghyll	Slips and falls	Client	Instructor to spot the egress appropriately and ensure that group is briefed to take extra care particularly when cold, wet and tired.
Debris in pools washed down from old mine workings	Impact injuries, stab injuries from metal objects	All	Instructor to inspect pools before jumping for sufficient depth and contaminating metal work.

The Keppleway Centre – Activity Risk Assessment

Esk river - Specific Risk Assessment

To be used in conjunction with Generic Ghyll / Gorge / Canyon risk assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Remoteness of ghyll	Time taken for help to arrive	All	Extra food, warm drinks and clothing should be taken in and left at the changing point
Big jumps	Injury from entering water wrong	Client	Instructor to assess ability of group on smaller jumps before allowing activity on big jumps

The Keppleway Centre – Activity Risk Assessment

Hardknott Beck - Specific Risk Assessment

To be used in conjunction with Generic Ghyll scrambling risk assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Egress from ghyll	Slips and falls	Client	Instructor to spot the egress appropriately and ensure that group is briefed to take extra care particularly when cold, wet and tired.
High flow under road bridge	Slip down falls	All	Use a rope anchored to the tree upstream of the bridge, through the tunnel as a handrail or belay.
High flow upper areas	Slips on falls	Client	Careful spotting or handline.

The Keppleway Centre – Activity Risk Assessment

Rydal Beck - Specific Risk Assessment

To be used in conjunction with Generic Ghyll / Gorge / Canyon risk assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Egress from ghyll	Slips and falls	Client	Instructor to spot the egress appropriately and ensure that group is briefed to take extra care particularly when cold, wet and tired.
Buckstones jumps	Recirculating stopper at higher flow	All	Instructor to inspect pools before jumping for safety
Jumps	Catching rocks	Client	Jumps to be inspected and briefed carefully with landing with arms in. Hand line and instructor attached to handline on the "big" jump
waterfall climb	Ladder entrapment	Group	Ladder climb is to be belayed on a tight rope to reduce risk

The Keppleway Centre – Activity Risk Assessment

Stickle Ghyll - Specific Risk Assessment

To be used in conjunction with Generic Ghyll / Gorge / Canyon risk assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Long scramble at top of bottom ghyll section	Falling	Group	Special care should be taken on the top long scramble. A fall has serious consequences, and the scramble should be spotted accordingly or not used if the group is not capable.
Jump pool with tree	Loose rock	Anyone jumping	The tree should not be used as a location to jump from due to the unstable rock on river left.

The Keppleway Centre – Activity Risk Assessment

Tarn Beck - Specific Risk Assessment

To be used in conjunction with Generic Ghyll / Gorge / Canyon risk assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Egress from ghyll	Slips and falls	Client	Instructor to spot the egress appropriately and ensure that group is briefed to take extra care particularly when cold, wet and tired.
Jumping in pool near top	Impact injuries,	All	Careful briefing of where to jump
Slips and falls	falls	Client	Careful briefing and practice on area below main features, keeping low and slow on slippery rocks
Undercut rocks	Entrapment	Group	Instructor aware of where undercut rocks are and how to avoid them

The Keppleway Centre – Activity Risk Assessment

Thrang Beck - Specific Risk Assessment

To be used in conjunction with Generic Ghyll / Gorge / Canyon risk assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Egress from ghyll	Slips and falls	Client	Instructor to spot the egress appropriately and ensure that group is briefed to take extra care particularly when cold, wet and tired.
Jumping in pool near top	Impact injuries,	All	Careful briefing of where to jump
Slips and falls	falls	Client	Careful briefing and practice on area below main features, keeping low and slow on slippy rocks
Long climbs	Slips and falls	Group	Instructor to know where anchors are and how to rig handlines, belays and use slings to assist in relevant places, part of training
Undercut rocks	Entrapment	Group	Instructor aware of where undercut rocks are and how to avoid them

The Keppleway Centre – Activity Risk Assessment

Nether Beck - Specific Risk Assessment

To be used in conjunction with Generic Ghyll / Gorge / Canyon risk assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Egress from ghyll	Slips and falls	Client	Instructor to spot the egress appropriately and ensure that group is briefed to take extra care particularly when cold, wet and tired.
Jumping in pool near top	Impact injuries,	All	Careful briefing of where to jump
Slips and falls	falls	Client	Careful briefing and practice on area below main features, keeping low and slow on slippy rocks
Long climbs	Slips and falls	Group	Instructor to know where anchors are and how to rig handlines, belays and use slings to assist in relevant places, part of training
Undercut rocks	Entrapment	Group	Instructor aware of where undercut rocks are and how to avoid them

