



Adventure activities with Life+ (in Alphabetical order)

Leader's Details (name & contact mobile number during event):

Jon Miller: 07929021476 Katie Bones: 07927157067

Attending Emergency First Aid Contact (name & contact mobile number during event): Jon Miller 07929021476

Risk Appraisal

Hazard	People Harmed	Risk Control	Further Action
Travelling			
Road Traffic Accident	Driver and passengers and other road users	<ul style="list-style-type: none"> • Ensure that the driver and all passengers are wearing their seat belts • One working phone in the car enabling contact with emergency services and other leaders • Ensure all vehicles used are roadworthy • Ensure that all the medical forms for the young people are with the correct drivers 	<ul style="list-style-type: none"> • Jon to check with all drivers the cars are in roadworthy condition and have correct documentation. • Any faults recorded in logbook (in vehicle) and rectified before next use.
Breakdown	Driver and passengers and other road users	<ul style="list-style-type: none"> • Ensure all vehicles used have breakdown cover • In case of breakdown all other vehicles continue to destination • Driver to follow the rules of the road and get the young people out of the car and stay at the side of the ride until recovering arrives 	<ul style="list-style-type: none"> • Jon to check that all cars have breakdown cover

Driving on Dartmoor	Driver and passengers and other users of the moor	<ul style="list-style-type: none"> • Driver to check best route to activity location, thinking of vehicle size, and make notes of directions for co- driver to advise on. • Driver to adhere to speed limit of 40mph to reduce risk of accident/ collision with animals on road • Speed to be dramatically reduced in adverse weather conditions, particularly fog 	<ul style="list-style-type: none"> • Co- driver in vehicle to assist with navigation. • Local knowledge of routes and accessibility for vehicles. (Particularly narrow lanes, sharp bends)
Location and conditions			
Location/ route	All participants	<ul style="list-style-type: none"> • Details of location, route, activity & actual group details to be left with Base contact long with estimated time of return. • Base contact to be notified upon safe return of group or of any incident/ emergency. 	<ul style="list-style-type: none"> • Base contact to notify police/ Dartmoor search & rescue in the event of group being overdue or notified of incident/ emergency. • Base contact to give details as recorded earlier along with last known position. • Base contact to liase with parents/ church leaders and update with information received.
Weather & ground conditions; (Lightning strikes Flooding Slippery ground)	All participants	<ul style="list-style-type: none"> • Assess weather conditions re: suitability of activities. • Heavy rain can cause flooding of streams, so route will be changed accordingly. • If forecast gives heavy rain/ thunderstorms, the event may be cancelled as conditions are too hazardous. • If weather conditions deteriorate DURING an activity, the leader will evacuate the group back to transport by the safest route & advise Base Contact of changes. 	<ul style="list-style-type: none"> • Check weather forecast two days before and on the day. • Advise group of appropriate clothing/ footwear. • Leader to carry spare clothing and group shelter & emergency Bivi bag. • Leader to carry hot drink.

Adventure club- Wilderness skills

Slips, trips, falls	All participants	<ul style="list-style-type: none"> • Group to be instructed not to run or jump while covering uneven ground • Instructions given on safe movement over terrain. 	<ul style="list-style-type: none"> • 1st Aid Kit carried by leader and First aid qualified person present • Advise given to group, on appropriate footwear/ clothing prior to activity. Checked by leader.
Head injuries	All participants	<ul style="list-style-type: none"> • Risk of head injuries from some activities (particularly where participants are lifted or at height). 	<ul style="list-style-type: none"> • Instructions given to participants on effective spotting techniques & lifting techniques prior to activity. • No activity involves participants being above 1m above ground.
Burns/ scalds	All participants	<ul style="list-style-type: none"> • Risks of burns from use of campfires and cooking. • Instructions given on siting fire away from tents/ shelters • Care To be taken when fueling fire to ensure burning logs are not dislodged/ cause sparks to fly. • Keep safe area of 1 metre around fire to avoid trip hazards and heat coming from fire. 	<ul style="list-style-type: none"> • Group members to be supervised at all times while fire is lit. • Ensure water is available to put out fire. • 1st Aid kit carried

<p>Foraging – Food poisoning</p>	<p>All participants</p>	<ul style="list-style-type: none"> • Risks from wild cooking, foraging & allergies to particular foods. • Ensure any food cooked over a fire is cooked through by checking the centre. • Correctly identify edible foods when foraging. • Check for any allergies before trying any foods. 	<ul style="list-style-type: none"> • Medical consent forms completed by all participants before activity. • Check for any allergies and act accordingly. • Identify edible foods from resources handbook. • Try a small amount before eating foods foraged from environment.
<p>Whittling to create survival tools- Injuries resulting from use of knives/ tools</p>	<p>All participants</p>	<ul style="list-style-type: none"> • Whittling wood to make survival tools requires use of sharp knives. • Knives to be kept closed/ in sheaths and packed away when not in use. • Group to be instructed in safe use of knives: • Never cut towards yourself. • Never cut towards another person, allow sufficient space around you so that a slip would not result in contact with someone near you. • Support workpiece on ground and cut towards ground. 	<ul style="list-style-type: none"> • Knives to be carried by leader only until required for activity. • Group to be directly supervised at all times while using knives. • 1st aid kit carried

