

## Risk Assessment for Lambourne End Centre

**Activity:** Generic Water Based

**Carried out/ reviewed by:** David Barlow & Adventurous Activity

**Location:** Various Locations

Senior Instructors

Risk	People at Risk	Controlling Measures to Minimise Risk
Trips & Falls	Participants Instructors Site users	Initial briefing to all users to make them aware of hazards. Grounds maintenance to minimise potential hazards & cordoned off where necessary. Staff to be up to date on Health & Safety Notices. Footwear to be appropriate for activity.
Cuts, Abrasions, Contusions & Burns	Participants Instructors Site users	Appropriate footwear should be worn around the areas to protect your feet where deemed necessary by instructor. We advise that recent cuts, abrasions and open burns should be covered to prevent risk of infection. Staff responsible for the safety of groups to hold current first aid qualification and carry a first aid kit where appropriate. First aid kits to be available and staff to know of locations. Burn dressings to be available for use and staff to know of location.
Affect of known medical conditions and allergies E.g. Asthma, Epilepsy, Hay fever	Participants Instructors Site users	All relevant medical conditions and/or allergies to be made known to the instructor and for the individual to carry their own medication on them or be given to the instructor at the beginning of the activity. Medical form and/or fire check sheet to be completed and checked before session. Instructors to carry radio/mobile to be able to contact for extra assistance if deemed necessary by the instructor. All instructors to hold current first aid qualification. Crash bag procedure, if necessary.

Hyperthermia, Hypothermia, Sunburn, Heat Stroke & Dehydration	Participants Instructors Site users	<p>Participants to be dressed appropriately for the activity and conditions.</p> <p>Instructor/Staff to monitor participants for signs &amp; symptoms.</p> <p>Staff responsible for the safety of groups to hold current first aid qualification and carry a first aid kit where appropriate.</p> <p>First aid kits to be available and staff to know of locations.</p> <p>Staff to have awareness of weather forecasts and prevailing conditions where relevant.</p> <p>Showers, towels and blankets available on site.</p> <p>Advise Participants to wear sun cream, clothing that covers skin, hats and to carry/ drink more fluids.</p> <p>All Instructors to either have close access to drinking water or to be carrying it.</p>
Infection From Zoonoses	Participants Instructors Site users	<p>Regular checks are made to ensure there are no dead animals in or on activity areas.</p> <p>Fresh cuts, abrasions and open burns should be covered to help prevent infection.</p> <p>Hands should be washed after activities and before eating.</p> <p>All domestic animals on site to be routinely wormed.</p> <p>Correct medical advice to be given following possible infection.</p>
Manual Handling	Participants Instructors Site users	<p>Staff to adhere to the recommended guidelines from HSE regarding manual handling.</p> <p>Participants to follow lifting brief given by instructor.</p> <p>Instructors to ensure of correct lifting techniques when moving people or equipment.</p> <p>Dynamic risk assessment if getting group lifting or carrying.</p>
Splinters	Participants Instructors Site users	<p>Activity areas and grounds maintenance to minimise potential hazards.</p> <p>Checks made on a regular basis of equipment.</p> <p>Initial briefing where relevant to include awareness of potential splinters.</p>
Stings from Plants	Participants Instructors Site users	<p>Briefing to include awareness of such plants.</p> <p>Land maintenance carried out regularly to minimise potential hazards.</p> <p>Antihistamine cream made available on site.</p>