The Keppleway Centre – Activity Risk Assessment

Over Beck - Specific Risk Assessment

To be used in conjunction with Generic Ghyll / Gorge / Canyon risk assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Egress from ghyll	Slips and falls	Client	Instructor to spot the egress appropriately and ensure that group is briefed to take extra care particularly when cold, wet and tired.
Jumping in pool near top	Impact injuries,	All	Careful briefing of where to jump
Slips and falls	falls	Client	Careful briefing and practice on area below main features, keeping low and slow on slippery rocks
Long climbs	Slips and falls	Group	Instructor to know where anchors are and how to rig handlines, belays and use slings to assist in relevant places, part of training
Undercut rocks	Entrapment	Group	Instructor aware of where undercut rocks are and how to avoid them

The Keppleway Centre – Activity Risk Assessment

Tilberthwaite Beck - Specific Risk Assessment

To be used in conjunction with Generic Ghyll / Gorge / Canyon risk assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Culvert under road	Getting stuck Clients stopping and blocking rest of group – water backing up Cuts from metal work at river entrance	All	Culvert to be checked for blocking debris before use. Only send clients through maximum of two at a time and only after they have confirmed they are happy in the confines of the culvert. Make group aware of exposed metal work in the concrete
Waterfall climbing	falling	group	The three potential roped climbs must be roped! Instructor must be competent to access them unroped without risking the group. Certificate of Competence to be completed for this
Return path	Falling into river	Client	Group to be briefed to take extreme care on the return path that runs high above the river and is narrow in places, particularly because group will be cold, wet and tired. Any unsteady group members to be escorted personally by the instructor

The Keppleway Centre – Activity Risk Assessment

Improvised raft building - Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Carrying boats	Poor lifting technique causing soft tissue injury	All	Demonstrate lift and highlight risks, ensure canoe carrying is shared between an appropriate number of people.
Rafting spars	Spar to head	Students	Normally, spars are to be carried by two people, one either end.
Dropping raft	Crush injuries due to raft being dropped whilst being turned over or being carried	All	Carrying and turning of rafts to be done in a controlled manner under the supervision of instructor.
Rafting games	Falling into, onto or off raft	Students	Standing on raft done so under careful management and with helmets
Cold weather / water	Hypothermia	All	Carry spare clothes and hot flask and constant monitoring of group. Rafts to pass shake test before beginning – sufficient rescue craft available for number of students.
Hot weather	Sunburn and hyperthermia	All	Make sure group is well equipped with sunscreen, sun hats and sunglasses and drinking water is available.
Paddling	Injury due to collision with paddle	Student	Brief group about awareness of other people when using their paddle, wear helmets.
Entrapment	Drowning	Student	Good briefing, loose ropes to be tied away, Instructors to carry knives and to be aware at all times of anyone in the water
Water	Drowning	Student	Correctly fitted buoyancy aids will be worn by all, helmets to be worn by all.
Wind	Raft getting blown into open water	Student	If possible, raft to be launched on a sheltered shore. Tying the raft to a tree is an option. Instructor to cancel the session if deemed to be too windy
Drowning	Death	Student	A canoe to be used as a safety boat and instructor to be constantly vigilant of anyone in the water

The Keppleway Centre – Activity Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Raft coming apart	Entanglement, multiple swimmers	Student	Raft checked for integrity before launch. The conditions and guests may dictate how solid the raft needs to be. If the raft does come apart, the instructor must be aware of all swimmers in the water and carry a knife to deal with any entanglement.