<p>Navigation – Woodland & Heathland walks-</p> <ul style="list-style-type: none"> • Group members becoming lost • Hypothermia • Dehydration • Sunstroke 	<p>All participants</p>	<ul style="list-style-type: none"> • Leader to hold minimum of WGL or SWMML awards • Knowledge of local area and particular route. • Location & route details to be passed to Base contact. • Group to be instructed in navigation skills inc use of compass, recognising features on map/ on ground & estimating time taken • Escape routes marked on route card in case of emergency • Group to remain together and in sight of leader (particularly in fog/ low visibility) • Use of compass in woodland terrain to ensure correct route 	<ul style="list-style-type: none"> • Compass & relevant map for area to be carried by group. • Group to be supervised by competent person with detailed knowledge of operating area. • Route choice appropriate for group and weather/ ground conditions • Leader to carry mobile phone, group shelter, bivi bag, spare warm clothing, food & hot drink & 1 emergencies
<p>Equipment- Cuts, bruises, rope burns</p>	<p>All participants</p>	<ul style="list-style-type: none"> • Planks, ropes and other equipment may cause injury if in damaged condition. All equipment checked prior to activity and any damaged items repaired/ removed. • Group instructed on safe use of equipment & supervised at all times • Care taken when moving planks and barrels not to hit other members 	<ul style="list-style-type: none"> • All equipment to be checked before use and regularly maintained to ensure safe condition. • Where group members are operating above 1m height or climbing on man-made structures, helmets will be worn and appropriate spotting techniques used to safeguard members.

Climbing/ Abseiling (all sites)

Anxiety	All participants	<ul style="list-style-type: none"> • All climbing and abseiling activities led by SPA qualified Instructor. • Crag choice suitable to group age and capabilities • Approved equipment & techniques used to safeguard the group • Appropriate warm up activities to build abseiling/ climbing skills & confidence • Ensure a safe atmosphere is maintained and group members are encouraged individually 	<p>Bonehill Rocks – Suitable for beginners (Age 8 – 12yrs) Houndtor Rocks – Suitable for beginners (Age 8- 12 yrs) Chudleigh Rocks – Suitable for Intermediate (Age 12 – 16yrs) Haytor Rocks – Suitable for Intermediate (Age 12 – 16 yrs) Holwell Quarry – Suitable for Intermediate (Age 12 – 16 yrs) (Abseil only at Holwell Quarry)</p> <p>Sheepstor – Suitable for Intermediate (Age 12- 16yrs)</p> <p>Greater Rocks – Suitable for Beginners (Age 10- 16yrs) (Rock scramble)</p> <p>Leather Tor – Suitable for Intermediate (Age 12- 16yrs) (Rock Scramble)</p>
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Slips/ trips/ falls	All participants	<ul style="list-style-type: none"> • Approaches to crags are often over boulder- strewn terrain and grass which is slippery when wet. • Group footwear assessed for suitability prior to activity • Group directed via best route to crag. Remain in sight at all times 	<ul style="list-style-type: none"> • Participants to be instructed not to run or jump on approach/ descent from climbing areas. • Climbers to remain on ground until safely attached to rope & belayer. • 1st Aid kit carried
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Cuts/ grazes	All participants	<ul style="list-style-type: none"> Group to wear long trousers and tops to reduce risk All participants to be fitted with climbing harnesses and instructed in safe belay techniques prior to climbing. Correct climbing techniques demonstrated & practised by group to prevent injuries from granite rock. 	<ul style="list-style-type: none"> To avoid risk of injury from lowering off, belayers to be directly supervised by Instructor when lowering one climber at a time. 1st Aid kit carried by leader.
Head injuries	All participants	<ul style="list-style-type: none"> Risk of injury from falls/ head strike on rock. Helmets to be worn by all participants. 	<ul style="list-style-type: none"> Climbers to be belayed appropriately at all times, particularly when lowering off. Route choice to avoid rock fall from loose rock above. 1st Aid kit carried by leader
Equipment	All participants	<ul style="list-style-type: none"> Approved climbing harnesses to be used by all participants. Instructor to check harness is fitted correctly before climbing & throughout session. All safety equipment, (ropes, protection equipment) to be used appropriately & checked before & after session. 	<ul style="list-style-type: none"> All participants instructed in safe use & care of equipment. Appropriate belay techniques to be instructed to group to avoid misuse of equipment and ensure safety of participants. Climbing equipment checked, logged and stored in appropriate manner to ensure safe to use and to prolong lifetime of equipment
Moorland walk			
Group becoming lost Hypothermia Sunstroke Dehydration	All participants	<ul style="list-style-type: none"> Leader to hold minimum WGL, SWMML or ML award. Route card details left with base contact, including escape routes Appropriate route choice for group and conditions. Map for operating area and compass to be carried by group Group to be instructed in navigation techniques including use of compass and map recognition 	<ul style="list-style-type: none"> Group to wear appropriate warm clothing, waterproofs and footwear Leader to carry spare warm clothing, group shelter, bivi bag, 1 Mobile phone to be carried and emergency whistle, notepad and pen.