Unauthorised use of Site and equipment	Participants Instructors Site users	<p>Equipment and tools put away after use.</p> <p>Gates to access areas are closed and where there is a padlock locked after use. Main gate is closed at the end of the working day.</p> <p>All groups briefed on unauthorised areas that are not to be entered without permission or knowledge of Lambourne End staff.</p> <p>A night duty member of staff will be on site each evening when there is a residential group in residence.</p> <p>Night Duty/Lock Up person to check all areas are locked.</p> <p>No entry signs to be visibly displayed.</p> <p>Emergency services to be contacted where necessary.</p>
Lone Working	Instructors	<p>Instructors must carry a radio and/or phone and be able to communicate with another member of staff or emergency services.</p> <p>Dynamic risk assessment to be carried out prior to work.</p> <p>Individuals must not use equipment or carry out maintenance without the required training or if the risk is to be deemed too high.</p>
Panic on emersion	Participants Instructors Site users	<p>Briefing to Participants on what to do if in the water and the importance of staying calm and listening to instructions.</p> <p>Participants to be made aware of what the water temperature will be, instructor to be prepared to get in the water if required and ready to assist with appropriate rescue equipment.</p>
Injury from being hit by equipment e.g Paddle	Participants Instructors Site Users	<p>Safety kit to be worn where appropriate to help prevent injury. (Helmets)</p> <p>Briefing to including safe handling of equipment</p>
Injury to feet due to inappropriate footwear	Participants Instructors Site users	<p>Instructors to wear enclosed appropriate footwear whilst at work.</p> <p>Participants are to wear appropriate footwear on activities and are advised to wear appropriate footwear at all other times.</p>
Injury due to Jewellery being worn	Participants Instructors	<p>We advise jewellery other than stud earrings &amp; a watch to be removed or covered before taking part in adventurous activities; please refer to each individual activity risk assessment for more details.</p>

		If not possible, Instructor should make an informed decision with regards to participant continuing activity.
Offsite activities	Participants Instructors	Instructors to carry radio, mobile phone, water (or have access to) and first aid kit where necessary. Member of staff onsite to informed of late back procedure. Instructors to have a working knowledge of offsite venues; briefing of group to involve staying together, no go area and site boundaries.
Drowning	Participants Instructors Site users	Personal flotation devices to be worn and fitted correctly on activities they are deemed necessary. Briefing and medical sheet completed to identify weak or non swimmers. Instructor/Staff prepared to enter the water at all times ready to assist with appropriate rescue equipment. Gates to water based area should be locked when not in use.
Chemical Levels (Swimming pool)	Participants Instructors Site Users	Trained/Competent Staff to check chemical levels when needed.
Fire	Participants Instructors Site users	All staff to know fire procedure. Liaising briefing to include Fire procedure. Regular fire checks made to ensure system is functioning correctly. Must have access to fire fighting equipment, which is regularly checked by an external contractor. Emergency services to be contacted where necessary.
Sprains & Strains	Participants Instructors Site User	Briefing on how to use equipment correctly. Equipment used only when instructed to do so. Grounds maintenance carried out on a regular basis. All instructors to hold current First aid qualification. Cold compresses available on site.
Loss of group control	Participants Instructors Site users	Instructors to be trained and deemed competent in running the activity and will show assertiveness in dealing with any situation that could compromise the safety of the session. Visiting group asked to grade their group to enable adequate and suitable staff to be available.

To be read in conjunction with the following risk assessment(s):  
Land Based

		Instructor to dynamically risk assess group at all times & have a radio should assistance be needed from additional staff.
Injury due to activity	Participants Instructors Site users	Briefing to include importance of listening to instructions. Instructors to be competent and assessed before leading activities. All Instructors to have read and abide by the St.O.P.s and Risk Assessments. Staff responsible for the safety of groups to hold current first aid qualification and carry a first aid kit where appropriate. First aid kits to be available and staff to know of locations. Instructors to dynamically risk assess group on activity.
Weather Conditions	Participants Instructors	Instructors to be aware of prevailing weather conditions. Briefing to include the importance of dressing to fit the weather conditions. Some activities may be cancelled due to server weather and thunderstorms/ lightning.
Injury due to escaped animal	Participants Instructors Site users	Radio for assistance to remove animal. Move the group away from animal, Instructor discretion as to whether the session should be momentarily suspended. Instructors to continually dynamic assess if the session continues.
Other site users	Participants Instructors Site users	Briefing to include awareness of other site users.
Injury due to equipment failure	Participants Instructors Site users	Safety checks and maintenance carried out by competent person regularly. Equipment to be visually checked when issued to group. Personal flotation devices to be float tested 4 times a year by a competent member of staff.

This risk assessment has been approved by Lambourne End Ltd.'s Chief Executive Officer.

**Name:**

Rob Gayler

**Signed:**



**Date:**

06/02/2025