The Keppleway Centre – Activity Risk Assessment

Kayaking, flat water - Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Carrying boats	Poor lifting technique causing back injury	All	Demonstrate lifting and highlight risk of back injuries, where appropriate ensure kayak carrying is shared between 2 people.
Kayaking games	Paddle to head	Students	Helmets will be considered. The danger is to be highlighted and managed accordingly.
Kayaking games	Hitting lake bottom	Students	Ongoing observation and management. Helmets to be considered in shallows
Kayaking games	Side impact from other boats ramming, causing bruising.	Students	Briefing on the risk. Careful management and group awareness.
Capsize causing entrapment	Getting stuck under boat causing drowning	Student	Instructor being close to group at all times, practice technique on shore of getting in and out (capsize drill). Other group members shouting 'capsize/swimmer' if incident occurs. No objects to be stored in cockpit area. Laces to be tucked away
Cold Weather	Hypothermia	Student	Carry spare clothes and hot flask and constant monitoring of group
Hot Weather	Sunburn and hyperthermia	Student	Make sure group is well equipped with sunscreen, sun hats and sunglasses and drinking water is available.
Kayak raft games	Falling onto boats or paddles causing injury	All	Helmets will be considered and careful management of exercise is needed.
Rescuing kayaks	Back injury	Instructor	Ensure boats have airbags or bulkheads and good technique is practised according to NGB guidelines
Other lake users	Collision with other boats, their wash, or becoming separated.	All	Good awareness of other lake users and ensure group stay together.
Capsize causing drifting	Group splitting	All	Instructor close to group at all times and group kept close together with any intentional capsize done under close management and tight control of group. Good awareness of weather conditions.
Wildlife	Swans and other birds defending their young can be aggressive.	All	Instructor to keep group away from threatening wildlife. Appropriate respect for environment and nature to be maintained

The Keppleway Centre – Activity Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Strong winds and cold weather	Exhaustion	Students	Awareness of weather, appropriate trip and distance planned, prevention better than cure, appropriate tows used, rests employed, take shelter if needed.

The Keppleway Centre – Activity Risk Assessment

Coniston Water – Site Specific Risk Assessment

To be used in addition to - Kayaking, flat water - Generic Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard
Wind	Group splitting and subsequent capsizes too far away from instructor.	Students	Instructor to check forecast before leaving Keppleway to decide on an appropriate location to launch from. Force 2 and below, any location is suitable. Above Force 2 good sheltered locations are: Southerly/Westerly – Brown Howe, Sunny Bank Northerly/Easterly – Monk Coniston Easterly – Low Peel Near
Gondola and ferry	Collision	Staff and students	Instructor to be aware of larger boats on the lake and to manage group accordingly. Group kept together in the middle of the lake.
Brown Howe car park	Collision with vehicle. Vehicles damaged by our kit	Students, cars	Group to be well managed in the car park particularly when busy.

The Keppleway Centre – Activity Risk Assessment

Kayaking, river trips - Generic Risk Assessment

To be read in conjunction with Kayaking flat water generic risk assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Pinning on rock or bridge pillar	Entrapment and drowning	Paddler	Good briefing of line to be taken and action to take in event of a pin. Good teaching progression. Hazards guarded by instructor
Swimming - hitting rocks	Impact injuries – head or rest of body	Paddler	Good briefing of line to be taken. Defensive swimming techniques taught by instructor. Helmets to be worn.
Swimmer foot entrapment	Drowning	Paddler	Good briefing of line to be taken. Defensive swimming techniques taught by instructor
Swimmer entrapment in trees	Drowning	Paddler	Assess risk in current water conditions and consider route choice with possible portage. Good briefing of line to be taken. Defensive swimming techniques taught by instructor. Instructor to carry knife and saw.
Swimmer entrapment	Paddler crushed by boat on obstacle		Brief to stay upstream of boat in event of a swim.
Getting lost or separated	Paddler		Good group awareness and buddy system

The Keppleway Centre – Activity Risk Assessment

Mine exploration - Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session for site specific risks see reports in appendix

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Misuse of the site	Injury from using areas that are out of bounds. Contravening user agreement.	All, the site	If possible, a member of Keppleway must attend a briefing from the National Trust on an annual basis, for Cathedral quarry, Other sites to be visited with appropriate induction, following mine inspectors reports. Before use of the cathedral quarry, instructors must read the document – “Atkinson Coppice Quarry: Outdoor Professional Users Guide”. Produced by The National Trust. Other sites the Mine risk assessment will have been read for that venue
Falling rocks	Impact injury from rock	All	Assess state of tunnel wall and roof before entry – looking for evidence of recent and possible rockfall. No stone throwing. Ensure all wearing correct fitting helmets before entering the quarry. Keep away from out of bounds areas and do not go beyond barriers. Activity Manager to pass on information received from the National Trust and inspectors / user group regarding any new rock fall or potential of rock fall.
Banging head	Head injuries especially in tunnels	All	Make group aware of low ceilings and rock jutting out from walls Ensure all wearing correct fitting helmets before entering quarry Ensure group moves slowly in hazardous areas Ensure sufficient emergency light available
Candles	Burns from hot wax and flame	All	Ensure that the group is aware of naked flames and hot wax, keep both at distance from body and away from other group members
Falling from height	Death or serious injury	Students	Ensure group aware of danger, especially those with poor concentration/ poor behaviour etc. keep group together in tight control – everybody to stay together keep away from all steep edges