Rock Scrambling (All sites)

Anxiety	All participants	<ul style="list-style-type: none"> • All climbing and abseiling activities led by SPA qualified Instructor. • Crag choice suitable to group age and capabilities • Approved equipment & techniques used to safeguard the group • Appropriate warm up activities to build abseiling/ climbing skills & confidence • Ensure a safe atmosphere is maintained and group members are encouraged individually 	<ul style="list-style-type: none"> • Bonehill Rocks – Suitable for beginners (Age 8 – 12yrs) • Greater Rocks – Suitable for Beginners (Age 10- 16yrs) • Leather Tor – Suitable for Intermediate (Age 12- 16yrs)
Head injuries	All participants	<ul style="list-style-type: none"> • Risk of injury from falls/ head strike on rock. • Helmets to be worn by all participants. 	<ul style="list-style-type: none"> • Climbers to be spotted appropriately at all times and additional safety techniques (Short ropes, body belay, anchor belay) used as necessary. <p>1st Aid kit carried by leader</p>
Slips/ trips/ falls	All participants	<ul style="list-style-type: none"> • Approaches to crags are often over boulder- strewn terrain and grass which is slippery when wet. • Group footwear assessed for suitability prior to activity • Group directed via best route to crag. Remain in sight at all times 	<ul style="list-style-type: none"> • Participants to be instructed not to run or jump on approach/ descent from climbing areas. • Climbers to remain on ground until safely attached to rope & belayer. • 1st Aid kit carried
Cuts/ grazes	All participants	<ul style="list-style-type: none"> • Group to wear long trousers and tops to reduce risk • All participants to be fitted with climbing harnesses and instructed in safe spotting techniques prior to scrambling. • Correct climbing techniques demonstrated & practised by group to prevent injuries from granite rock. 	<ul style="list-style-type: none"> • Due to the dynamic nature of this activity, the leader should ensure group remain in sight at all times and route is to be negotiated in managed stages. • Appropriate safeguarding rope techniques applied as necessary to negotiate steeper/ exposed sections of route. • Alternative escape routes identified for nervous climbers or in an emergency. • 1st Aid kit carried by leader.

Team development challenges

<p style="text-align: center;">Flooding</p> <p style="text-align: center;">Lightning strikes Hypothermia sunstroke</p>	All participants	<ul style="list-style-type: none"> • Assess weather conditions re: suitability of activities/ location • Ensure group are adequately dressed for conditions including warm clothing, waterproofs and footwear 	<ul style="list-style-type: none"> • Check weather forecast two days before and on the day. • Leader to carry spare warm clothing, group shelter, bivi bag, 1st Aid kit, hot drink and food
Slips/ trips/ falls	All participants	<ul style="list-style-type: none"> • Assess ground conditions on site, (preferably flat, level grass area). Instructions given to participants about safe use of equipment to avoid risk of injury. 	<ul style="list-style-type: none"> • Participants to be instructed not to run or jump between equipment items to avoid risks of slips/ falls. • 1st aid kit carried
Cuts/ grazes	All participants	<ul style="list-style-type: none"> • Some risk from equipment. • Care to be taken when using ropes, planks & plastic cartons. 	<ul style="list-style-type: none"> • Care when using equipment. All participants to have enough space between them and check behind when carrying equipment. • 1st aid kit carried.
Equipment	All participants	<ul style="list-style-type: none"> • Planks, ropes and other equipment may cause injury if in damaged condition. 	<ul style="list-style-type: none"> • All equipment to be checked before use and regularly maintained to ensure safe condition.
Head injuries	All participants	<ul style="list-style-type: none"> • Risk of head injuries from some activities (particularly where participants are lifted or at height). 	<ul style="list-style-type: none"> • Instructions given to participants on effective spotting techniques & lifting techniques prior to activity. • No activity involves participants being above 1m above ground.

Risk Assessment Checked & Approved by Health & Safety Coordinator (name/date/signature):

Risk Assessment Shared with Team Members (name/date/their individual signature): Jon Miller, Paul Scott

Please return final paper document with all signatures to Health & Safety Coordinator for filing. Thank you.