

PRO-ACTIVE ADVENTURE

HEALTH AND SAFETY PROCEDURE

Activity: Obstacle Course

Minimum Instructor Competence:
In House Trained

Date Completed: 1/03/18
Review Date: 1/03/19
Completed by: Clive Richley
Competence: S.P.A.
Is the activity acceptably safe if managed as below? YES
Signature: *C. Richley*

Main Risks (numbered) People at risk: Participating staff and clients

- 1) Falling
- 2) Splinters (All)
- 3) Abrasion injuries (All)
- 4) Trip on supports (Wall, Rope swing)
- 5) Over extending reach (Wall)
- 6) Slips on wet surfaces (All)
- 7) Entrapment (Cargo net, Scramble net)
- 8) Slips from obstacles (All)
- 9) Friction burns (Rope swing)
- 10) Collision with head against obstacles (All)
- 11) Entrapment in knots (Scramble net)
- 12) Bruising or entrapment by articles in pockets or jewellery (All)

How to manage/reduce/minimise these risks safely (corresponding numbers)

Staff operate within the NGB guidelines and hold a First Aid certificate

- 1) Use spotters, group briefing highlighting areas with poor footing
- 2) Wear long sleeved tops and bottoms
- 3) Wear clothing appropriate to the conditions, not shorts; provide finger tape if required
- 4) Instructor to point out extending objects
- 5) Group briefing and close supervision of obstacle
- 6) All surfaces to be brushed off prior to use
- 7) Group briefing, close observation of obstacle
- 8) Use of spotters
- 9) Participants are to use proper rope techniques as directed by instructor
- 10) Wear a climbing helmet
- 11) Knots painted a different colour to highlight risk, group briefing
- 12) Pockets must be emptied and jewellery removed

Activity Instructors must inspect the course before use and orientate the group to each obstacle

Summoning Help: A call-out person is appointed before the activity takes place. This person is contacted on completion of the activity. If not contacted, they will take appropriate action.

PRO-ACTIVE ADVENTURE

ACTIVITY: Obstacle Course

MINIMUM EQUIPMENT TO BE CARRIED

Participants:

- 1) Clothing suitable for the expected weather conditions
- 2) Suitable footwear correctly secured
- 3) Long sleeve tops and bottoms
- 4) Individually fitted helmet

Participants are to report all defects or damage of equipment to the activity instructor immediately

Instructor:

- 1) Company first aid kit
- 2) All relevant safety equipment
- 3) Sun block cream
- 4) Extra fluids

Note: The instructor must remove any defective equipment from service, clearly labelling the item with what is wrong and notify the stores person.