The Keppleway Centre – Activity Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
			ensure all wearing correct fitting helmets Protect scramble sections with good staff/pupil ratio, good staff positioning and communication.
Water	Drowning	Student	Ensure group is aware of any water hazard and keep group under good control Buoyancy aids if swimming at Hodge.
Slippery surfaces	Slipping, tripping or falling causing bruising	All	Brief group of dangers of wet slate. Move slowly, especially in areas of darkness e.g. tunnel sections, and warn of awkward sections. Ensure group have adequate footwear with good grip. Spot any sections of scrambling. Choose route carefully appropriate to group's level of mobility/balance etc. Have sufficient emergency lighting available if required – headtorches/candles etc.
Unknown mine/quarry	Death from falling through false floors, rock fall, drowning	All	Named Quarries with up to date inspections are the only underground mines or quarries to be entered during a Keppleway session

The Keppleway Centre – Activity Risk Assessment

Minibus Use - Generic Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Road Accident	Injury/death	All	Driver to hold appropriate qualification for driving a minibus. Driving licence check to be carried out before driver starts driving for the first time and on an annual basis thereafter. Driver to drive according to the Highway Code and appropriate to the road conditions. Minibus to be routinely checked for mechanical integrity. Minibus to be road legal with regards to up to date MOT. Driver must ensure all passengers have a seat belt securely fastened before pulling away.
Removable seats	Incorrectly attached, becoming loose	Passenger	Seats only to be re-installed by a driver approved by the Activity Manager.
Distracting behaviour by passengers	Driver distracted leading to accident	All	Responsible adult to travel in the back of the bus if deemed necessary by the driver
Safeguarding issues	False accusations	Staff	If vulnerable Under 18s considered at risk of making accusations against the driver are being driven, a second adult must be present in the bus.
Wheelchair attachment	Incorrect attachment, injury	Wheelchair user and other passengers	Only staff approved by the Activity Manager are allowed to strap wheelchair users into the bus.
Wheelchair ramps	Chair and user falling off ramps	Chair user	Chair user must be spotted by a member of staff as they ascend and descend the chair ramp.

The Keppleway Centre – Activity Risk Assessment

Mountain biking - Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Getting lost	Exhaustion	Student	Good navigational practice, maps and compasses carried. Good awareness of locations at all times by instructor
Weather conditions	Hypothermia	Student	Prior weather forecast consulted and good route choice. Correct clothing and waterproofs carried. Emergency shelter with spare hot drinks and food carried. Instructor to be aware of condition of group.
Over exertion	Exhaustion / dehydration	Student	Awareness of individuals' abilities in the group. Frequent rests and good route planning. Adequate supplies of food and water. Good coaching on use of bike – saddle height and use of gears to ensure maximum efficiency
Loose or un-even ground	Falling off bike	Student	Good briefing and good route choice. Helmets and gloves to be worn. Appropriate teaching sequence. Constant management. Spotting of particular sections if necessary.
Steep terrain	Falling off bike	Student	Good route choice appropriate to groups and individuals needs, appropriate PPE and clothing worn, appropriate control of speed, constant good group management.
Falling off bike	Impact injury	Student	Good spacing between riders, helmet and gloves to be worn, awareness of individuals needs. Good route and line choice by instructor. Good coaching on use of brakes and body position on bike.
Equipment failure	Causing disruption and delay on route.	All	Use well maintained bikes, which are inspected before and during use. Repair equipment to be carried as appropriate. Protective clothing to be worn.
Equipment failure (of non-centre bikes.)	Impact injury	All	Week 1 of the current 6 week MTB program ran by Keppleway, is looking at bike maintenance and equipment ensuring the candidates are able to maintain their own bike to a basic standard whilst being over seen by the TCL/ level 2 MTB leader in line with their NGB Qualification of bike maintenance.

The Keppleway Centre – Activity Risk Assessment

Mountain day- Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Getting lost	Exhaustion, hypo/hyperthermia, psychological	Student	Walk led by a Summer ML holder. Good navigational practises, maps and compasses carried. Awareness of locations at all times. Appropriate kit carried in safety bag.
Weather conditions	Hypothermia	Student	Prior weather forecast consulted and good route choice. Correct clothing and waterproofs carried. Emergency shelter with spare hot drinks and food carried. Instructor to be aware of condition of group.
Over exertion	Exhaustion / dehydration	Student	Awareness of individual's abilities in the group. Frequent rests and good route planning. Adequate supplies of food and water consumed before and during the walk.
Rough terrain	Injury to ankles/lower legs	Student	Appropriate footwear, done up correctly
Steep terrain	Falling causing injury	Student	Good route choice – appropriate to group. Confidence rope carried if deemed necessary. Instructor to spot individuals if help is needed.
Handling wheelchair users over rough/steep terrain	Manual handling injury	All	Correct manual handling techniques used to make sure the member of staff doesn't receive a manual handling related injury – enough staff to move wheelchair user over rough terrain, rope/slings available to pull wheelchair user without compromising back position, good communication between everyone involved so that everyone knows what is happening.
Hot weather	Sunburn and hyperthermia	Student	Make sure group is well equipped with sunscreen, sun hats and sunglasses and drinking water is available.
Lightning	Lightning strike	All	Consult forecast before leaving. If thunderstorm does approach, group to be led to lower ground and possibly walk abandoned.

The Keppleway Centre – Activity Risk Assessment

Navigational exercises / Orienteering - Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Slippery surface	Slips, trips and falls	Clients	Briefing to include and awareness of terrain. Suitable footwear to be worn.
Trees	Head / body injury from collision	Clients	Brief group to be aware of their surroundings and take their time in areas of trees
Weather	Cold, hypothermia, hyperthermia	Clients	Group suitably equipped for weather conditions and suitable routes and locations used.
Getting lost	Injury whilst out of reach of help	Clients	Good teaching and appropriate progression of difficulty. When working solo or in pairs a whistle or means of attracting attention must be used. Visual markers placed for catching clients going the wrong way eg. discs on trees
Darkness	Getting lost	Clients	Headtorches to be issued if necessary. Lights and glow sticks available to be used as appropriate.

The Keppleway Centre – Activity Risk Assessment

Night line - Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Car park, cars	Impact injury	All	Brief group to be careful when in car park. Careful management. Ensure any cars or delivery vehicles are aware of the group.
Objects at head height	Bump to head, branches in face	Student	Helmets to be worn if considered necessary. Information regarding possible hazards to be relayed to anyone with a blindfold on.
Uneven ground / tree roots	Trip, fall, sprained ankle	Student	Instructor to brief group of hazards of the area. Encourage learning through communication of hazards.

The Keppleway Centre – Activity Risk Assessment

Pond dipping - Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Falling into pond	Drowning	Clients	Instructor to brief group to be careful near edge of pond and to be sensible. Constant supervision & ongoing management.
Slipping / Tripping	Bruising	Clients	Brief group of slipperiness of surfaces and to not run.
Infection from water	Upset stomach	Clients	Remind everyone to wash hands after session.
Misuse of nets	Impact injury, bruising	All,	Brief group on appropriate behaviour when in control of a net
Covid-19	Infection	All	Social distancing if necessary. Equipment either cleaned after session or quarantined.

The Keppleway Centre – Activity Risk Assessment

Swimming / dipping - Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Falling into water	Drowning	Clients	Instructor to brief group to be careful near edge of water and to be sensible. Constant supervision & ongoing management.
Slipping / Tripping	Bruising	Clients	Brief group of slipperiness of surfaces and to not run.
Infection from water	Upset stomach	Clients	Remind everyone to wash after session. Check for signs of Algae
Water	Drowning	All,	Consider swim floats or buoyancy aids or wetsuits maybe all three. Qualification of instructor, RLSS or site specific certificate of competence dictates the water or swimming level appropriate. This may only be paddle in knee deep Set boundaries Carry a whistle so Instructor can attract attention to someone struggling Consider throwlines or tows eg swimfloat. Brief group on appropriate behaviour

The Keppleway Centre – Activity Risk Assessment

Sailing - Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Carrying boats	Poor lifting technique causing back injury	All	Demonstrate lifting and highlight risk of back injuries, where appropriate ensure funboats carrying is shared between 4 people.
Entrapment	drowning	Students	Mast head floats to reduce chance and slow down inversions Safety boat near by with Dinghys
Starburst	Upset children spread out	Students	Briefing of sail area Hand signals Ongoing observation and management.
Sailing games	Side impact from other boats ramming, causing bruising.	Students	Briefing on the risk. Careful management and group awareness. Helmets to be worn
Capsize causing entrapment	Getting stuck under boat causing drowning	Student	Capsize drill is ran through before leaving shore, How to hold boat on shore and when in the water briefed
Cold Weather	Hypothermia	Student	Carry spare clothes and hot flask and constant monitoring of group
Hot Weather	Sunburn and hyperthermia	Student	Make sure group is well equipped with sunscreen, sun hats and sunglasses and drinking water is available.
Sailing games	Falling onto boats or paddles causing injury	All	Helmets will be worn and careful management of exercise is needed.
Rescuing dinghys	Back injury	Instructor	Ensure boats have checks regularly done for floatation Check bungs are in!!
Other lake users	Collision with other boats, their wash, or becoming separated.	All	Good awareness of other lake users and ensure group stay together or in sail area as appropriate.
Separation from craft	Group separation	All	Instructor to brief capsize drill and mention man overboard procedures. Be vigilant from safety boat

The Keppleway Centre – Activity Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Wildlife	Swans and other birds defending their young can be aggressive.	All	Instructor to keep group away from threatening wildlife. Appropriate respect for environment and nature to be maintained
Strong winds and cold weather	Exhaustion	Students	Awareness of weather, appropriate trip and distance planned, prevention better than cure, appropriate tows used, rests employed, take shelter if needed.

The Keppleway Centre – Activity Risk Assessment

Source to Sea - River Duddon Study Day - Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Road crossing at Wrynose Pass	Injured by traffic	Students	Group to be carefully managed whilst on or near the road.
High water	Drowning	Students	Session altered to keep group away from river in dangerous water levels
Deep water	Drowning	Students	Students to be kept away from deep water sections of the river. Staff to be observing students at all times if they are wading in the river.
Cold water	Hypothermia	Students	Students kept out of water if the weather is cold. Spare clothes and warm drinks to be on hand if necessary
Soft mud/quicksand at the estuary	Getting stuck and drowning	Students	Group well monitored during the estuary exploration to ensure no one is straying into dangerous areas.
Incoming tide cutting group off at the estuary	Drowning	All	Instructor to be aware of state of tide and an escape route back to high ground.
Rail crossing at Foxfield	Injury/death by train	All	Group only to cross the railway line with an instructor or group adult and after acknowledgement by the crossing attendant.

The Keppleway Centre – Activity Risk Assessment

Source to Sea - River Irt Study Day - Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Road crossings – Wastwater YHA and Santon Bridge, possibly others	Injured by traffic	Students	Group to be carefully managed whilst on or near the road.
High water	Drowning	Students	Session altered to keep group away from river in dangerous water levels Throw line available if necessary.
Deep water	Drowning	Students	Students to be kept away from deep water sections of the river. Staff to be observing students at all times if they are wading in the river.
Cold water	Hypothermia	Students	Students kept out of water if the weather is cold. Spare clothes and warm drinks to be on hand if necessary
Soft mud/quicksand at the estuary	Getting stuck and drowning	Students	Group well monitored during the estuary exploration to ensure no one is straying into dangerous areas.
Incoming tide cutting group off at the estuary	Drowning	All	Instructor to be aware of state of tide and an escape route back to high ground.

The Keppleway Centre – Activity Risk Assessment

Stand Up Paddleboarding, flat water - Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Carrying boards	Poor lifting technique causing back injury	All	Demonstrate lifting and highlight risk of back injuries, where appropriate ensure board carrying is shared between 2 or more people depending on board size and participant ability.
Impact in shallow waters	Paddlers falling off board in shallow waters creating injury.	Students	Correct briefing, kneeling on the board in shallow waters to build confidence and reduce the risk of falling onto Rocks.
SUP games	Paddle to head	Students	Helmets will be worn at instructor's discretion. The danger is to be highlighted and managed accordingly.
SUP games	Hitting lake bottom	Students	Ongoing observation and management. Helmets to be worn at instructors' discretion. Games to be played in deep enough water
SUP games	Side impact from other boards ramming, causing bruising.	Students	Briefing on the risk. Careful management and group awareness.
Cold Weather	Hypothermia	Student	Carry spare clothes and hot flask and constant monitoring of group. Wetsuits to be worn if deemed necessary.
Hot Weather	Sunburn and hyperthermia	Student	Make sure group is well equipped with sunscreen, sun hats and sunglasses and drinking water is available.
Other lake users	Collision with other boats, their wash, or becoming separated.	All	Good awareness of other lake users and ensure group stay together.
Wildlife	Swans and other birds defending their young can be aggressive.	All	Instructor to keep group away from threatening wildlife. Appropriate respect for environment and nature to be maintained
Strong wind	Group splitting	Students	Good choice of location appropriate to wind strength and group ability (see table below) Make sure group stays close together if moving away from sheltered shores Consider putting whole group on the Giant SUPs
Strong winds and cold weather	Exhaustion	Students	Awareness of weather, appropriate trip and distance planned, prevention better than cure, appropriate tows used, rests employed, take shelter if needed.

The Keppleway Centre – Activity Risk Assessment

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Leash	Leash entanglement	Students	Instructor to be close enough to assist if necessary. Consider suitability of ankle or waist attachment. Instructor to carry knife.
Fins	Injury	Student	Instructor to make sure boards are used the correct way up and kept away from shallow waters to prevent the fin catching the rocks causing a potential risk of falling off board into shallow waters.
Equipment failure	Session curtailed	All	Equipment checked before use and maintained to an appropriate standard.
Gondola and ferry	Collision	Staff and students	Instructor to be aware of larger boats on the lake and to manage group accordingly. Group kept together in the middle of the lake.
Brown Howe car park	Collision with vehicle. Vehicles damaged by our kit	Students, cars	Group to be well managed in the car park particularly when busy.

The Keppleway Centre – Activity Risk Assessment

Stone Age Art – Generic Risk Assessment

Identified Hazards	Associated Risk	Who might be harmed?	Action taken to reduce/eliminate the hazard specific
Dental plaster for “making rocks”	Contact with eyes or skin	Students	If Dental Plaster gets into an eye, it should be rinsed for around 15 mins with clean water. If in contact with skin, it should be washed off. If ingested, seek medical attention.
Sand	Sand in eye	Students	Ensure sand is distributed in an appropriate fashion to avoid eye contact. Wash with clean water if necessary
Covid-19	Infection	All	Any equipment will be cleaned with anti-viral disinfectant after use or quarantined. Students will be instructed from a safe distance. If they need physical help, this can be carried out by the visiting bubbled member of staff.

The Keppleway Centre – Activity Risk Assessment

Team challenges - Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Slippery surface	Slips, trips and falls	Clients	Good briefing about terrain with good footwear to be worn
Trees	Head / body injury	Clients	Brief group to be aware of their surroundings and take their time in areas of trees
Homemade rockets	Clients standing in front of rocket launcher	Clients	Brief group not to stand in front of rocket launcher when they are being launched
Planks on swamp blocks	Falling off planks if they slip off the blocks	Clients	Brief group on correct placing of planks and ensure they are solid before use.
Wobble board	Falling off, getting foot caught under board	Clients	Brief group to move well clear of board if they fall off and make them aware of getting feet caught underneath board and therefore to keep feet away. All get on and off one end of board at the end of session
Holy tube/gutter ball run	Hit by gutters being carried	All	Make group aware of possibility of hitting people when they are lifting gutters
Spiders web	Getting dropped when being lifted through web Back injury from lifting other clients.	Clients	Ensure good briefing to cover correct lifting procedure. Instructor to spot head of lifted client.
Night Line		Clients	See separate Risk Assessment "Night line"

The Keppleway Centre – Activity Risk Assessment

Keppleway Grounds- Specific Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Car park	Clients run over by vehicles	Clients	Brief the group to be careful of vehicles, particularly reversing lorries if they need to cross the car park. Instructor to supervise if lorries are present
Pond	Drowning	Clients	Brief the group to take care when clipping controls by the pond. Pond to be supervised if considered appropriate according to age or behaviour of group.
Slippery path down hill	Injury from slipping over	Clients	Group briefed about slippery path on hill. Wheelchair users to be taken down with slings attached to chair to prevent them rolling away. Path cleaned annually with pressure washer

The Keppleway Centre – Activity Risk Assessment

Wilson Park and East Park - Specific Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Other outdoor users	Interference of others space	Clients	Good briefing of expected behaviours, operating in pairs when off-site.
Pond in East Park	Drowning	Clients	Group briefed to take care near the water and to be in pairs.
Machinery in Tower gardens	Injury from misuse of machinery, damage to machinery	Clients	Group briefed to stay away from any machinery operating in or around the park. Close supervision to be in place if machinery is present.
Cows in East Park	Interfering with livestock particularly with young	Clients	Brief group not to disrupt livestock and particularly inform about the dangers of mothers with calves and to stay away.

The Keppleway Centre – Activity Risk Assessment

Temporary low ropes - Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Car park, cars	Impact injury, damage to cars	Clients	Brief group to be careful when in the car park. Group to be supervised whilst in car park
Objects at head height	Bump to head	Clients	Area to be cleared of branches that pose a threat. Helmets to be worn if deemed necessary
Uneven ground / tree roots	Trips and falls	Clients	Instructor to brief group of hazards of the area, appropriate footwear to be worn, encourage learning through communication
Falling off elements	Impact injury	Clients	Clients must be briefed on good spotting technique and spotted when on an element if necessary Helmets to be worn if deemed necessary Elements to be no higher than knee height off the ground
Equipment failure	Impact injury from falling to ground	Clients	Equipment used must be inspected before use. Equipment only setup by a suitably competent person, qualified by an in house assessment. Trees for setup of tensioned elements must be 30cm or greater at the point of use.

The Keppleway Centre – Activity Risk Assessment

Tree climb - Generic Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Falling	Impact injury	Climber	Ensure belay is kept tight especially if climber is under 2m off the ground. Appropriately fitted PPE to be worn. Instructor to be holding dead rope or be in reach of dead rope at all times the climber is off the ground Climber to be attached appropriately according to instructor qualification, experience and judgement.
Falling object	Impact injury to head	All	Helmets to be worn by anyone climbing or directly under the climbing tree
Cold muscle injury	Soft tissue injury	Climber	Ensure appropriate warm up has been done before climbing commences if necessary particularly for older climbers
Equipment failure	Impact injury	Climber	Regular documented checks, appropriate use of equipment & visual checks whilst on session. Tree anchors to be checked regularly and replaced as necessary
Letting go & falling	Impact injury	Climber	Tight safety rope – Instructor to be holding dead rope or be in reach of dead rope at all times the climber is off the ground. Belaying group to be appropriately managed.
Rings & jewellery	Jewellery catching	Climber	All rings and jewellery must be removed or taped before climbing
Getting stuck	Emotional wellbeing	Climber	A back rope will be used to help people off branches, also useful in guiding descent. Climbers not to be forced beyond where they want to go
Unintentional release of back rope	Impact injury	Climber	Careful management of back rope needed on descent, preferably with the supervision of visiting leader.
Slippery platform	Slips, falls	All	Instructor to make group aware of slippery platform if it is wet.
Getting tangled in unused tracer lines	Getting stuck	Climber	Instructor to be aware of possibility of climber getting tangled in unused tracer lines and to encourage movement away from them.
Belayer's clothing stuck in Petzl Rig	Ripped clothes	Belayer	Belayer to stand clear of the Petzl Rig and karabiner. If clothing does become stuck, climber must get his weight onto the tree to enable tension to be taken out of Petzl Rig

The Keppleway Centre – Activity Risk Assessment

Hoist system for clients with disabilities – Specific Risk Assessment

For every session the instructing staff will carry out a dynamic risk assessment from arrival and continuing throughout the activity session.

Identified Hazard	Associated Risk	Who's at risk	Action taken to reduce/eliminate the risk
Harness	Harness failure and falling	Climber	Climber to wear an in date harness as the main safety PPE if also using other “disabled access equipment” that is not in date PPE
Swinging into tree	Impact injury	Climber	Back rope to be very carefully managed. The group on the back rope must be carefully briefed by the instructor and must be under the supervision of an adult or instructor
Hitting branches	Impact injury	Climber	Use of back rope and instructor at the top of the tree to guide the climber away from striking limbs on branches
Belay for instructor at top of tree	Belay failure	Instructor climber	Belay for the instructor at the top of the tree must be on a direct belay to the large fir tree and an in service climbing rope must be used.
Discomfort of disabled climber	Bruising	Climber	Climber to be consulted as to how comfortable they feel in the harness once they have been lifted out of their chair and harness and padding re-adjusted if necessary before continuing with the hoist.
Misunderstanding of course of events	Injury from falling, bashing into tree	Climber	The whole event from when the climber leaves their seat to when they arrive back in their seat is to be carefully controlled by a lead instructor signed off to run the hoist system by the Activity Manager.